

Breaking Free Workbook Practical Help For Survivors Of Child Sexual Abuse

Handbook on Sensitive Practice for Health Care Practitioners - Candice Schachter 2008

This handbook is designed to help health care practitioners address the needs of adult survivors of childhood sexual abuse. It provides background information about childhood sexual abuse and illustrates how childhood sexual abuse can adversely affect health care encounters with all types of health care providers. The principles and guidelines of Sensitive Practice presented in the Handbook are the product of dialogue between survivors and health care practitioners, and outline comprehensive, practical suggestions that all

health care practitioners can incorporate into their clinical practice.

Breaking Free - Carolyn Ainscough 1993
Help for survivors of abuse. Practical and positive.

Hush - Nicole Braddock Bromley 2008-09-01
Childhood sexual abuse is running rampant, yet it's the best-kept secret in our nation today. Its victims grow into adulthood with their little child's heart trapped in the pain and torment of their past. Nicole Braddock Bromley shares her own story and the steps to moving from silence to healing. Hush exposes the harsh realities of childhood abuse, explains the pain it causes,

examines the false beliefs it creates, and empowers survivors to begin a personal journey toward healing by breaking the silence. With words of understanding and comfort, Nicole tells the real-life stories of those whose voices would otherwise never be heard. She is straightforward enough to pierce the hearts of those in a survivor's circle of influence, yet careful to tread lightly on what could be tender words.

[The Wounded Heart](#) - Dan Allender 2014-02-27

For those who have experienced childhood sexual abuse and those who love and care for them, *The Wounded Heart* offers a tender, compassionate window into the psychological effects of abuse and the theological foundations for healing. Thirty years ago, with great courage and vision, Dan Allender brought Christians to the table to acknowledge, understand, and help victims heal from their experience of the evil of sexual abuse. His work continues to help victims and those who love them to honestly acknowledge their abuse, understand the unique

challenge of repentance for victims of abuse, and learn to love boldly in defiance of their trauma. Ultimately Dan offers the bold assurance to sexual abuse victims that even they can find their way to joy and hope in the comforting embrace of a good God. *The Wounded Heart* has sold over 400,000 copies and has been the first book family, friends, counselors, pastors, and victims have turned to in search of Christian answers to the calamity of sexual abuse. With a new introduction reflecting on the ongoing importance of the book, and a companion workbook for personal and group recovery, *The Wounded Heart* continues to offer an urgently needed word of grace in a world ravaged by sexual abuse.

Surviving Childhood Sexual Abuse

Workbook - Carolyn Ainscough 2000-12-28

The Surviving Childhood Sexual Abuse Workbook guides readers through a series of exercises, charts, and checklists aimed at recognizing, understanding, and working on the

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problems resulting from childhood sexual abuse. The exercises are divided into four parts: Understanding Your Present Problems and Keeping Safe; Guilt and Self-Blame; Feelings about Yourself and Others; and Looking to the Future.

Breaking the Cycle of Silence - Daniel Pearse
2020-10-13

The latest statistics tell us that one out of three girls and one out of six boys will be sexually abused before the age of eighteen, destroying their lives in ways we can't even imagine. We also know that 90 percent of the time, victims know their abuser. Daniel Pearse is living proof of both these statistics. He and his brother were sent to live with a pedophile after their mother died. For nine years, Daniel suffered sexual, physical, emotional, mental, and verbal abuse at the hands of his tormentor. Like many abused children, Daniel then suffered in silence for decades as an adult. Now, he's committed to stopping the cycle of abuse that causes so much

pain. Breaking the Cycle of Silence proposes age-appropriate sexual abuse training and education in schools. It teaches children what is appropriate, shows adults the signs of abuse to look for, and offers sources of support for victims. With such training and education, we can identify and stop abusers, preventing them from claiming victim after victim for years.

Breaking Free Workbook - Kay Toon
2020-06-11

As a survivor of sexual abuse in childhood, you may find that its effects continue to haunt you - bringing guilt and shame, perhaps depression and anxiety, eating disorders, troubled relationships and sexual difficulties. But although you can't alter the past, you can change the present and the future. Breaking Free, by Kay Toon and Carolyn Ainscough, draws on their nationally recognized and pioneering work as clinical psychologists giving a voice to the Survivors of child sexual abuse. It uses their courage and experiences to help other

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survivors face their past and take steps towards a better future. This new edition of the accompanying workbook now refers to types of abuse that have come to light more recently, such as street exploitation, and abuse by celebrities, politicians and football coaches, as well as the use of digital technology to groom children and young people. Practical exercises work step-by-step on the problems that result from being sexually abused as a child. They are designed to present survivors with different ways to think about the past, and to arm you with new strategies to move on from the problems that disrupt the present, and look forward to the future. Exercises like these can be very beneficial, but they can also be painful. They can bring up strong feelings, so at every stage your safety and well-being are the first concern, and the book includes essential coping strategies for getting the level of support you need. This practical book will be enormously useful for survivors of sexual abuse, and may also help

those who have been abused emotionally or physically. Therapists will also find it a useful resource to use with clients, and both this book and *Breaking Free* are regularly recommended by professionals in the NHS and also in the media.

Allies in Healing - Laura Davis 2012-11-13

"But what about me?" "Is it possible to go one day without dealing with the survivor's issues?" "Will we ever make love again?" "Will the survivor love me in the end?" "How do I know if I should throw in the towel?" Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners—girlfriends, boyfriends, spouses, and lovers—trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity. Addressing partners' most important

questions, *Allies in Healing* covers: *The Basics*—answers common questions about sexual abuse. *Allies in Healing*—introduces key concepts of working and growing together. *My Needs and Feelings*—teaches partners to recognize, value, and express their own needs. *Dealing with Crisis*—includes strategies for handling suicidal feelings, regression, and hopelessness. *Intimacy and Communication*—offers practical advice on dealing with distancing, control, trust, and fighting. *Sex*—provides guidelines for coping with flashbacks, lack of desire, differences in sexual needs, and frustration. *Family Issues*—suggests a range of ideas for interacting with the survivor's family. *Partners' Stories*—explores the struggles, triumphs, and courage of eight partners.

[Healing Sexual Trauma Workbook](#) - Erika

Shershun 2021-07-01

Overcome shame and stigma; and bring a newly felt sense of safety, awareness, and life to your

body. If you've experienced rape, sexual abuse, molestation, or sexual trauma, you may feel as if you've lost your sense of self. You may have difficulty setting boundaries or building satisfying sexual relationships. Sometimes, you may even feel like your body isn't your own. You aren't alone. The scars of sexual trauma exist not only in the mind, but also in the body. And in order to heal, build resilience, and discover a sense of hope, you must address both. Drawing on the powerful mind-body techniques of somatic therapy, *The Healing Sexual Trauma Workbook* is a step-by-step guide to overcoming the psychological effects of sexual trauma, and increasing positive body awareness and vitality. You'll find tools to help you create an internal sense of safety and become more embodied and present. You'll also discover ways to establish boundaries; move beyond intense feelings like shame, fear, and guilt; and deal effectively with triggers. Finally, you'll learn how to cultivate self-compassion and the confidence needed to

live your best life. What happened to you isn't your fault, and it doesn't define you. With the right tools, you can live a full and satisfying life beyond sexual trauma. This workbook will help guide you, every step of the way.

Women Who Were Sexually Abused as Children - Teresa Gil 2018-08-24

This book highlights the resilient capacities of mothers who have experienced childhood sexual abuse and gives them the opportunity to break their silence, share their struggles, and give voice to their experiences, pains, and triumphs. By offering their stories, Teresa Gil sheds light on the challenges of mothering after childhood sexual abuse.

Treating Survivors of Childhood Abuse and Interpersonal Trauma - Marylene Cloitre 2020-06-11

Now revised and expanded with 50% new content reflecting important clinical refinements, this manual presents a widely used evidence-based therapy approach for adult

survivors of chronic trauma. Skills Training in Affective and Interpersonal Regulation (STAIR) Narrative Therapy helps clients to build crucial social and emotional resources for living in the present and to break the hold of traumatic memories. Highly clinician friendly, the book provides everything needed to implement STAIR--including 68 reproducible handouts and session plans--and explains the approach's theoretical and empirical bases. The large-size format facilitates photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. First edition title: *Treating Survivors of Childhood Abuse: Psychotherapy for the Interrupted Life*. New to This Edition *Reorganized, simplified sessions make implementation easier. *Additional session on emotion regulation, with a focus on body-based strategies. *Sessions on self-compassion and on intimacy and closeness in relationships. *Chapter on emerging applications, such as group and adolescent

STAIR, and clinical contexts, such as primary care and telemental health. *Many new or revised handouts--now downloadable. *Updated for DSM-5 and ICD-11.

Breaking Free Workbook - Carolyn Ainscough 2000

A workbook for survivors of sexual abuse, to use alongside "Breaking Free", or on its own. With emphasis on practical exercises, the workbook is designed to help the reader explore and cope with the problems that child sexual abuse often causes.

The Courage to Heal - Ellen Bass 2002

Based on the experiences of hundreds of survivors & partners, this book profiles victims who share the challenges & triumphs of their personal healing processes. It offers mental, emotional & physical support to all those who are rebuilding their lives.

Breathe - Nicole Braddock Bromley 2009-05-01

A least one out of every three women and one out of every six men have experienced some

form of sexual abuse. Regardless of the circumstances of the violation, every survivor can attest that it will impact relationships with parents, friends, spouses, children, and God. Sexual abuse survivors are often left feeling isolated and without anyone to trust. But it does not have to be this way. Nicole Braddock Bromley understands the fears and anxieties victims face as they seek to build healthy relationships after sexual abuse. As a survivor herself, Nicole offers readers the power and hope necessary to share their story, build intimacy, and develop healthy communication in all their relationships. *Breathe* also serves as a helpful tool for those in relationship with an abuse survivor by providing guidance, confidence, and encouragement as they seek to help and support.

Child Sexual Abuse - Esther Deblinger 2015

Preceded by: Treating sexually abused children and their nonoffending parents: a cognitive behavioral approach / Esther Deblinger, Anne

Hope Heflin. c1996.

Breaking Free Workbook - Kay Toon 2020-08-06

As a survivor of sexual abuse in childhood, you may find that its effects continue to haunt you - bringing guilt and shame, perhaps depression and anxiety, eating disorders, troubled relationships and sexual difficulties. But although you can't alter the past, you can change the present and the future. Breaking Free, by Kay Toon and Carolyn Ainscough, draws on their nationally recognized and pioneering work as clinical psychologists giving a voice to the Survivors of child sexual abuse. It uses their courage and experiences to help other survivors face their past and take steps towards a better future. This new edition of the accompanying workbook now refers to types of abuse that have come to light more recently, such as street exploitation, and abuse by celebrities, politicians and football coaches, as well as the use of digital technology to groom children and young people. Practical exercises

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Healing from the Trauma of Childhood Sexual Abuse - Karen A. Duncan 2004-08-30

The traumatic affects of childhood sexual abuse can remain and recur throughout life for women who have not healed emotionally. This book by a family therapist shares stories from 18 women abused as children, explaining that healing can occur at any stage of life, and that healing, itself, occurs in stages. The author offers guidance to recognize the long-lingering potential affects of childhood sexual abuse including depression, anxiety, dissociation, and chronic shock, and she explains steps to take for recovery. Also presented are letters from women who have healed or are in recovery. Sexual abuse by men, juveniles, and female perpetrators is discussed, as is how children may act out the abusive behavior taught by perpetrators. The incidence of abuse by family members is also addressed. Duncan explains the dual dilemma—moral and legal—that women face in exposing a sexual perpetrator within the family when not protected by the legal system due to statutes of limitations. She also discusses controversial topics including

false memory and disclosure of memory to the perpetrator.

Not Trauma Alone - Steven Gold 2013-08-21
How is an individual to lead a comfortable, productive existence when he or she was never taught the skills necessary for effective living? Adult survivors of child abuse often face this dilemma. Instead of being nurtured as children and taught life-skills by their caregivers, child abuse survivors were subjected to a daily regimen of coercive control, contempt, rejection and emotional unresponsiveness. It is not surprising, therefore, that many survivors encounter difficulty adjusting from this type of damaging childhood atmosphere to one in which they have autonomy. This book addresses the particular problems associated with treating adult survivors of child abuse. Until now, psychotherapy for child abuse survivors often centered on the trauma of their abuse experiences. However, survivors frequently reveal a history suggesting it was not abuse

trauma alone that created their difficulties, but growing up essentially alone - without the consistent emotional support and guidance needed for development of effective functioning. This book presents an alternative to trauma-focused treatment that, though effective for treatment of other forms of trauma, can induce deteriorated rather than improved functioning in survivors of prolonged childhood maltreatment. The contextual therapy presented in Not Trauma Alone delineates a psychotherapeutic approach that emphasizes helping survivors develop the capacities for effective functioning that were never transmitted to them during their formative years. Detailed descriptions of the methods and interventions comprising contextual therapy are included in this critical book for all mental health professionals, clinicians, academics, and students in the field.

Broken Boys/mending Men - Stephen D. Grubman-Black 2002-09-01

As many as one in six boys are the victims of

sexual abuse. That fact is often met with disbelief and denial. This book is written for victims, as well as educators and others who wish to know more about the recognition and results of childhood child abuse.

Breaking the Silence - Judith Margolin
2015-12-22

A program you can use for time limited clients suffering from sexual abuse! *Breaking the Silence: Group Therapy for Childhood Sexual Abuse* guides you through initial establishment and group formation to its termination. The step-by-step approach outlines themes and issues common to this population, raises pertinent questions, and highlights common pitfalls or problem areas in conducting therapy. You'll discover innovative ways to work with survivors of childhood sexual abuse by addressing these key therapy issues: issues of trust, sexuality, and disclosure family dynamics emotional expression transference/countertransference male survivors group sessions the impact of abuse a concise

fifteen-session, time-limited, psycho-educational group therapy program for adult survivors of sexual abuse. The program planning approach described in *Breaking the Silence* allows you to adapt the program to meet your individual clients' needs. The concise fifteen-session, time-limited psycho-educational group therapy program for adult survivors of sexual abuse is designed to therapeutically address the long-

term sequelae associated with a past history of child abuse. The literature review of childhood sexual abuse treatment, along with this program and the invaluable sections on male survivors, sexuality, and other areas dealing with the emotional repercussions of childhood sexual abuse, are invaluable sources of information for helping survivors develop and maintain healthy relationships and balanced lives.

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