

The Sexual Healing Journey A Guide For Survivors Of Sexual Abuse Third Edition

Passionate Hearts Wendy Maltz 2006-12-08 Structured to parallel the course of a loving, intimate relationship, a selection of poetry by such authors as Gary Soto, e. e. cummings, and Marge Piercy traces and celebrates sexual intimacy and spiritual union. 20,000 first printing. IP.

The Sexual Healing Journey Wendy Maltz 1991-06-19 From a nationally recognized sex therapist and sexual abuse treatment specialist, a compassionate, comprehensive, and practical guide to overcoming the sexual effects of past sexual abuse.

Reclaiming Pleasure Holly Richmond 2021-10-01 Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you’ve overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychotherapist and grounded in cutting-edge research, *Reclaiming Pleasure* picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma Move beyond feelings of shame Reclaim pleasure and reignite passion in your life Surviving is merely the

first step in the process of recovery from sexual trauma. With this sex-positive and empowering guide, you are invited to take your recovery to the next level. You'll feel emboldened by the desire for better sex, healthier relationships, and a more connected, pleasurable life.

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.

You Can Help Rebecca Street 2016-08-10 You Can Help offers concrete tools to family and friends who wish to participate in the healing process of someone who has been sexually victimized. In Part One, the author chronicles her own journey to recovery while providing pragmatic advice and essential data from numerous experts in the field. Each chapter is followed by "Five Practical Tips." Part Two is comprised of inspirational stories by 19 other survivors of both abuse and assault (8 men and 11 women) who share what was most helpful and hurtful in their own recoveries. Besides empowering family and friends, You Can Help is a valuable asset for arming survivors in their battle against shame and is an important educational resource for professionals who work with trauma. You Can Help enables readers to: (1) BREAK THE SILENCE (silence is the biggest obstacle to recovery) (2) LEARN about the complex consequences of sexual trauma, including PTSD (3) ASSIST SURVIVORS in regaining trust, confidence, and joy.

Lifting Heavy Things: Healing Trauma One Rep at a Time Laura Khoudari 2021-05-25 A fresh approach to healing after trauma, using strength training as an embodied movement practice. Celebrated trainer and trauma practitioner Laura Khoudari brings a fresh approach to healing from trauma in her debut, *Lifting Heavy Things*. Compassionate, witty, and fastidiously researched, this breakthrough title will empower and inspire you to develop resilience and build emotional and physical strength through working out with weights, while mindful of the ways that trauma can compromise the well-being of the mind and body. Khoudari blends practical training advice and neuroscience insights with a candid and endearing account of her own personal journey, from angry and alienated teen smoker and gym class truant, to young woman with crippling back pain, to 40-something athlete and fitness professional who has reclaimed her power and dedicated her life to helping others do the same. Part personal narrative, part practical practices, and steeped in research, this book is a must-have for anyone looking for an original approach to moving through stages of healing to thriving. Khoudari tenderly takes her reader through the stages of healing from trauma from the ground up, offering practical applications of how to use training to heal and lift heavy things both physically and figuratively. She explores: Managing chronic pain Creating the conditions for training and healing Understanding how trauma shows up in daily life Using embodied movement practices (beyond yoga) as a tool to comfortably re-inhabit the body Navigating interpersonal relationships during and after the healing process Why you don't have to tell your trauma story (to everyone) Thriving with and moving beyond trauma With humor, tenderness and grit, *Lifting Heavy Things* takes readers on a journey of personal revelation and integration, helping them to lighten their emotional burden and build deep inner strength to lift all of the heavy things that life may bring with greater ease.

The Sexual Healing Journey Wendy Maltz 2012-06-12 “Men and women who have despaired that their sex lives would never change will find hope and answers in this friendly, encouraging, and essential guide.” —Laura Davis, coauthor of *The Courage to Heal* and author of *Allies in Healing* This widely esteemed, highly respected resource helps survivors of sexual abuse heal from the past, improve relationships, and discover the joys of sexual intimacy. Compassionate and enduring, renowned author, psychotherapist, and certified sex therapist Wendy Maltz presents a comprehensive program for healing that sensitively takes readers step-by-step through the recovery process, integrating expert advice with groundbreaking exercises, proven techniques, and first-person accounts of women and men at every stage of sexual healing. This compassionate resource can help you to: Identify the sexual effects of sexual abuse Eliminate negative sexual behavior and resolve specific problems Gain control over upsetting automatic reactions to touch and sex Develop a healthy sexual self-concept Originally published two decades ago, *The Sexual Healing Journey* is a highly respected resource for understanding and healing the intimate sexual problems caused by sex abuse. The updated third edition features a new preface, revised materials, and an updated, expanded resource section.

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.

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.

The Path to Sexual Healing Linda J. Cochrane 2000-08-01 Victims of sexual abuse (and former abusers) will grow in wholeness and grace through this honest yet sensitive study that aids in recovery.

How to Overcome Premature Ejaculation Helen Singer Kaplan 2013-06-17 *How to Overcome Premature Ejaculation* discusses male sexual response and the cause of its disorders, and provides advice on leading a more normal sex life. Based on the same therapeutic methods that have proven clinically effective for 90% of men suffering from premature ejaculation (PE), this straightforward volume describes a rapid, practical self-help program that can be used by single men or couples in the privacy of their home. Dr Kaplan first explains the nature of PE and its causes and then describes her effective treatment techniques. She also discusses the errors and resistances that can arise and provides suggestions on how to overcome them.

The Sexual Trauma Workbook for Teen Girls Raychelle Cassada Lohmann 2016-06-01 *The Sexual Trauma Workbook for Teen Girls* offers healing, real-life stories from survivors and powerful, evidence-based tools to help you reclaim your life after sexual abuse or trauma. If you've been sexually abused or experienced sexual trauma, you may feel confused, angry, ashamed, and unable to move forward emotionally. You're not alone. Like many teens who've been abused, you may be tempted to keep the secret locked deep inside and feel uncomfortable discussing your struggles with others. If so, this book can help you find your voice. This empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Healing is possible—and with healing, comes victory. In this book, you'll find true stories from other teen

survivors, and in reading the stories you'll find reassurance in knowing you aren't alone in your experiences. You'll also find practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self. Sexual abuse or trauma may be a part of your past, but it doesn't need to define who you are now. This book will help you as you start on the path toward healing so you can move forward with confidence.

Intimate Partner Sexual Violence Louise McOrmond Plummer 2013-10-21 Intimate Partner Sexual Violence (IPSV) is the most common type of sexual violence and a common component of domestic violence, yet most cases go unreported and service responses are often inadequate. This book brings together advice for all those professionals working with individuals who have experienced IPSV and puts forward recommendations to tackle this prevalent form of sexual violence. With contributions from leading experts on IPSV, *Intimate Partner Sexual Violence* is a comprehensive guide to the subject which bridges the gap between research and practice. Multidisciplinary and international in approach, the book covers key issues salient to all professionals - the impact of IPSV, reproductive coercion, the physical and psychological indicators, possible consequences of taking a case to court, and best practice service responses. One section also addresses the risks and needs of IPSV victims in different contexts, such as those in same-sex or teenage relationships, immigrant victims, and those living in rural areas or in prison. This is an authoritative resource for all professionals who work with IPSV victims including counselors, social workers, refuge workers, victim advocates, mental health professionals, pastoral workers, lawyers, police, and health practitioners.

We Need to Talk Emily Hunt 2023-02-02 Emily was in a restaurant, having lunch with her father - the next thing she remembers is waking up, naked, in a strange hotel room, next to a man she did not know. She suspected she had been drugged, raped and later found out she had been filmed

without her consent. What happened to her that night could have happened to anyone. What came next happens to far too many victims, as failures by the police, the UK's Crown Prosecution Service and other parts of the system, led to Emily doubting she would ever find justice. Six years after her attack, Emily is an adviser to the UK Government on sexual violence. Part memoir and part investigation, Emily shines a light on the fault lines of a system and a society that is failing rape victims. *We Need To Talk* looks at how rape is a mainstream, everyday problem deeply damaging victims, their families, their workplaces and the economy.

Don't Expect Me to Cry Janet Bentley 2018-10-17 *Don't Expect Me To Cry* is a powerful story of the horrific abuse Janet experienced by several abusers including her father, and her courageous journey to a life that is an inspiration. Starting with a child's view of shocking abuse, then through her terror as she shared her secrets, Janet tells how she hit 'rock bottom' and tried to end her li

Life, Reinvented Erin Carpenter 2013-12-06 *Life, Reinvented* brings both inspiration and practical tools to survivors of sexual assault or childhood sexual abuse and their friends, family members, and spouses. Combining recent research, years of clinical experience, and first-hand accounts of healing, Erin Carpenter offers a unique viewpoint on recovery from trauma. *Life, Reinvented* is a truly complete guide to healing. Beginning with the myths and facts about sexual trauma, Erin introduces common symptoms and describes what happens in the brain when trauma occurs. Erin explains in a novel way how trauma-related symptoms are actually signs of healing. Practical tools and easy strategies help survivors manage symptoms, find their strengths, and move toward recovery. Also included is crucial information and direction for loved ones of survivors. Friends, family members, and spouses will find support, validation, and tools to both help the survivor in their lives and recover from their own vicarious trauma. Accessible and beautifully written, *Life, Reinvented* is an

important contribution to the literature about sexual trauma.

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.

Silently Seduced Kenneth M. Adams 2011-09 In this revised and updated 20th anniversary edition of his groundbreaking book, Dr. Kenneth Adams, a leading expert on covert incest, sex addiction, and childhood trauma, offers tools for identifying and healing from covert incestuous relationships that affect adult relationships and lives. He explains how 'feeling close' with a parent is not always the source of comfort the phrase suggests, especially when that child is cheated out of a childhood by being a parent's surrogate partner. Dr. Adams includes a new Q&A section that directly addresses issues including: • How can this be incestuous when there is no physical sexual contact? • Why is sexual addiction so common with covert incest survivors? • Why is it so hard for covert incest survivors to commit to romantic relationships? • If my partner is a covert incest survivor, how can I help? • Can I pass covert incest on to my children? Through new findings and expanded discussions on 'engulfment,' 'excessive guilt,' 'loyalty,' and 'narcissism,' and others, *Silently Seduced* offers a framework to understand covert incest and its effect on sexuality, intimacy, and relationships to

facilitate the process of recovery.

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.

Rx Sex Barbara Keesling 2000 In "Rx Sex" Keesling describes the many benefits of a healthy sex life and demonstrates how to introduce sexual healing into a relationship at any stage. Readers can find help to ease performance pressure and encouragement to explore how touch and arousal can improve all areas of life. 14 photos. Charts.

The Art of Healing from Sexual Trauma Naomi Ardea 2016-09 Much remains hidden as survivors of sexual trauma do the hard work of healing. Naomi Ardea courageously offers a rare, in-depth view into the inner world of a victim finding her way to regain peace and wholeness. The Art of Healing from Sexual Trauma holds Ardea's soulful paintings, soothing photographs, and authentic, compassionate words. Within this memoir of healing moments, Ardea weaves insightful reflections on common trauma healing patterns as well as a practical, nurturing self-care guide for other survivors.

The Courage to Heal Workbook Laura Davis 1990-02-28 In this groundbreaking companion to *The Courage to Heal*, Laura Davis offers an inspiring, in-depth workbook that speaks to all women and men healing from the effects of child sexual abuse. The combination of checklists, writing and art Projects, open-ended questions and activities expertly guides the survivor through the healing process. Survival Skills -- Teaches survivors to create a safe, supportive environment, ask for help, deal with crisis periods, and choose therapy. Aspects Of Healing -- Focuses on the healing process: gaining a capacity for hope, breaking silence, letting go of shame, turning anger into action,

planning a confrontation, preparing for family contact, and affirming personal progress. Guidelines For Healing Sexually -- Redefines the concept of "safe sex" and establishes healthy ground rules for sexual contact.

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.

Sexual Healing Barbara Keesling 2011 "A guide to every known sexual problem and all possible treatments, both new and experimental, with over 125 exercises to heal specific problems as well as maintain an intimate bond in relationships"--Provided by publisher.

The Nutters Club Mike King 2011-08-26 Mental health advocate and 2019 Kiwibank New Zealander of the Year Mike King is, in his own words, a 'certified nut'. Since 2009, Mike has hosted the hugely popular Nutters Club show, now on NewstalkZB, as well as the TV programme of the same name, and as 'Head Nut' has seen the Club expand into an online community with a vast and loyal following. The Nutters Club deals with all the tough stuff that many would prefer to keep in the closet — mental health issues like anxiety and depression, drug and alcohol addiction, eating disorders, rape and sexual abuse — as told by real people sharing their life experiences to help others discover coping mechanisms, recovery and hope, in a way that is non-preachy and easy to understand. This book shares eleven of those stories, along with insights into Mike King's own story and his battle with depression, drugs and alcohol. Candid and compelling, The Nutters Club is as relevant today as when it was first published in 2011. Enjoy!

Private Thoughts Wendy Maltz 2012-10-16 Private Thoughts provides more than just these women's

fantasies, however. It combines new research with the advice of a seasoned sex therapist. The result is an exciting contribution to the field of sexuality. Drawing insights from Wendy's research and advice from her clinical experience as a sex therapist, the book gently guides women to explore their own fantasy style and to recognize the origins of their fantasies. It gives women permission to enjoy their fantasies while also helping them to recognize how some fantasies may be masking emotional pain, which could be detrimental to them and to their relationships.

Thriving After Trauma Shari Botwin 2019-11-08 *Thriving After Trauma* addresses readers who have experience trauma or loss due to a variety of experience - whether accident, abuse, or injury. Shari Botwin shows readers, through personal stories, how many who have experienced the worst kinds of trauma have managed to move on and thrive beyond their experiences. Often, those who live through trauma come away with feelings of shame, guilt, anger, and despair. These are common, even normal, responses in the immediate aftermath. Left unaddressed, though, those feelings may develop into substance abuse problems, eating disorders, depression, or anxiety. Learning how to move on, to pick up and live life again, takes effort and guidance. Botwin guides readers through the stories of others who have gone on to live fulfilling, happy lives, and provides tips and tools for healing and moving on. Letting go of the shame, guilt, anger and fear associated with tragic events is crucial to reclaiming a full life. Strategies such as, journaling, mindfulness, cognitive-behavioral restructuring, and healthy relationships to aid in recovery are explored and explained, so readers can adopt those strategies that work best for them. It is not the trauma itself that results in so many people developing self-destructive tendencies and life threatening illnesses. It is the lack of having a way to digest and make sense of the trauma-related feelings that can lead one to mental illness, disconnection, and in some cases, even death. Readers will learn how to live

with the trauma versus how to get over the trauma, so they can move forward healthfully and mindfully.

The Long Journey Home Andrew J. Schmutzer 2011-10-01 Maybe the only thing new about sexual abuse is quality discussion from several professions (psychology, theology, and pastoral care). Here are the insights of over two dozen psychologists, theologians, and those in pastoral care, all targeting the issue of sexual abuse. Designed as a resource for Christian educators, therapists, pastors, social workers, group leaders, and survivors, *The Long Journey Home* combines current research in mental health with rich theological reflection, global concern with fervent pastoral wisdom for the local faith community. Whether you are a counselor, professor, pastor, or spouse of a survivor, you hold in your hand a fresh resource of information and advocacy for those suffering from the devastating effects of sexual abuse and rape. The breadth of material, biblical insight, discussion questions, and helpful resources gathered here just may be the tool of a generation.

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 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.

Aphrodisiac Kimberly Gallagher 2021-04-06 From the co-founder of one of the world's most respected herbal education websites: recipes, rituals, practices, and personal stories to help you live a more sexually fulfilled and vital life. Plants are the great healers of the earth, and their capacity to support healthy sexuality is just as powerful. This beautifully written and illustrated book brings you

into a relationship with herbs for sexual fulfillment and empowerment. Drawing on her own knowledge of herbalism and sacred sensuality, along with intimate stories from students who implemented her teachings, Kimberly Gallagher guides you on a personal journey of growth aided by the aphrodisiac properties and sensual uses of healing herbs and flowers such as damiana, cacao, and rose. Kimberly is an author and co-founder of LearningHerbs, a widely respected herbal education website. In *Aphrodisiac*, you'll find thoughtful, soulful rituals and dozens of recipes for putting the herbs to use, such as Autumn Blush Cordial, Rose Massage Oil, and Cardamom Chocolate Mousse Torte. You'll read user-friendly and well-researched monographs that teach you everything you need to know about every featured herb. And you'll find a wide range of practices for inviting erotic energy flow into your life--including creating an inviting environment, nourishing your body, and simply slowing down so there's time to savor pleasure. When people are sensually alive and sexually fulfilled, they are more confident, creative, and joyful. They are also more likely to share their unique personal gifts with the world. *Aphrodisiac* is an essential resource for anyone wishing to live a more vibrant life.

The Survivor's Guide to Sex Staci Haines 1999 An encouraging, sex-positive guide for women who have survived sexual assault. Bibliography & index. Illustrations.

Victims No Longer Mike Lew 1990

Incest and Sexuality Wendy Maltz 1987 Describes the psychological damage done by incest, discusses treatment therapies, and tells how to help incest victims develop normal adult attitudes towards sex.

No Secrets No Lies Robin Stone 2007-12-18 With a foreword by Joycelyn Elders, M.D., *No Secrets, No Lies* is a powerful and daringly honest resource guide for families seeking to understand,

prevent, and overcome childhood sexual abuse and its devastating impact on adult survivors. An estimated one in four women and one in six men is abused by age eighteen, most often by someone they know. Most of these sexual assaults are never disclosed, much less reported to the police. *No Secrets, No Lies* demystifies the cultural taboos and social dynamics that keep Black families silent and enable abuse to continue for generations. Among them: ?Fear of betraying family by turning offenders in to "the system" ?Distrust of institutions and authority figures, such as police officers ?Reluctance to seek counseling or therapy ?A legacy of enslavement and stereotypes about black sexuality Through compelling personal accounts from everyday people, Robin D. Stone, a sexual abuse survivor herself, illuminates the emotional, psychological and hidden consequences of remaining silent, and provides holistic, practical steps to move toward healing. *No Secrets, No Lies* candidly speaks to: survivors, telling them they are not at fault, not alone and how they can seek help; parents, guardians and caretakers, explaining how they can keep children safe and help survivors recover; and family, friends and other loved ones, showing ways to lend support.

Working with the Trauma of Rape and Sexual Violence Sue J. Daniels 2016-11-21 The trauma caused by rape and sexual assault can often be further compounded by unthinking or insensitive comments from people who may judge, disbelieve or disparage the victim. This authoritative resource draws together advice for all people in the helping professions on how to work with victims of rape and sexual violence. The wide-ranging topics cover the effects of rape, male rape, childhood sexual abuse, sex trafficking and prostitution, and sexually transmitted infections, giving best practice advice on how to offer effective and compassionate support to help survivors.

The Warrior Within Christiane Sanderson 2014-12

Healing Steps Sharyn Higdon Jones 2018-08-13 FINALIST 2018 FOREWORD BOOK OF THE YEAR

- PSYCHOLOGY & WOMEN'S STUDIES "As practical as it is powerful." - Marilyn Van Derbur, author, *Miss America by Day Healing Steps: A Gentle Path to Recovery for Survivors of Childhood Sexual Abuse* is a step-by-step guide to healing from the deep pain of early sexual abuse. Such profound abuse touches the core of a woman's being: in unwanted memories, confusing feelings, distorted self-image, ongoing relationship struggles, and more. This frank and thorough book, written by a therapist who has herself survived sexual abuse, offers clear-eyed advice, stories of struggles and recovery, and most importantly, exercises to guide you in your own healing. If you're a sexual abuse survivor, it's difficult to know how to begin freeing yourself of the past so you can be fully present for your future. Let this book be your guide. And if you're currently in therapy (or if you are a therapist) and want a focus for your work, this book can be used as a blueprint for your therapeutic work. When you read this book, you will realize that you are not alone: you are on a journey that many have walked before - and that many are walking with you now.

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.

Healing Sex Staci Haines 2010-02 *Healing Sex* is the encouraging, sex-positive guide for all women survivors of sexual assault - heterosexual, bisexual, lesbian, coupled, and single - who want to delight in their own sexuality. While most books on the topic broach sexuality to reassure women that it's all right to say "no" to unwanted sex, *Healing Sex* encourages women to learn how to say "yes" - to their own desires and on their own terms

The Sexual Healing Journey Wendy Maltz 2001-02-20 Considered a classic in its field, this comprehensive guide will help survivors of sexual abuse improve their relationships and discover the joys of sexual intimacy. Wendy Maltz takes survivors step-by-step through the recovery process using groundbreaking exercises and techniques. Based on the author's clinical work, interviews, and workshops, this guide is filled with first-person accounts of women and men at every stage of sexual healing. This compassionate resource helps survivors to: Identify the sexual effects of sexual abuse Eliminate negative sexual behavior and resolve specific problems Gain control over upsetting automatic reactions to touch and sex Develop a healthy sexual self-concept

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