

Surviving Childhood Sexual Abuse Workbook Practical Exercises For Working On Problems Resulting From Childhood Abuse

Surviving Child Sexual Abuse - Liz Hall 2003-12-16

"Surviving Child Sexual Abuse" is a handbook for survivors and their helpers. It examines what sexual abuse entails for a child and why it happens. Personal and professional issues for helpers are addressed and the long term effects of sexual abuse are examined. The strengths of survivors are acknowledged together with the supportive alliances they have formed with partners, helpers and friends. The theme of disclosure is examined in depth and the main themes in therapeutic work with survivors are discussed and

methods are described which can be used in such therapeutic work. This highly successful book ends with an evaluation of the issues involved in training helpers for working with survivors.; The book is aimed at therapists including social workers, counsellors in public organizations and private practice, clinical psychologists, psychiatrists, nurses, health visitors, general practitioners, police and psychotherapists.

Surviving Childhood Sexual Abuse - Carolyn Ainscough 2000-04-22

Understanding the past-and breaking free from it-is the key

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to surviving childhood sexual abuse. This book can help ease the journey, with discussions of the damage caused by abuse; anxiety, fears, and nightmares; depression and low self-esteem; eating disorders and negative body image; feelings toward the abuser, and how to overcome problems and work toward prevention.

Treating Survivors of Childhood Abuse, First Edition

- Marylene Cloitre

2011-11-15

This book has been replaced by Treating Survivors of Childhood Abuse and Interpersonal Trauma, Second Edition, ISBN 978-1-4625-4328-1.

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 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

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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.

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.

Breaking Free - Kay Toon
2018-02-15

This classic book has helped many thousands of people to manage the impact that

childhood sexual abuse has had on their lives. The positive and optimistic approach continues to empower survivors to break free from the past. This new edition by clinical psychologist Kay Toon 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. *Breaking Free* is regularly recommended by agony aunts and therapists. A Department of Health project provided copies of *Breaking Free* and the *Breaking Free Workbook* to NHS Mental Health Provider Trusts. 'The voice of the cowed, betrayed and helpless sexually abused child speaks powerfully throughout this book.' *British Journal of Psychiatry* 'The way the book instils hope is inspiring' *Journal of Social Work Practice* 'This book will be enormously helpful to those who have endured sexual abuse.' *Nursing Times*
[Breaking Free](#) - Kay Toon

Surviving Childhood Sexual Abuse Workbook Practical Exercises For Working On Problems Resulting From Childhood Abuse

2022-08-18

'This book will be enormously helpful to those who have endured sexual abuse' Nursing Times This classic book has helped many thousands of people to manage the impact that childhood sexual abuse has had on their lives. The positive and optimistic approach continues to empower survivors to break free from the past. Now with significantly updated resource and further help sections, this latest edition by clinical psychologist Kay Toon acknowledges the 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. Breaking Free is regularly recommended by counsellors, by media agony aunts and psychotherapists. A Department of Health project provided copies of Breaking Free and the Breaking Free Workbook to NHS Mental Health Provider Trusts. It is

ideal both for those seeking

therapeutic support and for those providing such support.

'The voice of the cowed, betrayed and helpless sexually abused child speaks powerfully throughout this book.' British Journal of Psychiatry 'The way the book instils hope is inspiring' Journal of Social Work Practice

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

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incorporate into their clinical practice.

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

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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.

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.

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

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abuse. The exercises are divided into four parts: recently, such as street

Understanding Your Present Problems and Keeping Safe; Guilt and Self-Blame; Feelings about Yourself and Others; and Looking to the Future.

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 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

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Exercises For Working On Problems Resulting From with clients, and both this book **Childhood Abuse** and **Breaking Free** are

regularly recommended by professionals in the NHS and also in the media.

Cognitive-behavioral Treatment for Adult Survivors of Childhood

Trauma - Mervin R. Smucker 1999

With the use of both imagery and verbal interventions to activate the entire fear memory and to identify, challenge, modify, and reprocess the recurring traumatic imagery and abuse-related beliefs, a more adaptive schema is created. The authors comprehensively describe this treatment program, offering step-by-step procedures for each session."--BOOK JACKET.
Victims No Longer - Mike Lew 1990

Counselling Adult Survivors of Child Sexual Abuse -

Christiane Sanderson 2006
This updated and expanded edition provides comprehensive coverage of the theory and practice of counselling survivors of child

sexual abuse (CSA). In a reasoned and thoughtful approach, this book honestly addresses the complex issues in this important area of work, providing practical strategies valuable and new insights for counsellors.

Treating Adult Survivors of Childhood Emotional Abuse and Neglect - Elizabeth K. Hopper 2021-08-09

"Component-based psychotherapy for childhood abuse is not a sequenced model, but it deliberately attends to the following four components: (1) relational, focused on client and therapist attachment styles and relational patterns with the intent of building a secure attachment as the context of the remaining work; (2) self-regulation, not only of emotions but of cognitions and behavior; (3) dissociative parts of self and their identification and elicitation; and (4) narrative construction of a coherent self. CPB does so in a way that is client-centered, flexible, and fluid, yet it is also systematic and has a structure.

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Each chapter offers observations of false starts, missed opportunities, pivotal interactions, and alternate approaches in response to particular exchanges between therapist and client, and highlights and builds upon interactions and interpretations perceived to bear promise"--

Women Survivors of Childhood Sexual Abuse - Terry S Trepper
2014-03-18

Women Survivors of Childhood Sexual Abuse is a detailed discussion of the theoretical and philosophical underpinnings involved in conducting group psychotherapy with women who have experienced childhood sexual abuse. Offering the practical "how to's" of conducting a thirteen-session group, this unique book emphasizes the discovery of solutions, strengths, and internal/external resources and highlights the temporal nature of "being a victim" and "being a survivor" at theoretical and clinical levels. The book's integration of theory and

clinical intervention provides a thorough basis for addressing some of the key themes in the resolving of sexual abuse. In Women Survivors of Childhood Sexual Abuse, you'll uncover topics related to healing such as: the theoretical rationales for group treatment, which include the Ericksonian approach, the feminist perspective, narrative therapy, and the solution-oriented approach resiliency- and resource-based approaches the importance of language in recovery from sexual abuse how to deal with issues such as relationships, telling one's story of abuse, building safety/boundaries, spirituality, cultivating a future, dealing with flashbacks A practical guide for students in counseling practicums, Women Survivors of Childhood Sexual Abuse provides you with a systematic method with which to conceptualize and conduct group work. Experienced counseling practitioners in psychology, social work, psychiatry, and nursing will also benefit as you gain a

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session-by-session account of how to conduct group work. In today's institutional setting, private practice, and professional climate in general, there is growing interest in how to do more with less, how to maximize financial and professional resources, and how to take care of our therapist selves. This book will help you achieve these goals through leading clients to personal empowerment, self-compassion, and resourcefulness.

Handbook of Child Sexual Abuse - Paris Goodyear-Brown
2011-09-09

A comprehensive guide to the identification, assessment, and treatment of child sexual abuse The field of child sexual abuse has experienced an explosion of research, literature, and enhanced treatment methods over the last thirty years. Representing the latest refinements of thought in this field, Handbook of Child Sexual Abuse: Identification, Assessment, and Treatment combines the most current research with a wealth of

clinical experience. The contributing authors, many of whom are pioneers in their respective specialties, include researchers and clinicians, forensic interviewers and law enforcement professionals, caseworkers and victim advocates, all of whom do the work of helping children who have been sexually victimized. Offering a snapshot of the state of the field as it stands today, Handbook of Child Sexual Abuse explores a variety of issues related to child sexual abuse, from identification, assessment, and treatment methods to models for implementation and prevention, including: The impact of sexual abuse on the developing brain The potential implications of early sexual victimization Navigating the complexities of multidisciplinary teams Forensic interviewing and clinical assessment Treatment options for children who have traumagenic symptoms as a response to their sexual victimization Treating children with sexual behavior problems

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and adolescents who engage in illegal sexual behavior

Secondary trauma and vicarious traumatization Cultural considerations and prevention efforts Edited by a leader in the field of child therapy, this important reference equips helping professionals on the front lines in the battle against child sexual abuse—not merely with state-of-the-art knowledge—but also with a renewed vision for the importance of their role in the shaping of our culture and the healing of victimized children.

Overcoming Childhood

Sexual Trauma - Sheri Oz

2014-09-25

Go beyond the pain and fear of sexual abuse to heal the trauma Childhood sexual abuse (CSA) can be a physically and emotionally painful soul-shattering experience that can traumatize a person for a lifetime. The Wall of Fear: Crossing the Wall from Trauma to Recovery from Childhood Sexual Abuse is a unique exploration of the subjective experiences of both client and

therapist as they together travel the path to recovery.

Therapists get a clear illustration of the therapy process while CSA survivors are offered a gauge with which to judge their own progress toward recovery. New therapeutic concepts are clearly presented and extensively discussed while sensitively charting the experiences of clients on the journey toward healing. As Winston Churchill once said, "If you're going through hell, keep going." The Wall of Fear charts the arduous progress of a survivor from the initial understanding that they need help and guidance, to choosing the correct therapist, to the emotional roadblocks most clients face on their own personal recovery from the hell of CSA. The authors team up to courageously provide readers with a comprehensive and candid portrait of their experiences of CSA therapy while demonstrating the approaches which effectively enhance healing. Features include schematic drawings of

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the stages of therapy, the client's own diary from her youth through her therapy in adulthood, client drawings illustrating progress in therapy, and effective art exercises that can be used at the beginning of therapy. The text includes extensive references, useful appendixes, and a helpful glossary of terms for the layperson. Topics in *The Wall of Fear* include: the nature of sexual trauma (the new concept of the World of Trauma) growing up traumatized—and its effect on friendships, sexual development, dating, and mate selection couples' relationships and sexuality selecting a therapist the new concept of *The Wall of Fear* closure coping with the therapy process parenting by CSA survivors and the impact on the next generation the subjective experiences of both therapist and CSA survivor *The Wall of Fear* stands as a testament that no matter what sexual trauma a person may endure, there is hope for recovery. This is insightful, crucial reading for

survivors of CSA and therapists at all levels of expertise.

Healing Tasks - James I.

Kepner 2013-06-17

This groundbreaking book presents a new model for working with survivors of abuse and other trauma. The Healing Tasks Model, based on developmental stages of healing with specific tasks for each stage, offers the clinician new support for threading through the sometimes overwhelming complexities of the survivor's experience. At the same time, Kepner's model helps to avoid some of the common pitfalls and risks of work in this most challenging of clinical areas, such as pushing clients to express and remember before they have developed the capacity to manage such intensity, or encouraging confrontation and interpersonal interactions that the survivor doesn't yet have the developmental underpinnings to support. Using the Healing Tasks Model the clinician will find techniques for helping clients develop emotional and

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systemic supports, manage feelings, and set appropriate boundaries. Readers will also find a guide to dealing with the difficult and troubling issues of memory: how to approach abuse memories, when and how to take action based on abuse memories, when to defer action pending the development of more supports and capacities for the survivor, and then how to develop those

essential supports and capacities. Written for psychotherapists, psychologists, psychiatrists, social workers, counselors, pastoral counselors, and adult survivors of childhood abuse, Healing Tasks provides a therapeutic model that can be used to help abuse survivors develop the emotional skills to lead richer and more fulfilling lives.

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