

Survivors And Partners Healing The Relationships Of Sexual Abuse Survivors

Lyah! Lyah! Pants on Fyah! Lou Bishop 2015-11-10 Survivors of childhood sexual abuse are often unaware of the psychological baggage they carry that manifests in their lives. Some indicators include: the inability to maintain long-term relationships or consistently choosing inappropriate partners. This book speaks to sinister secrets harbored by survivors of childhood sexual abuse. These secrets impact the lives of their loved ones, children, significant others, and their friends. Read excerpts from the diaries of women who have survived childhood sexual abuse. Explore the lies that many survivors of childhood sexual abuse subscribe to and learn about the steps to sacred healing. Written by life coach Lou Bishop, who is a sexual abuse survivor, this is a must read for abuse survivors and for anyone who loves someone who has survived these heinous acts. It's time to have honest conversations about this subject in order to break the cycle of abuse.

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 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.

Outgrowing the Pain Eliana Gil 2009-07-22 "Anyone who had a troubled childhood ought to read this book."—Anne H. Cohn, D.P.H., Executive Director, National Committee for Prevention of Child Abuse Do you have trouble finding friends, lovers, acquaintances? Once you find them, do they dump on you, take advantage of you, or leave? Are you in a relationship you know isn't good for you? Are you still trying to figure out what you want to do when you grow up? Are you drinking too much, eating too much or trying to numb your pain with drugs of any kind? These are just a few of the problems abused children experience when they become adults. You may not realize you were abused. You may think your parents didn't mean it, didn't know better, or that others had it much worse. You may not even have made the connection between the past and your current problems. *Outgrowing the Pain* is an important book for any adult who was abused or neglected in childhood. It's an important book for professionals who help others. It's a book of questions that can pinpoint and illuminate destructive patterns. The answers you discover can lead to a life filled with new insight, hope, and love. "The best book available to help survivors cope and understand."—Dan Sexton, Director, Childhelp's National Abuse Hotline "An invaluable aid for adult survivors of child abuse."—Suzanne M. Sgroi, M.D., Executive Director, New England Clinical Associates

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.

Survivors and Partners Paul A. Hansen 1991

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

Ghosts in the Bedroom Ken Graber 2010-01-01 LI>As the partner of an incest survivor, do you feel like a neglected victim even though your life has been drastically affected by the aftermath of sexual abuse? Do you feel left out in the cold as you watch them go through recovery? Do you feel isolated or rejected, and think that no one else will understand your problems? Although the impact of incest or sexual abuse can destroy relationships and test long-standing commitments, the information in this book may be the key to holding your relationship together through the journey to recovery. *Ghosts in the Bedroom* provides comfort and guidance for partners in the process of recovery. Graber draws from personal experience to show how partners can accept responsibility for their own issues, support the recovery of the incest or sexual abuse survivor and work toward solving relationship problems together.

Lovers and Survivors S. Yvette De Beixedon 1995 This book should be an integral part of any complete treatment program for sexual abuse survivors and their loved ones. Partners, relatives, and friends of sexual abuse survivors, sexual abuse survivors, health professionals, and educators, will find this book of value. Finally, a book designed with unique issues of partners in mind!

When a Man You Love Was Abused Cecil Murphey 2010 For all women who know and love a survivor of sexual assault, best-selling author Cecil Murphey has penned an honest and forthright book about helping the man in your life survive--and thrive--despite past abuses.

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.

Outgrowing the Pain Together Eliana Gil 1992 "A groundbreaking recovery program for a happier, healthier intimate relationship"--Cover subtitle.

Trust After Trauma Aphrodite Matsakis 1998 Examines the feelings of loneliness and mistrust suffered by trauma survivors, explores how these feelings affect personal relationships, and suggests ways of negotiating and coping with the trauma for improved relationships.

Metamorphosis: Robyn Apffel 2014-10-25 *Metamorphosis: A Poetry Manual for Survivors of Childhood Sexual Abuse* is designed to lead the reader to self-awareness and self-expression. The chapters are arranged chronologically, guiding the reader through early childhood, adolescence, courtship and marriage, body issues, and into recovery. Each chapter begins with remarks that provide personal context and ends with writing prompts that

lead the reader to think about her own situation, to react emotionally, and to write poems in expressing her own story and emotions. As the reader becomes a writer, she will find the voice she needs to experience healing. Written over the three-year course of psychotherapy, *Metamorphosis* is a book of transformation. The frightened, distrustful child becomes a confident adult, capable of active participation in life and relationships. She can look at her history and claim it as her truth and cast aside the pretense and lies that she had formerly been forced to live. She can separate herself from her abuser and hold him accountable for his actions, freeing herself from the blame that had wrongfully been placed upon her. She can find the happiness and satisfaction she deserves. This book can be a valuable tool to use in conjunction with or following professional therapy. It can be used not only by survivors of childhood sexual abuse, but also by their partners in life, their friends and family, educators, law enforcement personnel, religious counselors, and even by abusers or potential abusers. Anyone who wishes to understand the effects of childhood sexual abuse can gain much insight by considering the pages of *Metamorphosis: A Poetry Manual for Survivors of Childhood Sexual Abuse*.

Traumasexuality Peter John Schouten 2020-01-31 *Traumasexuality* concerns the lives of men who were sexually abused as boys. Everyone finds sexual abuse very upsetting. However, if you ask the question what makes it so bad, very few people can say anything sensible about it. Once you have read this book, you will be an expert in this subject. You will acquire new insights and have a precise vocabulary for naming the details. In these times everyone knows you can contract lung cancer from smoking. But in the past, we did not know that, and smoking was cool. My intention, through this book, is that everyone learns that you suffer mental paralysis as a result of sexual abuse. The terms *traumasexuality* and *mental paralysis* provide a new perspective on the damage caused by sexual abuse. Men who have been sexually abused, only see when they reflect on their lives how the abuse has determined every facet of it. This book provides a detailed answer to what happens to a boy at the moment he is sexually abused by an adult. In just a matter of seconds he is dealt a whole range of shocks. Read about the influence that this moment has on the rest of their lives. How the sexual imprint of the perpetrator can be seen in *Traumasexuality* and the paralytic power of the perpetrator in the *Mental Paralysis*. As a partner, you sometimes do not realise that with a sexually abused man you have entered a triangular relationship with him and his perpetrator. You can do a lot as a partner. But read here what you must avoid doing. Processing sexual abuse is possible. This is hopeful, but it demands a lot of work. The entire process is explained here with all the obstacles you may encounter. You have to banish the perpetrator's control, otherwise you will carry a trauma with you your entire life that is sexually attractive.

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.

REPAIR Your Life Marjorie McKinnon 2015-12-04 *REPAIR Your Life* is a Six-Stage Program for abuse survivors that will transform your life forever! Recognize and accept your adult problems stemming from childhood sexual abuse. Enter into a commitment to transform your life. Process your issues with tools and techniques that will enable you to become healthy. Awareness to discover reality as you gather and assemble the pieces of the broken puzzle your life became. Insight into the complete picture helps you begin to return to what you were prior to being sexually violated. Rhythm recovers the natural rhythm you had before the incest happened, the blueprint that is the essence of your true nature, becoming who you really are. Therapists' Acclaim for *REPAIR Your Life* "REPAIR Your Life is one of several significant books by a woman who writes openly and perceptively, using her own experiences to take us down her path to an ultimately fulfilling life. This is an important book." --Vincent J. Felitti, MD, co-principal investigator of Adverse Childhood Experiences (ACE) Study "Thank you Marjorie and God bless you for adapting this program for our survivors to follow. You have given survivors hope to continue on their healing journey." --Donna Gustafson, Executive Director, Sunrise Center Against Sexual Abuse "This program just has to work, because whether intuitively or through research, Marjorie McKinnon has assembled a highly effective program of recovery." --Bob Rich, PhD, psychologist Special editions also available for teenagers, children 6-12, and toddlers. www.TheLampLighters.org for more information or to find a support group in your area.

What about Me? Grant Cameron 1994 This book is for the silent sufferers -- the millions of men worldwide who are helping female partners recover from the trauma of childhood sexual abuse. *What About Me?* is the end result of the painful and trying times journalist Grant Cameron encountered while helping his wife Liz deal with her abusive past. *What About Me?* will help men understand the issues surrounding childhood sexual abuse and prepare them for the rocky journey through the healing process with a survivor. It will help them understand why women who are healing say and do certain things. It will also give them a better understanding of their own actions and feelings.

When a Woman You Love Was Abused Dawn Scott Jones 2012-08-01 The U.S. Department of Health and Human Services reports that 80 percent of childhood abuse victims later suffer from at least one abuse-induced psychological disorder. It's proven that the effects of childhood abuse follow women into adulthood. Yet few men are prepared to deal with those effects, even when their own wife is the one who is suffering. And their wife's suffering becomes their own suffering as their needs aren't being met by a wife who is powerless to control her inner turmoil. Author, pastor, and survivor Dawn Scott Jones candidly shares her own abuse experience to help husbands understand the varied emotions, fears, distorted thoughts, and triggers that hold their wives captive. In practical and accessible language, Jones explains the stages of the healing journey (processing denial, asking for help, grieving, expressing anger, learning to forgive, and finding resolution). Building on that knowledge, Jones then moves to an honest discussion of what husbands can do to help. Whether it's creating a healing environment, understanding the need for control, building trust, or even just praying for healing, a husband plays an active role in helping his wife survive and thrive despite her past abuse. Offering hope for a healthy marriage relationship, *When a Woman You Love Was Abused* answers the questions men have and offers the advice they need to help their wives finally find peace.

Adult Survivors of Sexual Abuse Mic Hunter 1995-04-03 For the practitioner working with adult survivors of sexual abuse, this book is a must. Offering useful treatment innovations, this volume opens with a clear review of dynamic theories that provides a solid introduction to understanding and treating adult survivors of sexual abuse. What follows are three chapters dealing with various sexual problems of adult survivors, including sexual dysfunction and sexual compulsivity. The final part of this practical book examines clients with special needs - the very difficult survivor with personality disorders, chemically dependent survivors, male survivors, and partners of survivors. Well balanced and written in an easy-to-follow style, this volume provides concrete directions for intervention. Practitioners in the fields of clinical psychology, counseling, social work, and mental health - as well as advanced clinical students - will find this an indispensable resource.

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.

Breaking the Cycle of Abuse Beverly Engel 2015-10-23 This "clear, empathetic self-help book . . . is an excellent choice for readers who come from an abusive past and are struggling to make a brighter future" (Publishers Weekly). If you were emotionally, physically, or sexually abused as a child or adolescent, or if you experienced neglect or abandonment, it isn't a question of whether you will continue the cycle of abuse but rather a question of how--whether you will become an abuser or continue to be a victim. In this breakthrough book, Beverly Engel, a leading expert on emotional and sexual abuse, explains how to stop the cycle of abuse once and for all. Her step-by-step program provides the necessary skills for gaining control over emotions, changing negative attitudes, learning healthy ways of communicating, healing the damage from prior abuse, and seeking out support. Throughout, Engel shares many dramatic personal stories including her own experiences with abusive behavior. *Breaking the Cycle of Abuse* gives you the power to shatter abusive patterns for good and offers a legacy of hope and healing for you and your family. "A beacon of hope for women and men who fear that they will pass the abuse they have suffered on to their children, partners, or employees." —Lundy Bancroft, author of *When Dad Hurts Mom* and *Why Does He Do That?* "In this remarkably powerful, wise, and compassionate book, Beverly Engel . . . offers expert advice and strategies to help parents and would-be parents avoid doing to their children what was done to them and helps both abusers and victims in emotionally and physically abusive relationships make vitally important changes in their relationships." —Susan Forward, Ph.D., author of *Toxic Parents and Emotional Blackmail*

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.

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.

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.

Introduction to Peace and Conflict Studies Lois Edmund 2021-05-21 This book integrates research and theoretical findings from multiple disciplines to present a holistic approach to conflict resolution. It highlights the wide-ranging and compelling relevance of Conflict Resolution Studies by exploring the entire spectrum of applications in interpersonal relationships, family and group functioning, and national and international relations.

Working with Adult Survivors of Childhood Sexual Abuse Liezel Anguelova 2018-03-20 This book provides a framework for addressing the extended treatment needs of adult survivors of child sexual abuse. It is based on a therapeutic intervention model that provides flexibility for therapists to work according to their training and skills set while incorporating practical techniques structured around the needs of survivors. The book begins by providing therapists with crucial information about sex abuse survivors—such as ethical considerations, types of abuse, the stages of abuse, and the effects of the abuse on the child—as well as a method useful in the putting together of an abuse profile which ultimately assists in identifying treatment needs. The second part of the book provides client homework exercises for treatment and covers working with memories; denial; problematic emotions such as guilt, self-blame, and shame; depression and anxiety; sexuality; as well as parents, partners, and more. This accessible yet comprehensive guide will be of utmost use to mental health professionals who work with adult survivors of childhood sexual abuse.

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

Dating After Trauma Emily Avagliano 2013-04-05 *Dating After Trauma* teaches readers how to date again after being raped or experiencing an abusive relationship. Dating after rape, date rape, or an abusive relationship presents unique challenges as most survivors experience Post Traumatic Stress Disorder (PTSD) which alters their perception of the world and makes it more difficult to develop relationships, build trust and experience intimacy. It takes tremendous courage to date after suffering an abusive relationship or sexual trauma. It can be even more difficult to be open to love from a good person without experiencing fear. However, once you know what to look for in terms of roadblocks, the path to love becomes much easier. In "Dating after Trauma" Emily Avagliano discusses the common obstacles abuse victims have when trying to find love. Her story is based on her own personal struggle to overcome past trauma and find her soulmate. Through this insight, she provides a methodology for dating that builds trust and intimacy in a safe and healthy way. She can help you let go of your fear and date in a manner that love becomes possible. For rape victims, if you have experienced date rape or sexual abuse, and want to reclaim your sexuality, find your soul mate, or just start feeling again, this book guides you through that process of healing. If someone you love has been raped, you see them suffering, and don't know how to help them move on from the past, this book will help. If you are a mother, father, friend, boyfriend or dating partner, this book explains what rape victims feel and why it is so hard for them to trust and love someone new. This book also tackles the pain of abusive relationships. If you have experienced the roller coaster of an abusive partner where some days he is the best person in the world and other days you can't understand his anger, this book will help you heal. If you have altered your behavior to try to control your partner's anger, jealousy, or even violent physical outburst, this book is for you. If your partner used name calling, controlling behavior, restricted your clothing choices, verbally intimidated you, or made you feel less than, read this book. If you are a parent, partner, or want to help someone in an abusive relationship but don't know how, this book provides insight into ending the cycle of dating abusive partners. Thank you for your feedback. I greatly appreciate a book review on amazon below.

Counselling Survivors of Domestic Abuse Christiane Sanderson 2008-06-15 *Counselling Survivors of Domestic Abuse* explains how counsellors

can facilitate recovery from domestic abuse within a secure, supportive therapeutic relationship. There has been growing awareness in recent years of the impact and consequences of domestic abuse, especially the relationship between domestic abuse and mental health. To appreciate the nature of trauma caused by domestic abuse, professionals need to understand its complex nature and the psychobiological impact of repeated exposure to control and terror. This book examines the therapeutic techniques and specific challenges, such as secondary traumatic stress, faced by professionals when working with survivors of domestic abuse. The author stresses the importance of identifying domestic abuse so that it can be addressed in the therapeutic process to aid recovery, and explores issues such as safety and protection, the long-term effects of abuse and the importance of grieving to the restoration of hope. This book is essential reading for counsellors, therapists, social workers, mental health professionals, health care professionals including GPs and midwives, managers of refuges, legal professionals and all those working with survivors of domestic abuse.

Real Rape, Real Pain (Volume 2 of 3) (EasyRead Super Large 24pt Edition)

His History, Her Story Debra Warner 2018-07 His History, Her Story is the first book to explore the impact of male childhood sexual abuse on adult relationships. Aimed at helping both the partners of trauma survivors and mental health professionals, the book is written from the unique perspective of Dr. Debra Warner, the leading American forensic psychologist in the field of male trauma who is married to a trauma survivor. Dr. Warner, who is one of few women specializing in male trauma, shares both her story and her husband's as they make the journey to healing and recovery. Using the wisdom gained from her personal and professional experience, she provides hands-on direction as both wife and forensic psychologist to help survivors and their partners lead the rich and fulfilling relationships that they deserve. For mental health professionals, this book represents a groundbreaking resource that explores in detail the phenomenon of male trauma and related issues. It contains the largest compilation of papers by leading psychologists and professionals working in the field of male trauma and relationships.

Emotionally Focused Couple Therapy with Trauma Survivors Susan M. Johnson 2011-11-03 This book provides a theoretical framework and an innovative model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among survivors and their partners. In-depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

Leaving Darkness Behind Elizabeth M. Altmaier 2021 Survivors of childhood sexual abuse can use this book to begin a recovery journey informed by accurate understandings about complex trauma, and healthy practices rooted in positive psychology.

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.

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.

Victims and Survivors' Own Stories of Intrafamilial Child Sexual Abuse Steve Broome 2019-11-25 In the UK today, it is estimated that nearly one in twenty children are subjected to sexual abuse, with the overwhelming majority being abused within the family environment. However, despite its prevalence, intrafamilial child sexual abuse remains largely shrouded in silence, shame and stigma. Taking a phenomenological approach, this book presents ten retrospective first-person accounts from adult victims and survivors, exploring the impact of such abuse throughout the life course. These stories illustrate how child sexual abuse can cause trauma affecting almost every aspect of life: emotionally, psychologically, interpersonally, behaviourally and cognitively. However, they also demonstrate the remarkable resilience of the human spirit; of how adverse experiences can be lived with, processed, and assimilated. These accounts address a gap in what academics, practitioners and policy makers know about child sexual abuse; give victims and survivors a voice; and open up a conversation about one of the most enduring societal and cultural problems.

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.

Naming Our Abuse Andrew Schmutzer 2016-04-27 A stunningly vulnerable look at the horrific realities of sexual abuse and how to overcome them. Male sexual abuse is increasingly in the news, from scandals in the Catholic Church to exploitations at Penn State. Yet books and programs about healing are still overwhelmingly oriented toward the female survivor of abuse. As men who experienced childhood abuse, the authors of this book are uniquely qualified to address the healing process of male survivors. Using the metaphor of a car accident, *Naming Our Abuse* leads the survivor from the Wreck to the Accident Report to Rehabilitation to Driving Again. This four-step model illustrates that healing is a process to be nurtured rather than something that can be healed in a single telling. Following the authors' examples, readers are invited to find solidarity with other male survivors and develop an understanding of their own wounding through journaling exercises. "Rarely has a book about a subject so difficult and taboo left me feeling so encouraged and hopeful. Three different stories of deep personal pain, woven together to tell a story not only of survival but of fullness of life we can all hope for." —Steve LePore, Founder and Executive Director, 1in6

Healing the Wounded Heart Dan B. Allender 2016-02-23 First published in 1989, Dan Allender's *The Wounded Heart* has helped hundreds of thousands of people come to terms with sexual abuse in their past. Now, more than twenty-five years later, Allender has written a brand-new book on the subject that takes into account recent discoveries about the lasting physical, emotional, relational, and spiritual ramifications of sexual abuse. With great compassion Allender offers hope for victims of rape, date rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, exposing the raw wounds that are left behind and clearing the path toward wholeness and healing. Never minimizing victims' pain or offering pat spiritual answers that don't truly address the problem, he instead calls evil evil and lights the way to renewed joy. Counselors, pastors, and friends of those who have suffered sexual harm will find in this book the deep spiritual guidance they need to effectively minister to the sexually broken around them. Victims themselves will find here a sympathetic friend to walk alongside them on the road to healing.

Real Rape, Real Pain

Survivors And Partners Healing The Relationships Of Sexual Abuse Survivors

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