

# Breaking The Silence Group Therapy For Childhood Sexual Abuse A Practitioners Manual

**From Surviving to Thriving** - Mary Bratton 2014-03-18

Become more effective in therapy when working with survivors of abuse! *From Surviving to Thriving: A Therapist's Guide to Stage II Recovery for Survivors of Childhood Sexual Abuse* is a comprehensive manual for treating survivors of childhood physical, sexual, and emotional abuse. Inspired by the author's own private practice, it combines both theory and practice and supports the therapeutic partnership with a step-by-step outline of the healing process. This outline includes concrete and incremental strategies and exercises that help you move the survivor beyond Stage I trauma debriefing to life-changing Stage II recovery. In *From Surviving to Thriving*, you'll find everything you need to know about obtaining and maintaining autonomy and speeding recovery in the age of managed care. The self-contained, focused, and incremental interventions presented in this book can be woven into your own therapeutic style, giving you and your clients more freedom, satisfaction, and, most importantly, swift treatment and recovery. You'll also find step-by-step guidance for dealing with adult survivors, including rationale for diagnosis, process, and sequence. In addition to the description of theoretical orientations and illustrations, *Surviving to Thriving* contains: an overview and detailed outline of the incremental recovery process pitfalls and positive strategies for establishing the therapeutic relationship detailed instructions for building a foundation for effective therapy by reframing the client's self-concept explanations of pathological symptoms in context of necessary and "brilliant" survival defenses workable, specific, and sequential interventions for each stage of healing designed to become autonomous and self-generating for the

client techniques for trauma resolution using the survivor's internal experience Because it's written in accessible language and includes explanations of clinical concepts, you'll feel comfortable putting *From Surviving to Thriving* in the hands of select clients—a unique feature that sets it apart from most clinical texts. This book provides exercises to help move clients into the healing recovery of Stage II. Enhanced with art and writing from recovering survivors, this book is a valuable asset as you and your clients begin the collaborative journey toward renewed emotional well-being.

*Treating Children with Sexually Abusive Behavior Problems* - Barbara J Christopherson 2014-03-18

*Treating Children with Sexually Abusive Behavior Problems: Guidelines for Child and Parent Intervention* is a unique, pioneering venture in the area of sexual abuse. Unlike most books on sexual abuse, which focus on children as victims, this integrated treatment approach suggests ways to develop parallel treatment strategies for both parents and children who display harmful sexual behavior. In many ways a first in its field, *Treating Children with Sexually Abusive Behavior Problems* gives you the tools to orchestrate your own treatment and intervention techniques, specifically for those children under age 12 who display sexually harmful or unlawful behavior. You'll find in this useful volume a one-of-a-kind approach to linking together individual, group, and family treatment into one integrated, comprehensive program that treats both perpetrator and victim in tandem. Effective applied techniques are presented to teach: accountability of the offending party concern for others/empathy social competence the establishment of appropriate boundaries healthy

sexuality coping with prior trauma safety and supervision Treating Children with Sexually Abusive Behavior Problems is intended for professionals in child sexual abuse; graduate and undergraduate students in psychology, social work, marriage and family therapy, and psychiatry; juvenile court workers; child welfare case workers; teachers; attorneys; and judges. It will also serve to better inform the victim, family, and general public. If you're concerned about the spread of sexually abusive behavior in children, you'll want to become informed and armed with the practical and useful guidelines found in this innovative approach to a prevalent social problem.

*Treating Youth Who Sexually Abuse* - Stephen Lundrigan 2014-01-14

A comprehensive program of treatment for adolescent sex offenders! Covering every phase from assessment to relapse prevention, this valuable book offers specific suggestions and backs them with the latest research as well as years of clinical experience. *Treating Youth Who Sexually Abuse: An Integrated Multicomponent Approach* is a training tool, reference book, and field manual for the use of therapists, administrators, and everyone involved with the assessment, treatment, and placement of sexually abusive youth. Beginning with a broad view of the continuum of programs available and the structure of the service-delivery system that provides treatment, *Treating Youth Who Sexually Abuse* continues with specifics of program policy and design in both outpatient and inpatient settings. From choice of client to aftercare, the book covers the specifics of pretreatment, various modalities of therapy, inpatient and outpatient programs, and relapse-prevention programs. The foundations of program structure and the specific components (such as family therapy, group therapy, milieu treatment) are integrated to make a powerful, flexible, and above all effective treatment tool. *Treating Youth Who Sexually Abuse* offers practical advice and help for therapists and administrators, including: ready-to-use treatment materials reproducible group curricula sample schedules for full-day treatment and afterschool programs discussions of staff training and administrative concerns information on liability issues ideas for coordinating care with other treatment providers *Treating Youth Who Sexually Abuse: An*

*Integrated Multicomponent Approach* is an essential training tool for students, a field manual for professionals, and a reference book for everyone interested in sex offence-specific treatment for youth. With case studies, diagnostic criteria, helpful tables and diagrams, listings of organizations in the field and Web addresses, this volume deserves a permanent place on your professional bookshelf.

Identifying Child Molesters - Carla Van Dam 2013-12-19

Stop abuse before it starts! *Identifying Child Molesters: Preventing Child Sexual Abuse by Recognizing the Patterns of the Offenders* will teach you to better protect children from potential child sexual molesters long before any abuse can actually occur. Here you'll learn to recognize and understand the seemingly invisible steps that typically precede child sexual abuse. These stories of molesters, their families, and their victims, will enable you to more accurately see through a potential molester's charming demeanor and better protect the children in your life.

Understanding the behavior that molesters often exhibit when trying to obtain access to children is essential to protecting children from their advances. By becoming familiar with this terrain you will find the courage and strength to decide what must be done, and the skills to follow through with the necessary actions. Such responses will appropriately curtail an offender's access to children and subsequent opportunities to molest. *Identifying Child Molesters* will teach you: how to recognize those who might molest how molesters typically 'charm' adults how societal attitudes help to foster child sexual abuse what to do when encountering a potential molester what physical and emotional damage molestation can cause to victims how to graciously avoid potentially dangerous situations *Identifying Child Molesters: Preventing Child Sexual Abuse by Recognizing the Patterns of the Offenders* clearly spells out the techniques that child sexual molesters so successfully use to charm adults into giving them access to children. When these strategies are seen and understood, adults can take much more direct responsibility for preventing child sexual abuse than was previously possible. Anyone who lives or works with children needs to own this book. The information you'll encounter in *Identifying Child*

Molesters might startle you, but it might also help you save the life of a child!

Breaking the Silence - Judith A. Margolin 1999

You'll discover innovative ways to work with survivors of childhood sexual abuse by addressing key therapy issues."--BOOK JACKET.

*A Man's Recovery from Traumatic Childhood Abuse* - Robert Blackburn Knight 2014-02-25

First published in 2002. Routledge is an imprint of Taylor & Francis, an informa company.

*Sibling Abuse Trauma* - John V Caffaro 2014-04-23

Sibling Abuse Trauma will enhance your knowledge of assessment and clinical intervention strategies for treating intersibling abuse trauma in children, families, and adults. This informative book features: an overview of sibling relationship development, sibling physical assault, incest, and psychological maltreatment individual and systemic risk factors gender differences traumatic effects clinical case studies and interviews a sibling abuse assessment schedule specific sibling-oriented interventions Due to the lack of research specifically focused on sibling abuse issues, there is a gap in the training and education of abuse trauma professionals. Sibling Abuse Trauma is an innovative book that focuses not only on sibling incest, but also on sibling physical assault and psychological maltreatment from a survivor's perspective. The authors utilize critical and empirical findings and rich case examples to illustrate how sibling abuse affects individual and family development, making further research and education in this area imperative. Whether you incorporate these findings into your clinical practice or become inspired to conduct your own research, Sibling Abuse Trauma will improve your understanding of how to treat and evaluate individuals and families with sibling abuse-related concerns.

**Simple and Complex Post-Traumatic Stress Disorder** - Mary Beth Williams 2014-02-25

Discover the latest treatment strategies from the leading experts in the field of trauma! This unique book, by the authors of the classic Handbook of Post-Traumatic Therapy, provides the "how to" of clinical practice

techniques in a variety of settings with a variety of clients. Simple and Complex Post-Traumatic Stress Disorder: Strategies for Comprehensive Treatment in Clinical Practice delivers state-of-the-art techniques and information to help traumatized individuals, groups, families, and communities. From critical incident debriefing to treating combat veterans with longstanding trauma, it covers the full spectrum of PTSD clients and effective treatments. This valuable book assembles some of the most highly respected experts in trauma studies to discuss the practical applications of their research and their experience treating clients with PTSD. Simple and Complex Post-Traumatic Stress Disorder addresses concerns about the efficacy of critical incident stress debriefing, examines the value of a variety of innovative treatment methods, and explores the differences between treating complex PTSD and the aftermath of a one-time traumatic event. Simple and Complex Post-Traumatic Stress Disorder discusses the issues, stages, and modalities of PTSD treatment, including: assessment and diagnosis psychopharmacological treatment cognitive behavioral treatment short-term treatment group treatments treatment strategies for traumatized children, families, hostages, police, and veterans media issues Simple and Complex Post-Traumatic Stress Disorder is an indispensable resource for clinicians, researchers, law enforcement officials, and scholars in the field of trauma.

A Safe Place to Grow - Vivienne Roseby 2014-07-16

Discover the effective group treatment strategies that help your school-aged clients! A child immersed in a conflicted family life may be forced to cope with a multitude of trauma, including violence, abuse, and insecurity. In A Safe Place to Grow: A Group Treatment Manual for Children in Conflicted, Violent, and Separating Homes, highly respected experts give mental health professionals the tools to provide effective group treatment for children scarred by family environments of conflict and abuse. This easy-to-understand, step-by-step manual is a developmentally appropriate treatment curriculum for traumatized school-aged children. Age-appropriate sections separate therapy for big or little kids, focusing on efficacy while presenting a comfortable multi-

ethnic, multi-cultural model. A Safe Place to Grow has easy-to-understand descriptions of techniques, with each session in the curriculum containing games and activities that are therapeutic yet flexible enough to be modified whenever the situation warrants. A chapter is included to helpfully troubleshoot problems encountered when in session with either age group of children. Useful illustrations accompany the text, along with a comprehensive bibliography listing additional therapeutic resources for different types of family problems. Appendixes are included for instruction on psycho-educational groups for parents that enhance their sensitivity to their children's needs, as well as providing an evaluation study of the group model itself. A Safe Place to Grow provides a sequence of activities within the group model aimed at each of these five goals: creating common ground and safety exploring the language and complexity of feeling defining and understanding the self defining and revising roles and relationships restoring a moral order A Safe Place to Grow is an essential resource for social workers, psychologists, family and child therapists, school counselors, and battered women and children's advocates.

Breaking the Silence - Judith Margolin 2015-12-22

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

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

*Handbook of Social Work in Child and Adolescent Sexual Abuse* - Carolyn Hilarski 2012-01-26

The enlightening collection of new approaches to understanding sexual abuse When sexual abuse occurs, helping those directly affected can be a difficult and convoluted task. The Handbook of Social Work in Child & Adolescent Sexual Abuse is a comprehensive guide that provides the latest information on assessment, management, prevention, and policy. Through insightful and accessible discussions, this collection of essays encompasses the full spectrum of child and adolescent sexual abuse to shed needed light on an affecting issue. This innovative text is the up-to-date source for unique and compassionate ways of supporting and treating survivors. The increased attention given to child sexual abuse in recent years has revealed how little we know about this tragedy. The Handbook of Social Work in Child & Adolescent Sexual Abuse is the practical compendium that covers the already existing information regarding violence against children and delves into practical methods for treating those immediately affected by it. From its historical place in society to contemporary issues of prevention that have only recently come to light, contributors examine essential details in-depth and provide concise, empirical directions for short- and long-term support. Also included is the important and newly-available assessment and treatment information focusing on ethnicity, gender, and comorbid influences as they relate to family member treatment. Among the topics discussed in the Handbook of Social Work in Child & Adolescent Sexual Abuse are: historical views of and responses to sexual abuse risk and protective factors life stage consequences theories of family dysfunction

comorbidity and attachment intrafamilial abuse the non-family offender current empirical assessment methods approaches to treatment in children approaches to treatment in adolescents neurological effects of abuse treatment for the non-offending caregiver the role of the internet and other media policy and practice implications the prevalence and consequences of abuse new methods of abuse prevention and child protection the etiology of sexual offending in an attachment framework and much more! The Handbook of Social Work in Child & Adolescent Sexual Abuse is an essential resource for educators, medical practitioners, psychologists, psychiatrists, social workers, counselors, family therapists, and students, researchers, and academics in the field of social work.

Child Trauma Handbook - Ricky Greenwald 2014-04-04

Understanding trauma - Evaluation and treatment planning - Safety and strength building - Trauma resolution - Making the most of gains - Helping the child in daily life.

Patterns of Child Abuse - Michael Karson 2013-09-13

Interpret the hidden meaning of family roles to help children at risk! Because dysfunctional patterns are closed systems that serve a secret purpose, they are almost impossible to change from the outside. Patterns of Child Abuse helps you recognize the purpose behind the patterns and offers successful strategies for entering the pattern in order to help family members without joining it and becoming part of the dysfunction. Patterns of Child Abuse identifies the most common, most problematic patterns and explores their hidden meanings. Case studies and theoretical discussions demonstrate the ways family patterns are replicated in a child's psyche and the ways the grown-up child replicates the familiar family pattern, forcing the world to bend to the story within. Synthesizing systems theory, behaviorism, and psychoanalysis, Patterns of Child Abuse offers powerful insights as well as practical strategies for dealing with such complex issues as: how to comfort an abused child who cannot bear to be touched why abused children idealize their battering or neglectful parent how borderline personality organization affects individuals and their families handling the sexually powerful teenage girl,

the disruptive boy, and the mother of the sexual abuse victim how family patterns operate in therapeutic context why therapists and social workers may encounter conflicts in child welfare cases when and how paradoxical interventions can work Well-written and insightful, Patterns of Child Abuse conveys a sound theoretical model and a sophisticated approach to the psychology of individuals and families for the child welfare professional.

**Creciendo Libre** - Michael Hertica 2014-02-03

Help your Spanish-speaking clients break the pattern of abuse! A workbook for your Spanish-speaking clients! Battered women often become so frightened, isolated, and self-doubting that they don't realize that they are being victimized. They may minimize the seriousness of the abuse and make excuses for the abuser. The checklists, questionnaires, and personal stories in Creciendo Libre can provide the shock of recognition they need to be able to say, "This is wrong. It has to end." Combining psychological insight with practical safety information, Creciendo Libre helps the reader to understand—and end—the vicious cycle of wooing, tension, violence, and remorse that characterizes all levels of domestic violence. It outlines a series of steps abused women can take to ensure their emotional and physical safety. Creciendo Libre offers both practical and psychological resources, including: lists of abusive behaviors from ridiculing family members to physical violence common rationalizations for abuse used by both victims and perpetrator detailed discussions of protection orders and other legal matters detailed preparations and safety precautions that may make leaving less dangerous advice on what to take with you when you leave guidelines for establishing safe relationships in the future Creciendo Libre provides readers with a straightforward, action-oriented approach to the problem of domestic violence. A companion volume available separately, A Therapist's Guide to Growing Free (available in English only), offers therapists a comprehensive outline of the issues, tasks, and goals involved in treatment with victims and survivors. Rompe el patrón del abuso—de una manera segura! Mujeres abusadas muchas veces llegan a temer, aislarse, y a auto dudarse al punto que no logran reconocer que



están siendo victimizadas. Ellas podrán minimizar la seriedad del abuso y hacer excusas para encubrir al ofensor. Las listas, cuestionarios, y relatos personales en *Creciendo Libre* pueden proveer el susto necesario para que ellas reconozcan que, “Esto está mal y tiene que terminar.” Combina la revelación psicológica e información práctica, para ayudar a que el lector de *Creciendo Libre* pueda entender y parar el ciclo vicioso del cortejo, la tensión, la violencia, y la culpabilidad que caracteriza todos los niveles de la violencia doméstica. Este libro delinea una serie de pasos para que la mujer abusada llegue a asegurar su seguridad emocional y física. *Creciendo Libre* ofrece recursos prácticos y psicológicos incluyendo: listas de comportamientos abusivos desde la ridiculización de los miembros de la familia hasta la violencia física racionalizaciones del abuso comúnmente utilizadas por la víctima y el ofensor una explicación detallada sobre la orden de protección y otros asuntos legales preparación y medidas de precaución detalladamente explicados que puedan hacer que el irse sea menos peligroso consejos sobre lo que se debe llevar cuando decida irse guías para establecer una relación segura en un futuro *Creciendo Libre* provee al lector un método directo, orientado a la acción para resolver problemas sobre la violencia doméstica. El volumen que le acompaña está separadamente disponible. El Guía del Terapeuta de *Creciendo Libre*, ofrece un esquema comprensivo de los asuntos, tareas, y metas impuestas en el tratamiento de las víctimas y sobrevivientes.

*Group Work* - Timothy Kelly B 2012-12-06

Explore the latest research and practice information in group work! *Group Work: Strategies for Strengthening Resiliency* is a collection of research and information presented at the Twentieth Annual International Symposium on Social Work with Groups. Resiliency issues are explored in relation to children, couples, managers, survivors of torture, poor women, HIV/AIDS affected youth, and other population groups. The contributors were keynote speakers and paper presenters at the symposium. They represent a wide range of fields of practice and experience. For social workers, students, educators, and practitioners, this volume examines how group work can improve resiliency in your

community. Here's a sample of what you'll find inside: Keynote Speaker Jeremy Woodcock's experiences in his groundbreaking resiliency work with victims of torture Alex Gitterman's brilliant exposition of the notions of resiliency and vulnerability--he outlines the current thinking and puts it into a group work context case examples that illustrate resiliency in children a discussion of how residential settings can function like a 24-hour group and how to use that group effectively to strengthen the resiliency of the residents a way to use groups to help develop social and economic capital for poor women through investment clubs group themes and practice strategies for group work with couples who have differing HIV status *Group Work: Strategies for Strengthening Resiliency* also contains chapters reflecting the personal experiences of the authors. One shares her transformation from a worker who did case work in a group into a social group worker. Another shares a reminiscence of a personal journey during her formative years as a budding group worker. From its description of how the use of group work principles and skills can benefit managers and programs to its challenge to group workers to incorporate some community work skills into their repertoire, *Group Work: Strategies for Strengthening Resiliency* is more than a fascinating read--it is a tool to help you keep abreast of the latest theory and practice in this ever-changing field.

*I Never Told Anyone This Before* - Janice A Gasker 2019-07-24

“*I Never Told Anyone This Before*” is the first book that will enable you to work in an ethical, effective manner, based on empirically tested guidelines, with clients who disclose memories of sexual abuse You'll find that these guidelines result in the creation of a helping environment conducive to the sharing of traumatic re-collections. At the same time, this environment is structured to keep you free from legal risk amidst the “false memory” debate era. With “*I Never Told Anyone This Before*”, you will overcome your specific concerns for working with special populations, such as persons who aren't sure they've been abused, persons who are nonverbal, men, and persons who have suffered head injuries. This book also provides you with a language for discussing sexual abuse memories in a manner that focuses on the clients'

experiences. You will explore practice techniques that are based on theoretical foundations, as well as real helping situations with examples from actual therapy sessions. Other specific areas you will learn about in "I Never Told Anyone This Before" include: how to facilitate and manage first-time disclosure of abuse stories therapeutic use of memories of sexual abuse the function of memory in identity formation facilitation of disclosures of traumatic history avoiding legal risks for therapists in view of the false memory debate memory as it is treated by psychodynamic, cognitive, and developmental theorists caveats for researching the disclosure of sexual abuse re-collections Faced with the prospect of working with a possible survivor of childhood sexual abuse, you may be unsure about the therapeutic approach to take. Current controversy highlights the possibility that persons may be harmed rather than helped in the therapeutic process. "I Never Told Anyone This Before" provides you with a combination of theory, research, and practice that will put your anxieties at ease.

*Stopping the Violence* - David J Decker 2018-10-24

Help men learn to change abusive behavior! *Stopping the Violence: A Group Model to Change Men's Abusive Attitudes and Behaviors* helps practitioners reduce the negative atmosphere in a batterers' group for men while adapting to clients' individual needs, abilities, and levels of motivation. Useful in any type of patient setting, this comprehensive, hands-on guide provides a complete, step-by-step model for a batterer program that includes all of the forms, handouts, tools, and assignments necessary for the treatment process. Pro-feminist, cognitive, and behavioral in its orientation, this program works to eliminate the mindset that dominates, controls, and leads to the battering of women. The focus throughout the treatment process described in *Stopping the Violence* is not only on ending physical violence, but addressing what causes it. The exercises and suggestions in this program will teach your clients how emotional abuse, verbal abuse, substance abuse problems, mental health issues, and entitled and controlling attitudes contribute to and lead to battering. You will also find methods to help clients learn to take responsibility for their actions and discover if their childhoods have had

an impact on their assumption of patriarchal and controlling attitudes. In addition, *Stopping the Violence* offers exercises on building self-confidence, self-esteem, self-control, and emotional support for your clients. This guide offers other valuable suggestions and exercises, such as: an explanation of 12 educational units to be presented by the therapist, including such topics as abuse and its effects, anger regulation, stress management, shame and empowerment, assertiveness, communication, and conflict resolution showing the client how to and why he should develop an increased realization of the impact of his abuse assisting the client in learning to monitor his internal and external escalation-to-violence cues creating a supportive group atmosphere that will decrease men's shame and isolation and increase their ability to feel empathy for themselves and others providing a reading list with additional resources that clients can use to enhance their treatment Vital to any batterers' treatment that is starting or already exists, *Stopping the Violence* will help you teach your clients how they can find pride as nonabusive men in a society full of patriarchal values, as well as teach them to be in control of themselves—not their partners or their children. This guide will help you identify and change your clients' abusive behaviors and successfully show them how abusive behavior is hurtful and destructive for everyone involved.

**We are Not Alone** - Jade Christine Angelica 2002

The central features of this workbook are two first-person fictional narratives that were written for a Massachusetts District Attorney's Office to provide to victims of child abuse so that they could understand the process of criminal justice they find themselves in.

*Social Work with Groups* - Sue Henry 2016-05-23

Hone your group work skills to make sessions even more meaningful! *Social Work with Groups: Mining the Gold* examines a wide array of varieties of social group work practice, from corrections through empowerment and international issues. It explores ways to deal with youth violence (following the shootings at Columbine High School), issues of social exclusion, empowerment practice, groups in correctional settings, group work practice with seniors, gender diversity,

multicultural groups, teleconferencing groups, and education for social work group practice. Every chapter author who contributed to this timely and important volume reflects the "gold" to be mined in the use of groups in social work. Linda Hutton shares her first-hand experience of working with chronically paranoid schizophrenic clients who are also chemically addicted. Marshall Rubin and Carol J. Hinote explore ways of working creatively with different populations--Rubin confronts the use of structured program designs and Hinote describes the challenge of being a woman worker with a group of mentally ill men. Paul Abels and Sonia Leib Abels examine the use of narratives in social work with groups. Beverly Ryan and Patty Crawford discuss the creation of support groups for elderly people dealing with loss, and Jean East, Susan Manning, and Ruth J. Parsons explore ways for group work to advance the social work empowerment agenda. Social Work with Groups also explores case studies of: a school-based project to prevent violence a European group work plan to fight social exclusion in a multicultural environment a prison-based group work program ways to use gender diversity to enrich the group experience Social Work with Groups brings you insightful commentary from the people who are developing cutting-edge programs and expanding the boundaries of group work. No social worker who wants to function most effectively in a group setting should be without it!

**A Therapist's Guide to Growing Free** - Wendy Susan Deaton

2014-01-14

Help victims and survivors break the cycle of abuse! Trying to get victims and survivors of domestic abuse to recognize their own victimization can be a frustrating experience. They often become so frightened, isolated, and self-doubting that they make excuses for the abuser. Combining psychological insight with practical safety information, this book helps

therapists guide their clients into understanding--and ending--the vicious cycle of wooing, tension, violence, and remorse. A Therapist's Guide to Growing Free provides a comprehensive outline of the issues, tasks, and goals involved in the treatment of victims and survivors. Its chapter-by-chapter breakdown of how violent relationships function and how to end them safely can help you guide a traumatized woman through her therapeutic journey. The guide's companion volume, Growing Free: A Manual for Survivors of Domestic Violence is the perfect handout for clients in individual therapy, group therapy, and battered women's shelters. Reading stories like their own may provide the shock of recognition they need to be able to understand--and eventually to end--the cycle of violence that characterizes all levels of domestic abuse. It outlines a series of steps they can take to ensure their emotional and physical safety. Its stories of women in abusive relationships and discussions of the cycle of abuse are direct and easy to read without ever being condescending. A Therapist's Guide to Growing Free provides the insight and therapeutic models needed for effective intervention and treatment, including: psychological effects and belief systems of victims and survivors discussions and illustrations of the cycle of violence the effects of domestic violence on children and adolescents the therapeutic challenges of couple/conjoint therapy handling crisis intervention suggestions for conducting group and therapeutic therapy for victim and batterer A Therapist's Guide to Growing Free and its companion volume provide both therapists and clients with a practical, action-oriented approach to the problem of domestic violence. It is ideal training and reference material for counselors at women's shelters, emergency room personnel, law-enforcement officers, and other professionals involved in the rescue, support, defense, and treatment of victims and survivors.



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