

Healing Way Adult Recovery From Childhood Sexual Abuse Hazelden Recovery Series

Co-Dependence Healing the Human Condition - Charles Whitfield 2010-01-01

Of all the books on the often misunderstood concept of co-dependence, this is probably the clearest, most complete and informative. Charles Whitfield is a frontline clinician who has been assisting co-dependents in their healing for over twenty years. He has researched the literature on co-dependence, which he summarizes in this widely read book. He sees co-dependence as a way to more accurately describe the painful and confusing part of the human condition. In careful detail he describes just what co-dependence is and what it is not, how it comes about, and how to heal its painful aftereffects.

Books in Print Supplement - 1994

The Healing Way - Kristin A. Kunzman 1990

The Women's Desk Reference - Irene M. Franck 1993

Contains some 1,500 entries on people, organizations, issues, books, politics, and health, each with see also references and many with bibliographical references. Useful as a first-stop reference. Annotation copyright by Book News, Inc., Portland, OR

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.

Post-traumatic Stress Disorder - Aphrodite Matsakis 1994

Includes techniques for managing flashbacks, anxiety attacks, nightmares insomnia, and dissociation; working through deeper layers of pain; handling survivor guilt, secondary wounding, low self-esteem, victim thinking, anger, and depression.

Solution-Focused Brief Therapy - Teri Pichot 2014-02-04

Re-energize your practice! Solution-Focused Brief Therapy: Its Effective Use in Agency Settings chronicles the lessons learned when a substance abuse counseling program switches its theoretical orientation from problem-focused to solution-focused. The book details the technical aspects of the changeover (theory, techniques, interventions, politics, and team design) as well as the personal struggles the team endured and the successes they enjoyed. It demonstrates how solution-focused therapy can be applied to both clinical and administrative work while addressing questions and concerns, providing general information and help in understanding the subtleties and idiosyncrasies of the treatment. Solution-Focused Brief Therapy is a practical, step-by-step guide to individual and group solution-focused therapy, presenting a new and effective method of working with clients that re-energizes therapists and benefits administrators and clinical supervisors. The book provides clear descriptions of basic interventions and philosophy, highlights points of contrast with more traditional approaches, examines the principles behind the "Miracle Question," and demonstrates how to integrate

relapse prevention, help clients maintain therapeutic gains, and communicate effectively with colleagues who represent different philosophies. Solution-Focused Brief Therapy provides a thorough understanding of solution-focused therapy through the use of: case studies interviews with therapists sample forms tables and much more! Solution-Focused Brief Therapy: Its Effective Use in Agency Settings is ideal for professionals interested in implementing solution-focused therapy into individual, group, or agency settings, including child protection agencies, community mental health clinics, private practices, sexual abuse programs, substance abuse treatment, family based services, and academics working in substance abuse counseling, social work, psychology, and general counseling.
The Publishers Weekly - 1993

The Parent's Desk Reference - Irene M. Franck 1991

An encyclopedia about parenting with over 2,000 entries covering all aspects of child rearing from A to Z.

Daybreak - Maureen Brady 2013-05-01

These 366 daily affirmations and meditations extend support and wisdom to women who have survived childhood sexual abuse. These 366 daily affirmations and meditations extend support and wisdom to women who have survived childhood sexual abuse. With understanding, compassion, and strength, the author addresses issues such as intimacy, fear, play, sharing secrets, and anger. She also shares her personal knowledge of sexual abuse to illustrate that we can not only survive, but thrive.

Women with Secrets - Cathy Skrip 1991

A Woman's Guide to Overcoming Sexual Fear & Pain - Aurelie Jones Goodwin 1997

A sex therapist and a psychiatrist who specialize in sexual disorders present a self-help guide for women whose sexuality is inhibited by fear or physical pain. Using clinical examples and interweaving accounts by women who have struggled with these problems, they provide a series of step-by-step exercises drawn from their extensive therapeutic experiences. Chapters outline the sexual response cycle, provide a

variety of relaxation techniques, and detail individual treatment programs for specific sexual disorders. Advice on choosing and working with a therapist is also included.

The Healing Way - Kristin A. Kunzman 1990

A guide for adults who suspect they were sexually abused as children tells how to recognize past abuse and how to reverse its negative effects on sexuality and parenting

The Healing Way - Kristin A. Kunzman 1990

Paperbound Books in Print - 1992

Shock Waves - Cynthia Orange 2010-08-10

A user-friendly guide to helping a loved one with post-traumatic stress disorder--while taking care of yourself. In the United States, about 60 percent of men and 50 percent of women experience, witness, or are affected by a traumatic event in their lifetimes. Many of them (8 percent of men and 20 percent of women) may develop post-traumatic stress disorder (PTSD)--a life-altering anxiety disorder. Once connected mainly with veterans of war, PTSD is now being diagnosed in many situations that cause extreme trauma such as rape, physical attacks or abuse, accidents, terrorist incidents, or natural disasters. The millions of family members of those who have PTSD also suffer, not knowing how to help their loved one recover from the pain. Shock Waves is a practical, user-friendly guide for those who love someone suffering from this often debilitating anxiety disorder, whether that person is a survivor of war or of another harrowing situation or event. Through her own experience, extensive research, advice from mental health professionals, and interviews with those working through PTSD and their families, Cynthia Orange shows readers how to identify what PTSD symptoms look like in real life, respond to substance abuse and other co-occurring disorders, manage their reactions to a loved one's violence and rage, find effective professional help, and prevent their children from experiencing secondary trauma. Each section of Shock Waves includes questions and exercises to help readers incorporate the book's lessons into their daily lives and interactions with their traumatized loved ones

Adult Survivors of Incest/childhood Sexual

Abuse - 1997

Subject Guide to Books in Print - 2001

Please Tell - Jessie 2009-12-10

Written and illustrated by a girl who was sexually molested by a family member, this book reaches out to other children by carrying Jessie's message "It's o.k. to tell; help can come when you tell." Written and illustrated by a young girl who was sexually molested by a family member, this book reaches out to other children in a way that no adult can, Jessie's words carry the message, "It's o.k. to tell; help can come when you tell." This book is an excellent tool for therapists, counselors, child protection workers, teachers, and parents dealing with children affected by sexual abuse. Jessie's story adds a sense of hope for what should be, and the knowledge that the child protection system can

work for children. Simple, direct, and from the heart, Jessie gives children the permission and the courage to deal with sexual abuse. "Please Tell! is a beautifully simple book with a profoundly important message for children who have been sexually abused: the abuse wasn't their fault. Written and illustrated by Jessie, herself a pre-teen survivor of sexual abuse, it tells kids just what to do to get the help they need." Kristin A. Kunzman, abuse therapist and author of *The Healing Way: Adult Recovery from Childhood Sexual Abuse*

Daybreak - Maureen Brady 1991

Thousands of women have suffered sexual abuse in childhood. Acknowledging the abuse after years of silence and secrecy and beginning a healing journey require support and encouragement. *Daybreak* provides that guidance and comfort in the classic meditation format.

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