

Healing Sex A Mind Body Approach To Healing Sexual Trauma

The Politics of Trauma Staci K. Haines 2019-11-19 An essential tool for healers, therapists, activists, and trauma survivors who are interested in a justice-centered approach to somatic transformation The Politics of Trauma offers somatics with a social analysis. This book is for therapists and social activists who understand that trauma healing is not just for individuals—and that social change is not just for movement builders. Just as health practitioners need to consider the societal factors underlying trauma, so too must activists understand the physical and mental impacts of trauma on their own lives and the lives of the communities with whom they organize. Trauma healing and social change are, at their best, interdependent. Somatics has proven to be particularly effective in addressing trauma, but in practice it typically focuses solely on the individual, failing to integrate the social conditions that create trauma in the first place. Staci K. Haines, somatic innovator and cofounder of generative somatics, invites readers to look beyond individual experiences of body and mind to examine the social, political, and economic roots of trauma—including racism, environmental degradation, sexism, and poverty. Haines helps readers identify, understand, and address these sources of trauma to help us bridge individual healing with social transformation.

The Pleasure Plan Laura Zam 2020-05-05 "Fifty percent of adult women have some form of sexual dysfunction at some point of their lives, preventing them from enjoying soul-satisfying sex. Such was

the case with Laura Zam, who suffered the blame, shame, and embarrassment of being a terrible lover. For her, sex meant physical pain, zero desire, and emotional scars from being molested in her early years. However, in her late forties, after meeting and marrying the love of her life, Zam was determined to finally fix her sensual self. The Pleasure Plan is what happened when she decided to challenge her hopelessness. In partnership with her initially reluctant husband, she visited a variety of healers and tried an array of pleasure-enhancing methods: from dilators and dildos, to hypnosis and hosting a sex brunch, to cleansing chakras, to making love to her husband in front of a geriatric Tantric goddess. Packed with humor, heart, and a healthy dose of prescriptive advice, this book chronicles Zam's insight as she confronts many issues—from mismatched libidos to female erection enlightenment. Throughout this journey, she and her husband grow as individuals and as a couple, both in and out of the bedroom"--

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

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

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.

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

The Wounded Heart Dan Allender 2014-02-27 For those who have experienced childhood sexual abuse and those who love and care for them, *The Wounded Heart* offers a tender, compassionate window into the psychological effects of abuse and the theological foundations for healing. Thirty years ago, with great courage and vision, Dan Allender brought Christians to the table to acknowledge, understand, and help victims heal from their experience of the evil of sexual abuse. His work continues to help victims and those who love them to honestly acknowledge their abuse, understand the unique challenge of repentance for victims of abuse, and learn to love boldly in defiance of their trauma. Ultimately Dan offers the bold assurance to sexual abuse victims that even they can find their way to joy and hope in the comforting embrace of a good God. *The Wounded Heart* has sold over 400,000 copies and has been the first book family, friends, counselors, pastors, and victims have turned to in search of Christian answers to the calamity of sexual abuse. With a new introduction reflecting on the ongoing importance of the book, and a companion workbook for personal and group recovery, *The Wounded Heart* continues to offer an urgently needed word of grace in a world ravaged by sexual abuse.

The Coddling of the American Mind Jonathan Haidt 2018-09-04 'Excellent, their advice is sound . . . liberal parents, in particular, should read it' Financial Times The New York Times bestseller What doesn't kill you makes you weaker Always trust your feelings Life is a battle between good people and evil people These three Great Untruths contradict basic psychological principles about well-being, as well as ancient wisdom from many cultures. And yet they have become increasingly woven into education, culminating in a stifling culture of "safetyism" that began on American college campuses and is spreading throughout academic institutions in the English-speaking world. In this book, free speech campaigner Greg Lukianoff and social psychologist Jonathan Haidt investigate six

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trends that caused the spread of these untruths, from the decline of unsupervised play to the corporatization of universities and the rise of new ideas about identity and justice. Lukianoff and Haidt argue that well-intended but misguided attempts to protect young people can hamper their development, with devastating consequences for them, for the educational system and for democracy itself.

The Courage to Heal Ellen Bass 2002 Based on the experiences of hundreds of survivors & partners, this book profiles victims who share the challenges & triumphs of their personal healing processes. It offers mental, emotional & physical support to all those who are rebuilding their lives.

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

Love, Ruby Lavender Deborah Wiles 2002-08-01 Ruby Lavender used to have a good life. She and her grandmother, Miss Eula, were inseparable--they even drove the getaway car together for chickens rescued from the slaughterhouse! But this summer, Miss Eula will be in Hawaii, and Ruby's sure it'll be a lonely, empty, horrible season without her. What happens instead? Ruby makes a new friend, saves the school play, writes plenty of letters to her favorite (and only) grandmother . . . and finally stops blaming herself for her grandfather's death.

The Myth of Normal Gabor Maté 2022-09-13 'It all starts with waking up... to what our bodies are expressing and our minds are suppressing' Western countries invest billions in healthcare, yet mental illness and chronic diseases are on a seemingly unstoppable rise. Nearly 70% of Americans are now on prescription drugs. So what is 'normal' when it comes to health? Over four decades of

clinical experience, renowned physician and addiction expert Dr Gabor Maté has seen how health systems neglect the role that trauma exerts on our bodies and our minds. Medicine often fails to treat the whole person, ignoring how today's culture stresses our bodies, burdens our immune systems and undermines emotional balance. Now, in his most ambitious and urgent book yet, Dr Maté connects the dots between our personal suffering and the pressures of modern-day living - with disease as a natural reflection of a life spent growing further and further apart from our true selves. But, with deep compassion, he also shows us a pathway to health and healing. Filled with stories of people in the grip of illness or in the triumphant wake of recovery, this life-affirming book, co-written with his son Daniel, proves true health is possible - if we are willing to reconnect with each other and our authentic selves.

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

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

"yes" - to their own desires and on their own terms

The Subtle Body Cyndi Dale 2009-02-01 Welcome to the first comprehensive encyclopedia of the human energetic anatomy. Here is a reference that no personal or professional health care library should be without—an in-depth, illustrated guide to the invisible energies of spirit, psyche, and consciousness that influence every aspect of our well-being. Whether you are looking for the complementary medicine to enhance your own healing practice, seeking perennial wisdom about your body's energetic nature from world traditions, or exploring the quantum edge of intention-based care, The Subtle Body is an indispensable companion for exploring virtually any facet of holistic healing. Created for healing professionals and patients alike, this volume provides a lexicon of terms, illustrations, and detailed entries about our energetic biology and how it relates to our physical being. This invaluable information will help you enhance any form of health care, giving you the knowledge you need to develop an integrated approach for your clients' well-being or your own. Compiled by energetic healer and scholar Cyndi Dale, The Subtle Body examines: Energy-based therapy principles from the world's healing traditions, including Ayurveda, Qigong, Reiki, Quabalah, and many more • The science of subtle anatomy—the ancient models and the newest research on the unseen fields that determine our physical condition • True integrative care—how combining Eastern energetic modalities with Western scientific rigor yields optimum results • The meridians, fields, and chakras—detailed information and diagrams about the role of these energetic structures in our overall health • The role of intention in healing—how the beliefs of a healer, patient, and everyone involved affect the outcome of a treatment What is it that distinguishes good healers from great ones? Today it is clear that the most successful healing occurs when we take into account every level of our physical and energetic selves. With The Subtle Body, you now have an unprecedented

resource for understanding the physical, energetic, and spiritual elements of human health, providing an informed, complete approach to healing. The Subtle Body has received the following awards: 2010 Gold Nautilus Award—Health/Healing/Energy Medicine • 2010 Silver Living Now Award—Health/Wellness • 2010 Bronze IPPY—New Age (Mind-Body-Spirit)

The Healing Frances Pergamo 2012-12-10 A rich, poignant eBook about a family's emotional struggles after the father, a firefighter, becomes ill—and the healing power of love and hope. Karen and Mike Donnelly were a happy, normal married couple with a teenaged daughter. Mike, a firefighter, was a hero to both his wife and daughter. Then Mike is stricken with multiple sclerosis—and as his health begins to deteriorate, so does the family. Quitting her job to become Mike's caretaker, Karen is both overwhelmed and devastated—especially when their daughter Lori falls into destructive behavior, adding to Karen's burden. Seeking comfort and relief, Karen moves them to her family's old summer house on Long Island. She wonders, why did this tragedy strike her family? Searching for solace, Karen reflects on the comfort of her happier past—and when a mysterious woman with a special gift comes into her life, Karen finally feels hopeful about the future. Vividly told and emotionally complex, *The Healing* raises universal questions about love, identity, loss, and forgiveness.

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

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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.

Healing Sex Staci Haines 2007 The first encouraging, sex-positive guide for all women survivors of sexual assault — heterosexual, bisexual, lesbian, coupled, and single — who want to reclaim their sex lives. While most books on the topic broach sexuality only to reassure women that it is 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. This mind-body approach to healing from sexual trauma was created by Staci Haines, who has been educating in the area of sexual abuse, sex education, and somatic healing for over 15 years. Her techniques are ideal for anyone looking for a new way to heal from trauma, beyond traditional talk therapy.

Unwanted Jay Stringer 2018-09-04 Outreach magazine 2018 Resource of the Year—Counseling & Relationships! *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* is a ground-breaking resource that explores the “why” behind self-destructive sexual choices. The book is based on research from over 3,800 men and women seeking freedom from unwanted sexual behavior, be that the use of pornography, an affair, or buying sex. Jay Stringer's (M.Div, MA, LMHC) original research

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found that unwanted sexual behavior can be both shaped by and predicted based on the parts of our story—past and present—that remain unaddressed. When we pay attention to our unwanted sexual desires and identify the unique reasons that trigger them, the path of healing is revealed. Although many of us feel ashamed and unwanted after years of sexual brokenness, the book invites the reader to see that behavior as the very location God can most powerfully work in their lives. Counselors, pastors, and accountability partners of those who experience sexual shame will also find in this book the deep spiritual and psychological guidance they need to effectively minister to the sexually broken around them.

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.

The Body Keeps the Score Bessel van der Kolk, M.D. 2015-09-08 #1 New York Times bestseller
“Essential reading for anyone interested in understanding and treating traumatic stress and the

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scope of its impact on society.” —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller *Trauma is a fact of life*. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world’s foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain’s natural neuroplasticity. Based on Dr. van der Kolk’s own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

Overcoming Trauma through Yoga David Emerson 2012-01-10 Survivors of trauma—whether abuse, accidents, or war—can end up profoundly wounded, betrayed by their bodies that failed to get them to safety and that are a source of pain. In order to fully heal from trauma, a connection must be made with oneself, including one’s body. The trauma-sensitive yoga described in this book moves beyond traditional talk therapies that focus on the mind, by bringing the body actively into the healing process. This allows trauma survivors to cultivate a more positive relationship to their body through gentle breath, mindfulness, and movement practices. *Overcoming Trauma through Yoga* is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing. It introduces trauma-sensitive yoga, a modified approach to yoga developed in collaboration

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between yoga teachers and clinicians at the Trauma Center at Justice Resource Institute, led by yoga teacher David Emerson, along with medical doctor Bessel van der Kolk. The book begins with an in-depth description of trauma and post-traumatic stress disorder (PTSD), including a description of how trauma is held in the body and the need for body-based treatment. It offers a brief history of yoga, describes various styles of yoga commonly found in Western practice, and identifies four key themes of trauma-sensitive yoga. Chair-based exercises are described that can be incorporated into individual or group therapy, targeting specific treatment goals, and modifications are offered for mat-based yoga classes. Each exercise includes trauma-sensitive language to introduce the practice, as well as photographs to illustrate the poses. The practices have been offered to a wide range of individuals and groups, including men and women, teens, returning veterans, and others. Rounded out by valuable quotes and case stories, the book presents mindfulness, breathing, and yoga exercises that can be used by home practitioners, yoga teachers, and therapists as a way to cultivate awareness, tolerance, and an increased acceptance of the self.

Healing Trauma Peter A. Levine 2008 Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain and harmful acting out behaviors. Drawing on nature's lessons, Dr. Levine teaches you each of the essential principles of his four-phase process: you will learn how and where you are storing unresolved distress; how to become more aware of your body's physiological responses to danger; and specific methods to free yourself from trauma.

Want Julie Peters 2019-05-02 "Peters takes readers on her own personal journey from trauma to reconnecting with her body, emotions, and eventually her own desire and sexuality." —Xanet Paillet, bestselling author of *Living an Orgasmic Life* We know, increasingly, how common and devastating

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sexual violence is for women, but we don't always talk about how survivors can recover from the trauma and return to desire, sexuality, trust, and pleasure. *Want* is the story of how Julie Peters did just that—and how you can, too. In the years after the assault, Julie was in what she calls the fog of trauma: the colorless, tasteless experience of barely getting through the day. No one—not counsellors, support groups, or other survivors—could give her any advice about how to find the desire that could bring her back to joy, intimacy, and connection. She had to make it up on her own. In *Want*, Julie tells the story of getting from the devastation of trauma to living a full life in eight sometimes challenging, often stumbling, and occasionally delightful steps. Your loved ones may not know how to support you, but they can learn more about your experiences and how to walk alongside you through this book, just as you can learn how to recover from the trauma you've experienced. *Want* offers a window into one person's experience of recovery—plus the happy ending we all need to know is possible after trauma. "With unwavering honesty, penetrating insight, warmth, humor, and aplomb, she lays out strategies for a tangible, nourishing, and vitally ferocious self-love." —Jeremy Radin, poet, author of *Dear Sal*

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

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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.

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

Refuge Recovery Noah Levine 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. *Refuge Recovery* is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. *Refuge Recovery* includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful *Refuge*

Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

Sex Up Your Life Archambault Julie 2020-01-30 Sex Intrigues, Scares, Destroys, Excites, Fulfills Sex is a portal into some of the most elated states, and yet, the most painful and heart-wrenching ones as well. Sex can destroy you, and yet it can also propel you into a state of ultimate oneness. So what is that tipping point that allows you to go from destruction to construction? Sex up Your Life will pave the way to UP your connection and intimacy in sex. In this collection of real-life stories and interviews--from Indie Music Producers, International Sex Educators, Creatives, Models, Corporate Jet-Setters, Sex Workers, Bisexual Muslims, Transgender Folk undergoing gender reassignment, Men, Women, Mothers, Fathers, and many more--holistic educator Julie Archambault has crafted a fascinating and revealing portrait of sex. The founder of Co-creative Sex, Julie forges a new paradigm where sex, relationships, and personal growth go hand in hand. Everyone is dealing with something --and that something has a lot to teach you about yourself. Sex Up Your Life offers a unique "Continuum for Connection for Sex"--brought to life by collected stories of struggle and triumph--to guide you from destructive disconnect to blissful sexual for sex in your life. Order your copy of Sex Up Your Life today or click Amazon's "Look Inside" feature to begin reading the first chapter.

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

Call of the Wild Kimberly Ann Johnson 2021-04-13 From trauma educator and somatic guide Kimberly Ann Johnson comes a cutting-edge guide for tapping into the wisdom and resilience of the body to rewire the nervous system, heal from trauma, and live fully. In an increasingly polarized world where trauma is often publicly renegotiated, our nervous systems are on high alert. From skyrocketing rates of depression and anxiety to physical illnesses such as autoimmune diseases and digestive disorders, many women today find themselves living out of alignment with their bodies. Kimberly Johnson is a somatic practitioner, birth doula, and postpartum educator who specializes in helping women recover from all forms of trauma. In her work, she's seen the same themes play out time and again. In a culture that prioritizes executive function and "mind over matter," many women are suffering from deeply unresolved pain that causes mental and physical stagnation and illness. In Call of the Wild, Johnson offers an eye-opening look at this epidemic as well as an informative view of the human nervous system and how it responds to difficult events. From the "small t" traumas of getting ghosted, experiencing a fall-out with a close friend, or swerving to avoid a car accident to the "capital T" traumas of sexual assault, an upending natural disaster, or a life-threatening illness—Johnson explains how the nervous system both protects us from immediate harm and creates reverberations that ripple through a lifetime. In this practical, empowering guide, Johnson

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shows readers how to metabolize these nervous system responses, allowing everyone to come home to their deepest, most intuitive and whole selves. Following her supportive advice, readers will learn how to move from wholeness, tapping into the innate wisdom of their senses, soothing frayed nerves and reconnecting with their “animal selves.” While we cannot cure the painful cultural rifts inflicting our society, there is a path forward—through our bodies.

Man Cancer Sex Anne Jennifer Katz 2010 Skin care of the patient with cancer can often be challenging and tricky. This text is a helpful resource to guide the healthcare professionals who care for patients with cancer that develop skin problems. It also included a discussion of how clinical decisions can affect decision making when purchasing wound care products and treatments.

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.

The Body Keeps the Score Bessel van der Kolk 2014-09-25 THE INTERNATIONAL BESTSELLER - OVER 3 MILLION COPIES SOLD 'Dr. van der Kolk's masterpiece combines the boundless curiosity of the scientist, the erudition of the scholar, and the passion of the truth teller' Judith Herman, author of *Trauma and Recovery* The effects of trauma can be devastating for sufferers, their families and future generations. Here one of the world's experts on traumatic stress offers a bold new paradigm for treatment, moving away from standard talking and drug therapies and towards an alternative approach that heals mind, brain and body. 'Fascinating, hard to put down, and filled with powerful case histories. . . . the most important series of breakthroughs in mental health in the last thirty years' Norman Doidge, author of *The Brain that Changes Itself* 'An astonishing and important book. The trauma Bible. I cannot recommend it enough for anyone struggling with...well...anything' Tara Westover

Rid of My Disgrace Justin S. Holcomb 2011-01-05 The statistics are jarring. One in four women and one in six men have been sexually assaulted. But as sobering as these statistics are, they can't begin to speak to the darkness and grief experienced by the victims. The church needs compassionate and wise resources to care for those living in the wake of this evil. Other books attempt to address the journey from shame to healing for victims of sexual abuse, but few are from a Christian perspective and written for both child and adult victims. In *Rid of My Disgrace*, a couple experienced in counseling and care for victims of sexual assault present the gospel in its power to heal the broken and restore the disgraced. Justin and Lindsey Holcomb present a clear definition of sexual assault and outline a biblical approach for moving from destruction to redemption. *Rid of My*

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Disgrace applies a theology of redemption to the grief, shame, and sense of defilement victims experience. This book is primarily written for them, but can also equip pastors, ministry staff, and others to respond compassionately to those who have been assaulted. Part of the Re:Lit series.

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

Emotional Detox Through Bodywork Mal Weeraratne 2016-04-15 In 'Emotional Detox - A Woman's Guide to Healing and Awakening', leading Tantra Healer, Mal Weeraratne, shares a fresh approach and insights on how to unblock orgasmic potential and achieve emotional liberation. Harnessing sexual energy rejuvenates and improves physiological, emotional, psychological and spiritual health. This book teaches women how to take control of the sexual energy within their bodies to remove trauma stored in the form of emotions using ancient knowledge and practices that are combined with new ground-breaking insights to create an engineered trauma-release technique called Tantric - Tao Bodywork for Emotional Detox. Tantric - Tao Bodywork is a British pioneer technique intended to eliminate traumatic experiences at a cellular level in the body to start living a positive life. -- a biological cleanse and detox to experience joy and bliss. Having explored Tantra and Tao for 20+ years, Mal reveals how all women are capable of experiencing emotional freedom and ecstatic bliss. He provides readers with a unique understanding of how the female body may be activated to deepen ecstatic states. Prevailing negative attitudes in the West work against the natural capacity of a woman to realize her full sexual potential and ability to feel unlimited bliss and achieve deep orgasmic states. Among other alarming survey results, it is estimated as per Cosmopolitan's Female Orgasm Survey, only 57% of women in the UK experience an orgasm when they have sex with a partner whereas 43% has never experienced an orgasm. This book is packed with practical advice

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and tips on how to harness sexual orgasmic energy. Readers will learn how emotional trauma can block pleasure and cause disease; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; the secrets and history of female ejaculation; techniques for awakening and yoni massage and so much more.

Trauma-Informed Body Based Therapies in Sexual Assault Tara Schintler 2020-02-17 This report outlines the findings of the evaluation of the Trauma-Informed Body-Based Therapies in Sexual Assault program run by WestCASA.

Private Thoughts Wendy Maltz 2012-10-16 Private Thoughts provides more than just these women's fantasies, however. It combines new research with the advice of a seasoned sex therapist. The result is an exciting contribution to the field of sexuality. Drawing insights from Wendy's research and advice from her clinical experience as a sex therapist, the book gently guides women to explore their own fantasy style and to recognize the origins of their fantasies. It gives women permission to enjoy their fantasies while also helping them to recognize how some fantasies may be masking emotional pain, which could be detrimental to them and to their relationships.

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

For Healing Sexually -- Redefines the concept of "safe sex" and establishes healthy ground rules for sexual contact.

Healing Sex Christine Lynxwiler 2010-03-02 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

Heal the Body, Heal the Mind Susanne Babbel 2018-09-01 Traumatic events can leave mental and physical scars—but these scars don't have to define you. Heal the Body, Heal the Mind takes trauma survivors on a supportive and healing journey toward well-being. By practicing the somatic exercises and mind-body interventions in this compassionate guide, you'll learn to move past difficult experiences, restore relationships, and cultivate spiritual awareness. When trauma occurs, the logical mind is hijacked and physiology takes over in an effort to protect you. This leaves an imprint—your body wants to ensure that nothing like that will ever happen again. Being reminded of a traumatic event can trigger these automatic responses, leaving you feeling paralyzed or unable to take action. This book will help you understand why and how unresolved trauma can infiltrate all aspects of your life, including your mind and body—even when you're not aware of its influence. With Heal the Body, Heal the Mind as a gentle guide, you'll learn about different types of trauma, find helpful assessments, and discover how traumatic experiences—even childhood and incidental traumas—can affect all aspects of your life: your relationship choices, the roles you play in them, your sense of pleasure and desire, and how you approach your career, spirituality, and interactions with others. Using the combination of mind-body interventions, cognitive behavioral theories,

research, case studies, and exercises woven into each chapter of this warm-hearted, relatable book, you'll begin to address the unresolved trauma held in your body and advance your healing process. So, if you're ready to move beyond the trauma that's been holding you back in your relationships, at work, and in your spiritual practice, this guide will show you how.

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