

How Long Does It Hurt A Guide To Recovering From Incest And Sexual Abuse For Teenagers Their Friends And Their Families

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

A comprehensive guide to the identification, assessment, and treatment of child sexual abuse The field of child sexual abuse has experienced an explosion of research, literature, and enhanced treatment methods over the last thirty years. Representing the latest refinements of thought in this field, Handbook of Child Sexual Abuse: Identification, Assessment, and Treatment combines the most current research with a wealth of clinical experience. The contributing authors, many of whom are pioneers in their respective specialties, include researchers and clinicians, forensic interviewers and law enforcement professionals, caseworkers and victim advocates, all of whom do the work of helping children who have been sexually victimized. Offering a snapshot of the state of the field as it stands today, Handbook of Child Sexual Abuse explores a variety of issues related to child sexual abuse, from identification, assessment, and treatment methods to models for implementation and prevention, including: The impact of sexual abuse on the developing brain The potential implications of early sexual victimization Navigating the complexities of multidisciplinary teams Forensic interviewing and clinical assessment Treatment options for children who have traumagenic symptoms as a response to their sexual victimization Treating children with sexual behavior problems and adolescents who engage in illegal sexual behavior Secondary trauma and vicarious traumatization Cultural considerations and prevention efforts Edited by a leader in the field of child therapy, this important reference equips helping professionals on the front lines in the battle against child sexual abuse—not merely with state-of-the-art knowledge—but also with a renewed vision for the importance of their role in the shaping of our culture and the healing of victimized children.

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.

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.

I Have Been Sexually Abused. Now What? - Jennifer Culp 2014-12-15

Sexual abuse of children and teens is shockingly common, not to mention under-reported and under-prosecuted. Fortunately, research and education are helping to change that. The trauma of sexual abuse may lead to further long-term symptoms such as anxiety, depression, PTSD, eating disorders, and substance abuse. It is known to increase suicidal thoughts and self-harming behaviors. Seeking help from professionals—even years after the abuse occurs—can alleviate feelings of guilt and shame, shifting the identity of those who have been abused from victim to survivor. This useful and sensitive book debunks popular myths surrounding sexual abuse and provides resources where survivors and loved ones can turn for help. Readers will learn how to identify and confront sexual abuse; its long-term effects; and how to move forward in the aftermath.

Sexual Abuse - Matthew Broyles 2011-08-15

Explains what sexual abuse is, discusses the most common forms, and explores ways to recover from abuse.

FAITHFUL MINDS - Edward D. Andrews 2023-02-24

"FAITHFUL MINDS" is a comprehensive guide that combines the principles of Biblical counseling with Cognitive Behavioral Therapy to help readers achieve emotional and mental wellness. This book explores the intersection of these two disciplines, offering practical advice and guidance for those seeking to improve their mental health through a faith-based approach. Drawing on Biblical teachings and psychological insights, the author provides a step-by-step guide to understanding the root causes of

emotional struggles and negative thinking patterns. Readers will learn how to identify and challenge negative thoughts and beliefs, develop healthy coping mechanisms, and cultivate a more positive and resilient mindset. This book is an essential resource for anyone seeking to improve their mental and emotional health through a faith-based approach. It offers practical guidance, insightful anecdotes, and helpful exercises to help readers apply the principles of Biblical counseling and CBT to their daily lives. Whether you are struggling with anxiety, depression, or other emotional challenges, "FAITHFUL MINDS" offers a path to healing and renewed hope. Throughout this book, certain phrases and scriptures are repeated for emphasis, as a way of inculcating them into your way of thinking. This is a technique that Jesus also used, where he repeated his points to ensure that it was well established in the minds of his listeners. Repetition not only aids in memory but can also be used to effectively highlight key ideas and help your audience to understand them clearly. A good example of this is found in the book of Proverbs, where God inspired Solomon to repeat certain proverbs almost word-for-word, in order to convey knowledge and sharpen understanding.

Counseling Victims of Violence - Sandra L. Brown 2007

"This book is designed as a quick-reference resource for counselors, social workers, therapists, psychologists, psychiatrists, R.N.s and medical staff, victim advocates and legal personnel, and all those engaged in supporting or helping victims of violence."--BOOK JACKET.

Child Abuse and Neglect - Connie Burrows Horton 2001-08-01

School professionals have a unique opportunity--and responsibility--to identify and respond to child abuse and neglect. This book provides a succinct review of current knowledge on child maltreatment and links it specifically to practical applications in the schools. Information and strategies are outlined to help school practitioners and other personnel identify signs of abuse, respond sensitively and effectively to student disclosures, and make critically important reporting decisions. Treatment options are discussed in depth, including guidelines for offering school-based clinical services and/or making referrals to outside providers. Other topics covered include consulting with teachers and parents, planning and implementing victimization prevention programs, and coping with "compassion fatigue." The book is illustrated throughout with clearly written, relevant case examples. Special features include reproducible overhead transparency masters for use in in-service training.

Surviving and Moving On - Kim McGregor 2014-01-21

This book is essential reading for any survivor of child sexual abuse, female or male. Many survivors of sexual abuse have not always been believed or supported through their developmental years. They have had to cope on their own, dealing with the aftermath of the abuse in whatever ways they could. This book offers ideas and techniques for understanding and healing which adult survivors in particular may find useful. It tends to be written with women in mind, but much of the information and many of the exercises may be useful for male survivors as well. This book will also be useful for the partners, families and friends giving support and encouragement to survivors who are healing themselves from the effects of abuse. Many survivors want those around them to understand what they've survived and its effects on their life. Part 1 provides information about child sexual abuse - what it is, why children remain silent about it, some of the effects abuse can have on a survivor's life and how these can be minimised, and who the offenders are. Part 2 is for survivors, helping them to understand and to cope with their unique experience of child sexual abuse. Part 3 is specifically for supporters and caregivers of survivors.

Young Women's Lives Facilitator's Guide - Item 5424 -

#MeToo and You - Halley Bondy 2021-02-02

The #MeToo movement has changed the way many people view the world, but how well do tweens understand it? Middle-grade readers are ready to learn about consent, harassment, and abuse, as well as healthy boundaries in all their relationships. #MeToo and You includes essential terminology, from consent to assault, from just plain yes to just plain no. Author Halley Bondy explores the nuances of emotions, comfort, and discomfort in sexually charged and emotionally abusive situations. Detailed scenarios, both real and hypothetical, provide valuable examples of what's acceptable and what is not, along with tools to help everyone treat others appropriately and to stand up for themselves and their peers.

A Multiple Family Group Therapy Program for at Risk Adolescents and Their Families - Susan T. Dennison 2005-01

Readers will be delighted to find that this one resource contains extensive "how to do" guidelines for setting up and planning multiple family groups. A group practice model is outlined in the text which provides a clear delineation of goals for each treatment phase of these groups. The latter guide provides a practical framework for planning sessions, guiding the facilitation approach utilized, and designing a program evaluation. The heart of this book contains 80 different techniques for building trust among group members, providing psych-education, assisting in problem solving, and allowing for a healthy closure of the group experience. Over half of these techniques include a task sheet which can be duplicated for use with treatment groups. Over 50 bibliotherapy references are also provided along with material related to building resilient families and youth. In addition, readers are given a sample of a multiple family group contract, documentation notes, and a session by session planning sheet. Professionals will be amazed at how much time this text will save them. The book will quickly become a daily resource manual which will assist in more easily planning and facilitating these treatment groups.

Sexual Assault and Abuse - Ann Byers 1900-01-01

Since young women today receive conflicting and confusing messages about dating, sexuality, and image, it is not surprising they can find themselves wondering if they've been sexually abused. It is estimated that a sexual assault occurs once every two minutes. That means that teens need to be aware of the many forms sexual abuse can take and the best practices for trying to prevent it. This guide will help them make sense of the issue, emphasizing that the victim is never to blame. Readers will be armed with crucial information that will help them know what to do if it happens to them or their friends or loved ones.

How Long Does it Hurt? - Cynthia Lynn Mather 2004

Shattered Reality - Kimberly Cheryl 2008-08-18

Children are usually sexually abused by someone they know and trust. In "Shattered Reality," one parent reveals how a family member sexually abused her daughter, and how families can heal from abuse.

Supporting and Educating Traumatized Students - Eric Rossen 2020

"Traumatic or adverse experiences are pervasive among school-aged children and youth. These experiences undermine students' ability to learn, form relationships, and manage their feelings and behaviour. Meanwhile, educators and school-based professionals often remain unaware of the complex needs of their students or how to meet them within the hours of the typical school day, all while possibly dealing with their own stressors. Supporting and Educating Traumatized Students: A Guide for School-Based Professionals provides a practically oriented tool for understanding and assisting students with a history of trauma. Designed specifically for professionals in mental health and education settings, this volume combines content and expertise from practitioners, researchers, and other experts with backgrounds in education, school psychology, school social work, school administration, resilience, school policy, and trauma. The book provides a thorough background on current research in trauma and its impact on school functioning; administrative and policy considerations; and a broad set of practical and implementable strategies and resources for adapting and differentiating instruction, modifying the classroom and school environments, and building competency for students and staff impacted by trauma. Rather than provide complex treatment protocols, the chapters in this book offer simple techniques and strategies designed for all types of educational environments within the context of multiple potential sources of trauma. Supporting and Educating Traumatized Students is an essential resource for classroom teachers, administrators, and school-based professionals, as well as courses that address crisis, trauma, and education across a broad spectrum of specializations."--

How Long Does It Hurt? - Cynthia L. Mather 2014-10-27

How Long Does It Hurt? is the revised and updated edition of the best-selling book written by an incest survivor for future survivors. This step-by-step guide speaks directly to victims of sexual abuse³/₄to help them come to grips with what is happening to them and overcome their feelings of isolation, confusion, and self-doubt.

Women's Sexuality Across the Life Span - Judith C. Daniluk 2003-06-09

Moving beyond a traditional focus on sexual functioning, this book emphasizes the complex interaction of psychological, social, cultural and biological influences on women's sense of themselves as sexual beings. Written for practitioners and educators, its goal is to challenge contradictory messages and meanings that cause many women to feel disconnected from their bodies and from their needs and desires. Themes explored include the development of sexual awareness and sexuality in childhood and adolescence, the critical sexual choices of young adulthood, and the multiple transitions characterizing the middle and later years of life. The book features creative exercises and interventions to help girls and women construct more affirming sexual meanings.

How Long Does It Hurt? - Cynthia L Mather 1994-09-01

How Long Does It Hurt? is a step-by-step recovery guide for teenagers who are being sexually abused. The authors present concrete and practical advice on many crucial issues, including: knowing who to tell, getting safe, dealing with friends, becoming comfortable with your sexuality, going to court, living with your family after you tell, and ultimately, surviving the trauma of sexual abuse. Teens learn to overcome

their feelings of isolation, confusion, and self-doubt.

Appalachian Child - Beatrix Todd 2011-10

Bea grows up dirt poor among the foothills of the Appalachian Mountains in central West Virginia. There's lots of work to do, and amenities such as indoor plumbing and central heating are nonexistent. While others in Nicholas County had it tough, no one else had to suffer the type of abuse she did at home. Bea's father runs his household like a dictator, and he's never hesitant to abuse his daughter whenever she does anything not to his liking. Bea gets slapped, kicked, and beaten even at five years old. While Bea's spirit sometimes wavers as a result of being unable to please her father, her story is ultimately one of survival. By never giving up and trusting in God, she overcomes years of abuse, proving that fate and faith can lead to dreams that victims of abuse often think are unattainable. Become immersed in a story that defines the true meaning of determination as Bea recounts a journey that will inspire anyone who has ever suffered or felt like giving up in Appalachian Child.

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