

Recommended Resources on Healing from
Sexual Assault and Domestic Violence
available to borrow from



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Books:

Nelson, Terri Spahr. "Coping with Sexual Assault: A Guide to Resolution, Healing and Recovery for College Students." Coping with Sexual Assault. Oxford, Ohio: July 2002. 43 pp.

This booklet was written for university and college students whose lives have been affected by sexual assault. It is one in a series on "Coping with Sexual Assault: A Guide to Resolution, Healing and Recovery" and offers insight on how to cope with one's sexual assault, as well as provide guidance to healing.

Vermilyea, Elizabeth G. "Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress." Baltimore, MD: The Sidran Press, 2000. 191 pp.

Growing Beyond Survival is a unique skills workbook empowering survivors to take control of (and de-escalate) their most distressing trauma related symptoms. This self-regulation toolkit is comprehensive, flexible, and can be used independently as a self-paced, self-help program, or in the context of individual or groups therapy.

Anonymous. "Growing Through the Pain: The Incest Survivor's Companion." Park Ridge, IL: Parkside Publishing Corporation, 1989. 316 pp.

This book is written for incest survivors. It is about incest as it is experienced from the inside, rather than incest analyzed objectively from the outside. The value of this book is in its simple sharing of experience by six incest survivors. It can be a helpful companion for the incest survivor on the journey through recovery.

Copeland, Mary Ellen. "Healing the Trauma of Abuse: A Woman's Workbook." Oakland, CA: New Harbinger Publications, Inc., 2000. 398 pp.

This Book provides a comprehensive resource by providing information and worksheets to help the survivor explore and heal issues such as body image, physical boundaries, self-esteem, trust, sexuality, trauma recovery, emotional abuse,

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destructive behavior, abuse and relationships, control, communication, change, and blame, forgiveness and acceptance.

Crime Victims Council. "Healing: A Guide for Parents of Child Sexual Assault Victims." Allentown, PA: Crime Victims Council.

This book was developed especially for the parents and loved ones of child victims. We hope that it will help explain the many feelings and emotions that children may be experiencing and will also serve as a guide through the criminal justice system.

Stolinsky, Stefanie Auerback. "Act It Out: 25 Expressive Ways to Heal from Childhood Sexual Abuse: A Safe, Self-Guided Recovery Method for Adult Survivors of Sexual, Physical, and Emotional Trauma." Oakland, CA: New Harbinger Publications Inc. 180 pp.

The effects of childhood abuse often linger on into adulthood, and deeply implanted symptoms continue to have negative impacts on the survivors and their loved ones. By drawing on techniques used by actors, readers can uncover buried feelings, confront painful experiences, and begin to form trusting relationships with others. Act It Out presents these methods in a series of safe, simple, and creative exercises.

Engel, Beverly. "Breaking the Cycle of Abuse: How to Move Beyond Your Past to Create an Abuse-free Future." New Jersey: John Wiley & Sons, 2005. 278 pp.

In this book, Beverly Engel, a leading expert on emotional and sexual abuse, explains how to stop the cycle of abuse once and for all. Her step-by-step program provides the necessary skills for gaining control over emotions, changing negative attitudes, learning healthy ways of communicating, healing the damage from prior abuse, and seeking out support

Evans, Patricia. "Controlling People: How to Recognize, Understand, and Deal with People Who Try to Control You." Avon, MA: Adams Media Corporation, 2002. 300 pp.

An interpersonal communications specialist, Evans (The Verbally Abusive Relationship) has written a timely book that not only helps readers free themselves from controlling types but also seeks to explain the occurrence of verbal abuse, battering, stalking, harassment, hate crimes, gang violence, tyranny, terrorism, and territorial invasion.

Robinson, Lori S. "I Will Survive: The African-American Guide to Healing from Sexual Assault and Abuse." New York, NY: Seal Press, 2002. 370 pp.

Because of African Americans' unique history of racist and sexist victimization, the Black community has an even harder time than others dealing with rape. This prevents survivors from getting help and our community from addressing the issue effectively. This book addresses these issues and guides readers into a journey of healing.

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Cantrell, Leslie. "Into the Light: A Guide for Battered Women." Charlotte, NC: Kidsrights, 1996.

Into the Light provides a conversational but direct guide for women who are or may be in abusive relationships. Discusses what forms abuse takes, feelings of denial, shame, and isolation, feelings and concerns about children, escape plans, and building support networks. Also details legal options for women struggling to overcome their batterers.

Engel, Beverly. "The Right to Innocence: Healing the Trauma of Childhood Sexual Abuse." New York, NY: Ivy Books. 252 pp.

This helpful book offers hope for recovery with exercises, visualizations, and techniques that support you through a seven-step program, that will aid you in: facing the truth, releasing your anger, confronting those responsible with facts and feelings, forgiving yourself, and more healing advice and information.

Maltz, Wendy. "The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse." New York, NY: Quill, 2001. 345 pp.

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.

Hansen, Krishan and Timothy J. Kahn. "Footprints: Steps to a Healthy Life." Brandon, VT: Safer Society Press, 2006. 257 pp.

Footprints: Steps to a Healthy Life is for developmentally disabled adults and adolescents with sexual behavior problems, clients with learning disabilities, attention deficits, and less than average cognitive abilities. Thousands of individuals have benefited from the relapse prevention model used in Timothy Kahn's Pathways, and Roadmaps to Recovery workbooks. Now this material and additional material has been adapted to serve adults with developmental disabilities. This workbook will also inform clinicians, and give them concrete exercises and activities they can use with clients to make treatment more effective. Footprints is intended to be used by the client in a structured therapeutic setting.