Savage Tongues: 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 Sexual Violence.
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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 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.
military culture enables a pervasive subculture of sexual violence, from consistently devaluing women to blaming victims and denying them justice. The author’s dual attachment/trauma theory lens attends to a wide range of outcomes such as unit members closing ranks against survivors and the continuing impact of assault trauma on veterans’ lives. And the book’s second half critiques standard forms of treating military sexual trauma in favor of individualized therapy addressing the physical, psychological, and neurological aspects of trauma and recovery. This important volume covers:

- Theory and history of sexual violence as a weapon of war.
- Legal and health considerations in the aftermath of military sexual assault.
- Critical distinctions between military and civilian legal response to sexual assault.
- Variations in symptomology among survivors.
- Specific barriers to services for male and LGBT survivors.
- New and emerging treatment options for military sexual trauma/PTSD.

This Second Edition of Understanding and Treating Military Sexual Trauma follows its predecessor as an essential reference on its subject for mental health clinicians treating sexual trauma in the military as well as trauma researchers, sociologists, women’s health practitioners, and university students whose focus is women’s studies, public policy, public health, social work, psychology, sociology, or political science.

The Little Book of Restorative Justice for Sexual Abuse

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 psychologist 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
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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.

Healing from the Trauma of Childhood Sexual Abuse

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.

Reclaiming Pleasure

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.
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The Art of Healing from Sexual Trauma The psycho-social needs of victims of rape and sexual assault are increasingly recognised and there is a need for a critical synthesis of knowledge and practice to support the development of training and best practice in the mental health and sexual health...
The Sexual Trauma Workbook for Teen Girls offers first-person accounts of women and men at every stage of the sexual healing journey. Finding Sunshine After the Storm: Invisible Girls One in three teen girls will experience sexual abuse before they turn eighteen, and this trauma can leave them feeling confused, angry, ashamed, and unable to move forward emotionally. In this important, much-needed workbook, a counselor and trauma specialist offers young women inspirational real-life stories from survivors and powerful, evidence-based tools to help them heal and reclaim their lives after experiencing sexual abuse or trauma.

The Courage to Heal: Released This volume offers a collection of ten case studies from clinical social workers who work in the field of sexual trauma, with the objective of challenging and informing social work practice with
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Richard B. Gartner is a seasoned psychologist/psychoanalyst who has worked therapeutically with sexually abused men for over three decades. He is a clinician, advocate, teacher, lecturer, and nationally and internationally recognized expert on the subject. Dr. Gartner's classic book, Betrayed as Boys: Psychodynamic Treatment of Sexually Abused Men, is one of the few written to guide clinicians. Now, nearly two decades after writing that groundbreaking volume, he follows up on his earlier work. Healing Sexually Abused Men and Boys, together with its companion volume, Understanding the Sexual Betrayal of Boys and Men, is a thorough, comprehensive guide to learning about and healing male victims and survivors. Dr. Gartner has invited a group of experts to write about specific problems faced by these boys and men. Specialists from the psychoanalytic, psychodynamic, trauma, and legal worlds fill in the details about a wide range of interconnected subjects related to the complex reverberations of male sexual trauma. Healing Sexually Betrayed Men and Boys covers such diverse topics as: therapy with young sexually traumatized boys; the aftermath for men who were raped as adults; covert seduction of boys and its aftereffects; treatment for substance addictions and sexual compulsions; couples work with male survivors and their partners or spouses; bodywork with male survivors; treatment for male veterans who suffered sexual trauma in the military; profiling sexual predators and working with survivors who have also been sexual predators. This book is a valuable resource for clinicians at every level of training. With strategies for how survivors can build support networks and descriptions of clinical, familial, and community-based treatments, Healing Sexually Betrayed Men and Boys is essential reading for clinicians of all theoretical persuasions who work with male sexual abuse survivors. Filling in gaps in the relatively scant literature on the subject,
The Sexual Trauma Workbook For Teen Girls: A Guide To Recovery From Sexual Assault And Abuse

An Instant Help Book For Teens

It will also help sexually abused or assaulted men themselves understand what is available to them.

Healing Sexual Trauma Workbook

This book contains forty compassionate activities that kids who have suffered abuse can do to raise their self-esteem, establish boundaries, and identify people they can trust. These simple activities drawn from play therapy can be used alone or in combination with counseling to help kids recover from trauma and build confidence. As children work through this book, they will learn to deal with painful feelings in positive ways, reach out for support, and feel proud of themselves by “taking a bow” after important accomplishments. This workbook can help children who have been sexually abused reclaim a sense of pride, joy, and security.

The Sexual Trauma Workbook for Teen Girls

Much remains hidden as survivors of sexual trauma do the hard work of healing. Naomi Ardea courageously offers a rare, in-depth view into the inner world of a victim finding her way to regain peace and wholeness. The Art of Healing from Sexual Trauma holds Ardea’s soulful paintings, soothing photographs, and authentic, compassionate words. Within this memoir of healing moments, Ardea weaves insightful reflections on common trauma healing patterns as well as a practical, nurturing self-care guide for other survivors.

Surviving Childhood Sexual Abuse Workbook

After reviewing the relevant treatment literature, the authors detail how to assess and treat PTSD using a cognitive-behavioral approach. Complete instructions are given for planning treatment, as well as for introducing the patient to the various interventions. Nine exposure and stress management techniques are then detailed, including imaginal exposure (trauma reliving), in vivo exposure, relaxation training, thought-stopping, cognitive restructuring, covert modeling, and role-playing. Enhancing the book’s clinical utility are numerous case examples illustrating how to implement the techniques, as well as explanations of how to cope.
The Sexual Trauma Workbook For Teen Girls: A Guide To Recovery From Sexual Assault And Abuse is an instant help book for teens with common problems and complications in treatment. The final chapter presents detailed outlines of three suggested treatment programs.

A Kids Book about Sexual Abuse explains the range of different sexual violations, from harassment in the workplace and marital rape to sexual violence in the military and childhood sexual abuse; and offers tips from experts in the field on various modes of recovery including mind-body practices, psychoeducation, spirituality/religion, and journaling.

Working with the Trauma of Rape and Sexual Violence is a book that learns powerful techniques for healing the scars of early sexual abuse in gay men. The first book of its kind, Gay Men and Childhood Sexual Trauma: Integrating the Shattered Self addresses the specific therapeutic needs of gay men in recovery. All too often, gay men hide their childhood memories of being sexually victimized, because of fear, shame, and the stigma of stereotypes which equate homosexuality with child abuse. Some gay men may view these histories as “rites of passage” and dismiss other perspectives as betrayals of their community or inadvertent support for the anti-gay agenda of the religious right. Certain therapists and so-called support groups ridicule them as hysterics with false memories. Groups like the North American Man-Boy Love Association or the Rene Guyon Society dismiss the source of their anguish as wishful thinking or a healthy, consensual intergenerational romance. Finally here is a book that addresses the unique emotional and psychological needs of gay male survivors of sexual abuse. Gay Men and Childhood Sexual Trauma offers new hope by separating the crime of pedophilia from the consensual intimacy of an adult male same-sex relationship. It provides specific guidance for therapists working with gay men either in individual or group therapy settings, and offers practical treatment suggestions as well as moving insights into the painful conflicts gay men may have in accepting their own sexuality and revealing their status as child survivor of an adult sexual predator.
Gay Men and Childhood Sexual Trauma discusses practical ways to help the survivor heal, including:

- Adopting eye movement desensitization and reprocessing techniques to treat traumatized gay men.
- Helping gay men to break the old arousal patterns associated with their abusers handling.
- Survivors’ formidable issues of trust, addictions, depression, and low self-esteem leading survivor groups of mixed sexual orientation discerning the special meaning of HIV to traumatized gay men.
- Respecting cross-cultural differences in treating the gay male sexual trauma survivor finding new directions for research.

This powerful volume offers sufficient technical detail to be useful for the therapist working with gay men, yet it is written with enough clarity and compassion to be used as bibliotherapy for men just coming out as gay, as survivor, or as both. Gay Men and Childhood Sexual Trauma is an essential resource for mental health professionals, as well as for gay men who have themselves survived sexual abuse or who love someone who did.

Healing Sex

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.

The Trauma of Sexual Assault

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.
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In order to heal, build resilience, and discover a sense of 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.

*The Sexual Abuse of Adolescent Girls* Answers questions that traumatized women frequently ask about childhood sexual abuse, shares stories of women in recovery, and offers a guide to healing the traumatic effects of this hidden abuse.

*Overcoming Childhood Sexual Trauma* First published in 1999, this volume examines the ‘meanings’ specific child protection cases involving the familial sexual abuse of adolescent girls hold for social workers. This is achieved through a qualitative analysis of a series of interviews with social workers regarding current or recent cases. The analysis reveals various influences on social workers' practice: the organisation and administrative structure of child protection, governmental requirements to interagency coordination, the abused girl, her family, and the skills and limitations of the social worker. The findings point to a series of tensions between social workers' perceptions of appropriate intervention practice on the one hand and organisational needs, the demands of the criminal justice system and client choice on the other. This leads to recommendations for improved in-service training, including joint training for social workers and police officers, and a review of the
transitional procedures between child protection and adult services. The Social Work and Sexual Trauma Casebook guides readers through a series of exercises, charts, and checklists aimed at recognizing, understanding, and working on the problems resulting from childhood sexual abuse. The exercises are divided into four parts: Understanding Your Present Problems and Keeping Safe; Guilt and Self-Blame; Feelings about Yourself and Others; and Looking to the Future.

Want Restorative justice is gaining acceptance for addressing harm and crime. Interventions have been developed for a wide range of wrongdoing. This book considers the use of restorative justice in response to sexual abuse. Rather than a blueprint or detailing a specific set of programs, it is more about mapping possibilities. It allows people to carefully consider its use in responding to violent crimes such as sexual abuse. Criminal justice approaches tend to sideline and re-traumatize victims, and punish offenders to the detriment of accountability. Alternatively, restorative justice centers on healing for victims, while holding offenders meaningfully accountable. Criminal justice responses tend to individualize the problem, and catch marginalized communities, such as ethnic minorities, within its net. Restorative justice recognizes that sexual abuse is a form of gender-based violence. Community-based practices are needed, sometimes in conjunction with, and sometimes to counteract, traditional criminal justice responses. This book describes impacts of sexual abuse, and explanations for sexual offending, demonstrating how restorative justice can create hope through trauma.

Coping with Sexual Abuse Workbook A new novel by PEN/Faulkner Award winner Azareen Van der Vliet Oloomi—"if you don't know this name yet, you should" (Entertainment Weekly)—about a young woman caught in an affair with a much older man, a personal and political exploration of desire,
It's summer when Arezu, an Iranian American teenager, goes to Spain to meet her estranged father at an apartment he owns there. He never shows up, instead sending her a weekly allowance, care of his step-nephew, Omar, a forty-year-old Lebanese man. As the weeks progress, Arezu is drawn into a mercurial, charged, and ultimately catastrophic affair with Omar, a relationship that shatters her just at the cusp of adulthood. Two decades later, Arezu inherits the apartment. She returns with her best friend, Ellie, an Israeli-American scholar devoted to the Palestinian cause, to excavate the place and finally put to words a trauma she's long held in silence. Together, she and Ellie catalog the questions of agency, sexuality, displacement, and erasure that surface as Arezu confronts the ghosts of that summer, crafting between them a story that spans continents and centuries. Equal parts Marguerite Duras and Shirley Jackson, Rachel Cusk and Samanta Schweblin, Savage Tongues is a compulsive, unsettling, and bravely observed exploration of violence and eroticism, haunting and healing, and the profound intimacy born of the deepest pain.
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Treating the Trauma of Rape ñ Knowing the results of Dr. Katzís work and the many lives that she has changed, I feel delighted to endorse [her] Warrior Renew workbook for men and women seeking healing from MST. Although the high prevalence rates of MST are discouraging, I am confident that Warrior Renew can reach many, many MST survivors and provide the hope and healing that they need. ñ Lt. Col. Patricia Jackson-Kelley Los Angeles County Veterans Advisory Commission

Quotes from Past Participants: ñ Thank you for your efforts in turning my life around. I have faith now that my life will be as it should have been. Iíve gotten hope back. It truly does work. ñ I know now that I can conquer anything I put my heart and mind to. This (program) has saved my broken life. ñ Youíve helped me immensely, by healing from the inside out! Thank you! Hundreds of thousands of US military personnel have been victims of sexual assault and harassment. This client workbook is an essential part of an integrative, evidence-based treatment developed over many years by Lori S. Katz, PhD, to help survivors of Military Sexual Trauma (MST). The only workbook of its kind, it provides a wide range of therapeutic exercises and activities to help survivors restore their sense of safety and reclaim their lives. These include obtaining an in-depth understanding of MST, opportunities for self-discovery, and engaging the body with movement and relaxation exercises in a context of support, caring, and validation. This workbook is designed to help MST survivors understand normal reactions to MST and how to manage them. Readers will learn how to release the grips of anger and resentment, injustice, betrayal, self-blame, shame, and grief. They will learn how to deal with such physical symptoms as sleep problems and stress and engage in assessment of their own interpersonal patterns. The book also explores the impact of MST on relationships and how to cultivate and sustain healthy relationships, intimacy and sexuality. Additionally, the workbook can be used to help individuals who have experienced childhood and/or adult sexual abuse and trauma. Through Warrior Renew, survivors will be able to move forward in their lives by creating a new sense of identity, purpose, and self-worth.

Key Features: Provides an effective, easy-to-use treatment for MST Addresses a variety of issues...
The Sexual Trauma Workbook for Teen Girls

This workbook was written to promote a standard in the field for clinicians to increase confidence, competence, and effectiveness in addressing child sexual abuse and trauma treatment with children, adolescents, and young adults with developmental disabilities. The workbook is divided into two parts: the first part is focused on research and education regarding trauma treatment, developmental disabilities, and a module for treatment within this population, while the second part of the workbook presents examples of interventions, worksheets, and therapeutic activities for use with clients. Disorders such as Cerebral Palsy, Down Syndrome, Autistic Spectrum Disorders, Attention Deficit/Hyperactivity Disorder (ADHD), Nonverbal Learning Disorder, and Fetal Alcohol Syndrome or Effects are reviewed in this manual. Additionally, motor, communication, sensory, and feeding problems are briefly discussed. This manual is not intended to provide detailed information on all developmental disabilities but rather provide a general overview of more common developmental disorders to increase understanding of assessment and treatment interventions discussed. It is intended for use with individuals with a moderate to high functioning level.

The workbook can be used as a guide for masters and doctoral-level clinicians who are either licensed or are in training and under the supervision of a licensed mental health professional. It will also be a valuable resource for researchers, scholars, special educators, counselors, social workers, and professionals who work with sexual abuse survivors.
The Sexual Trauma Workbook For Teen Girls: A Guide To Recovery From Sexual Assault And Abuse. An Instant Help Book For Teens. Someone who has or is being affected by Sexual Violence. This unique workbook starts to give the survivors who have not yet told anyone a voice. Wellbeing Consultant, Dr. Gary Sellors, confronts the traumatic experiences that people rarely talk about and encourages people to work through the workbook themselves. The exercises support survivors through suppressed anger, resentment, humiliation, guilt, and blame and allow them to start to understand what and why it happened to them. It is always important to remember, it was never the survivor’s fault and that they are not alone in this world. My Silence is Broken, really does, want people to come forward with a voice, feel supported and listened to. He offers excellent realistic and practical exercises that have been shown to work with the many clients affected by Sexual Abuse. This emotional and inspiring work was started long before the Operation Yewtree Police investigations in 2012. Dr. Gary Sellors, is passionate about the work that he does, when working with children, adults or even animals that have been effected by violence and or traumatic sexual experiences over a short or very long time period. This workbook, can be done in any order, that is relevant to the person reading it, there is no time scale. It is important that the person reading this book does the work on their own, although if they feel comfortable, would be nice to share with a trusted friend, parent, partner or just anyone that needs the support. With this workbook and the focused exercises, you will discover, deeper meanings, thought provoking insights leading to a different understanding of the experience you went through. Therefore, gaining new found confidence, support, inner strength and that puts you back in control of your life and relationships. June 2015. The BBC news reported that there were not enough therapeutic interventions being offered for people affected by Sexual Abuse, Rape and Child Exploitation. This workbook is that offer of intervention help.
The Sexual Trauma Workbook For Teen Girls A Guide To Recovery From Sexual Assault And Abuse An Instant Help Book For Teens

Many girls have suffered alone. The statistics are staggering. One in four girls will experience sexual abuse by the time she is sixteen, and 48 percent of all rapes involve a young woman under the age of eighteen. It's not surprising then, that in a society where sexual abuse of young women is rampant, many women never share their stories. They remain hidden and invisible. In her pioneering work with young survivors through the last thirty years, Dr. Patti Feuereisen has helped teen girls and young women to find their voices, begin healing, and become visible. In this revised second edition, Dr. Patti's gentle guidance and the girls' powerful stories continue to create an encouraging message: Remarkable healing is possible if girls learn to share their stories in their teens and early twenties. With a new introduction, new chapters, and updated resources, this new edition of Invisible Girls has even more to offer girls, young women, and those who care about them.

Adult Analysis and Childhood Sexual Abuse

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.

The Courage to Heal Workbook

AN EVIDENCE-BASED TEXT FOR UNDERSTANDING AND TREATING MST FROM MULTIPLE PERSPECTIVES

The incidence of sexual assault and harassment experienced by members of the U.S. Armed Forces has reached epidemic proportions. Its victims often suffer from devastating, lifelong consequences to their careers, health, relationships, and psychological well-being. This authoritative resource is written for mental health clinicians to help in understanding and treating military sexual trauma (MST). Based on a solid foundation of research and clinical expertise, it addresses the complex circumstances of victims of sexual abuse in the military and how clinicians can meet the unique challenges of treating these clients. The book describes how MST differs from other forms of military trauma such as combat, and discusses its prevalence, neurobiology, and social...
confused, angry, ashamed, and unable to move forward emotionally. You're not alone. Like many teens who’ve been abused, you may be tempted to keep the secret locked deep inside and feel uncomfortable discussing your struggles with others. If so, this book can help you find your voice. This empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Healing is possible—and with healing, comes victory. In this book, you’ll find true stories from other teen survivors, and in reading the stories you’ll find reassurance in knowing you aren’t alone in your experiences. You’ll also find practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self. Sexual abuse or trauma may be a part of your past, but it doesn't need to define who you are now. This book will help you as you start on the path toward healing so you can move forward with confidence.