

Sexual Abuse Resource Library

An Uncommon Dialogue

A gripping autobiographical account of two years spent in psychotherapy to deal with childhood sexual abuse, this uplifting story is written in two parts: as a dialogue between the patient and her psychiatrist and as a conversation with her mother and sister. The emotions accompanying the narrator's prolonged sexual abuse as a child by her mother's sexual partners slowly unravel and it becomes clear that her mother was aware of the abuse but failed to protect her daughter. Initially a naive, overwhelmed, and confused child, unable to keep a job or develop relationships, the author eventually grows into a clear-thinking adult, aware of her past and capable of understanding its psychological implications.

Beyond Survival: Living Well is the Best Revenge

No Synopsis

Can't Touch My Soul: A Guide for Lesbian Survivors of Child Sexual Abuse

This groundbreaking study of lesbian survivors of childhood sexual abuse addresses the endemic feelings of horrible isolation and shame experienced by survivors through the words of 60 women who shared with Rafanello their inspiring stories of recovery. In addition, Rafanello includes up-to-date research and information on post-traumatic stress disorder and healing therapies; hard-to-find specific resources for lesbian survivors and those who help them; and detailed appendixes and resource guides. A systematic guide to recovery, from the earliest stages of remembering to overcoming the coping and defense mechanisms children adapt to survive.

Donna Rafanello has worked extensively in social services. She been a contributing editor for the American Academy of Pediatrics and a consulting editor for the National Association for the Education of Young Children.

Healing the Trauma of Domestic Violence: A Workbook for Women

Many women who free themselves from violent domestic situations experience symptoms of post-traumatic stress disorder (PTSD) long after they achieve physical and emotional safety. A ringing telephone or a crowded city street threatens a potential encounter with their abuser. People they care for seem far away, and things they used to enjoy offer neither pleasure nor relief. Their long, sleepless nights drag on.

If you've freed yourself from an abusive relationship but still suffer from its effects, this program of trauma recovery techniques can help you take back your peace of mind. Based on a clinically proven set of techniques called cognitive trauma therapy (CTT), the exercises in this workbook will help you address feelings of guilt, anger, depression, anxiety, and stress. You'll learn how to break down the negative thoughts that might be cycling in your mind and how to replace them with positive, constructive affirmations. Later in the program, you'll be guided through controlled exposure to abuse reminders, which will enable you to face the fears you might otherwise spend a lifetime avoiding. The program begins and ends with techniques for becoming your own best advocate—an informed, confident person with all the strength you need to create the secure, fulfilling life you deserve.

Recognize the effects of trauma on your life
Let go of anger, stress, shame, and guilt
Change core beliefs that can lead to involvement in abusive relationships
Confront and overcome your fears
Dispel feelings of helplessness
Avoid future involvement with potential abusers

How Long Does It Hurt?: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families

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 abuse to help them come to grips with what is happening to them and overcome their feelings of isolation, confusion, and self-doubt.

Just Another Little Murder

"Eyes downcast, his head framed by the shadow from the flash and his thick hands a patchwork of freckles branded with scars from the removal of tattoos, the man captured by the police camera on the day he killed my sister was a pitiful figure". It should have been easy, but neither family nor the law could stop this man from murdering Vicki Cleary. On a sunny August morning in 1987, outside the kindergarten where she worked, Peter Raymond Keogh stabbed his ex-girlfriend to death. When Phil Cleary heard the jury's verdict of not guilty on grounds of provocation, he was outraged by the lies and deceptions that let a bad man get away with murder. For the next 14 years he combed police and court records detailing Keogh's life and crimes, listened to the stories of good women who suffered the criminal's terror, and waged a public war against the complicity of the legal fraternity, psychiatrists and a parole officer who fell for a coward's lies. Impassioned and articulate, Phil Cleary takes us on his journey to set the record straight and to seek the justice that was denied his sister. His is a story of the heartbreak murder brings to an ordinary family, and a brother's obsession with retribution.

Leaping Upon the Mountains: Men Proclaiming Victory over Sexual Child Abuse

Presenting the first real investigation of what male sexual assault survivors themselves identify as most important during various stages of recovery, *Leaping upon the Mountains* contains powerfully moving contributions from hundreds of men of all ages and backgrounds throughout the United States and 45 other countries. It is not a work of fiction, but a compilation of many truths, many realities—a quilt pieced together from men's experiences—forming an impressively triumphant pattern. Taken together, they state, lucidly and forcefully, that recovery work produces changes that are real, important, and permanent. *Leaping upon the Mountains* is a celebration of successful recovery.

Readers of *Leaping upon the Mountains* will discover:

- Insights and resources for all stages of recovery
- Encouraging and inspiring messages from other male survivors
- A large updated resource section providing concrete help to survivors and professionals
- Ways of reconnecting with their own strength and creativity

Life After Trauma, Second Edition: A Workbook for Healing

Trauma can turn your world upside down--afterward, nothing may look safe or familiar. This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives. Full of practical strategies for coping and self-care, the book guides you toward reclaiming a solid sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. The focus is on finding the way forward in your life today, no matter what has happened in the past. The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits. Dozens of step-by-step questionnaires and exercises are included; you can download and print additional copies of these tools for repeated use.

Lucky

In a memoir hailed for its searing candor, as well as its wit, Alice Sebold reveals how her life was transformed when, as an eighteen-year-old college freshman, she was brutally raped and beaten in a park near campus. What ultimately propels this chronicle of sexual assault and its aftermath is Sebold's indomitable spirit, as she fights to secure her rapist's arrest and conviction and comes to terms with a relationship to the world that has forever changed. With over a million copies in print, *Lucky* has touched the lives of a generation of readers. Sebold illuminates the experience of trauma victims and imparts a wisdom profoundly hard-won: "You save yourself or you remain unsaved." Now reissued with a new afterword by the author, her story remains as urgent as it was when it was first published eighteen years ago.

Not Quite Ripe - A Memoir

This is the story of Debra Byrne's life. The highs and lows, the showbiz triumphs and finally her ability to survive. Written with rare candour and effortless humour, *Not Quite Ripe*, is a remarkable and passionate memoir.

Point Last Seen: A Road to Recovery After Childhood Sexual Abuse and Domestic Violence

An inspirational book for victims of both childhood sexual abuse and domestic violence and their families. Contains a workable 'Project Plan to Empowerment' endorsed by doctors and counselors.

Shining Through: Pulling It Together After Sexual Abuse

No Synopsis