

Working With The Trauma Of Rape And Sexual Violence A Guide For Professionals

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Sexual Assault and the Justice Gap: A Question of Attitude - Jennifer Temkin 2008-04-15

This book is set against the background of the 'justice gap' in sexual assault cases - the dramatic gap between the number of offences

recorded by the police and the number of convictions. It seeks to examine the attitudinal problems which bedevil this area of law and possible strategies for addressing them. Written by a professor of law and a professor of

psychology, it reviews evidence from socio-legal and social cognition research and presents new data drawn both from interviews with judges and barristers and from studies with prospective lawyers and members of the public. In the final part, it considers different ways in which rape trials could be improved and suggests steps that could be taken to change public attitudes about sexual assault.

Intimate Betrayal - Vernon R. Wiehe 1995-07-13
"Every year thousand of women are raped by someone they know and never report the sexual assault, partly because acquaintance rape is still widely misunderstood in our society and victims are often blamed for the crime. Addressing a need to change perceptions about this type of assault, this study informs and educates about the nature of acquaintance rape, its impact on the victim, intervention, and prevention. The chapters on intervention include material on crisis intervention, tools for effective rape counseling, and strategies for meeting the

psychosocial needs for survivors who are facing long-term recovery due to previous sexual assault victimization. Survivors vividly describe the events in their own words, bringing home the horror of acquaintance rape and the immediate need for action to prevent it. The authors also offer a special chapter on marital rape to expose this long-denied and insidious form of rape. In addition, a useful review of current literature pinpoints interventions crucial to rape prevention."--From publisher description.

The Rape Crisis Intervention Handbook - S.L. McCombie 2012-12-06

This handbook is intended to be a comprehensive resource for those involved in providing crisis intervention to rape victims. The medical, legal, and counseling needs of the rape victim are presented to prepare helping professionals to offer sensitive and skillful assistance to women who have suffered sexual assault. The interdisciplinary thrust of the book reflects our conviction that health professionals,

police, and prosecuting attorneys must share their expertise and coordinate their efforts in order to successfully meet the multiple needs of rape victims and their families. While an extensive literature on rape has developed in the past decade, to the best of our knowledge there is no single source for the practical treatment-oriented information sought by those who work directly with victims. The primary objective of this book is to offer just such a guide to service providers. The book is organized into sections that deal with a specific area of the treatment of victims. Detailed guidelines are provided for the nursing, medical, counseling, police, and legal services involved in comprehensive crisis intervention. Interdisciplinary teaming and the emotional impact of rape on service providers are discussed by authors actively involved in rape crisis work. Rape laws are explained and court preparation for victim-witnesses is carefully outlined. Of particular relevance to counselors is an overview of crisis theory and a

psychodynamic perspective on rape trauma.
Life, Reinvented - Erin Carpenter 2014

Resurrection After Rape - Matt Atkinson
2008-06

A top-selling, best-reviewed book about women's recovery from rape trauma, "Resurrection After Rape" is an ideal resource for counselors, treatment centers, college course texts, and survivors of rape.

Rape and Sexual Assault - Rebecca T. Klein
2013-07-15

It is estimated that almost 1.3 million women and girls in the United States are raped each year. Fifty-four percent of rapes go unreported, and 97 percent of rapists are never incarcerated for their crimes. This guide to coping with rape and sexual assault takes readers by the hand and guides them through the survival process, whether the reader is a victim or the friend of a victim. Beginning with what to expect when reporting the crime and ending with becoming

an activist in order to help others, this guide is a must-read for any individual who needs information and support.

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 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 bumbling, 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*

Bodily Changes in Pain, Hunger, Fear, and Rage
- Walter Bradford Cannon 1916

The Trauma of Sexual Assault - Jenny Petrak
2003-07-07

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 professions. The Trauma of Sexual Assault provides an understanding of the theoretical underpinning of the wide range of clinical problems that can follow sexual assault. Focusing on adult victims of sexual assault, this book brings together research findings, theoretical perspectives and implications for treatment, longer term management, and future policy. * The first text to consider the psychological impact of sexual assault on women and men * Incorporates a comprehensive flow-through model of psychological and social management from the initial presentation of the assaulted person onwards * A much needed reference, accessible to a wide range of professionals Part of the Wiley Series in Clinical Psychology

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 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.

Trauma and Recovery - Judith Lewis Herman
2015-07-07

In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A "stunning achievement" that remains a "classic for our generation." (Bessel van der Kolk, M.D., author of *The Body Keeps the Score*). *Trauma and Recovery* is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable

from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. Hailed by the *New York Times* as "one of the most important psychiatry works to be published since Freud," *Trauma and Recovery* is essential reading for anyone who seeks to understand how we heal and are healed.

Journey to Wholeness - Vicki Aronow
2001-01-01

[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.

Conduct Unbecoming - Diane Chamberlain
2013-04

It is not just in recent years newspapers have carried headlines of those dishonoring the uniform by raping innocent civilians, fellow students at Academies, trainees, or fellow service members. Savage beatings, sodomy, rape, cruelty, mistreatment, and murder are just part of the headlines that reach all the way up to the top commanding officers and generals. When these heinous crimes are tolerated, unity and the very integrity of the services suffer. This historical account, Conduct Unbecoming, along with this author's own history will awaken a sleeping nation to how its women have

continued to suffer in the Armed services. Follow this author through her expose of rape, torture, and corruption by her own military commanders, to her struggles with Post Traumatic Stress Disorder and the "Kabuki dance" with the adversarial veterans administration of denials, cruelty, and retraumatization. She courageously fought evil and prevailed A military culture that perpetuates Conduct Unbecoming causes a disconnect from the military's mission and those who would serve honorably. Allowing moral turpitude to go underground to the extent that it has, adversely affects good order and discipline and brings dishonor on the military organizations these men serve. This author refuses to be silenced for behavior that has continued nearly four decades unabated ...

Trauma Stewardship - Laura van Dernoot Lipsky
2009-05-08

This beloved bestseller—over 180,000 copies sold—has helped caregivers worldwide keep

themselves emotionally, psychologically, spiritually, and physically healthy in the face of the sometimes overwhelming traumas they confront every day. A longtime trauma worker, Laura van Dernoot Lipsky offers a deep and empathetic survey of the often-unrecognized toll taken on those working to make the world a better place. We may feel tired, cynical, or numb or like we can never do enough. These, and other symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind, other living things, and the planet itself. In Trauma Stewardship, we are called to meet these challenges in an intentional way. Lipsky offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual traditions, that enable us to look carefully at our reactions and motivations and discover new sources of energy and renewal. She includes interviews with successful trauma stewards from different

walks of life and even uses New Yorker cartoons to illustrate her points. "We can do meaningful work in a way that works for us and for those we serve," Lipsky writes. "Taking care of ourselves while taking care of others allows us to contribute to our societies with such impact that we will leave a legacy informed by our deepest wisdom and greatest gifts instead of burdened by our struggles and despair."

Intimate Betrayal - Vernon R. Wiehe
1995-07-13

Acquaintance rape is a serious social problem, yet it remains widely misunderstood by the general public and by practitioners working with both survivors and perpetrators. The concept 'rape' is generally thought of in terms of rape by a stranger; acquaintance rape survivors are more likely to be blamed for the assault than stranger rape survivors. This seriously impacts upon what survivors do after the assault, on the services survivors receive, on the prosecution of perpetrators and on efforts to prevent the

problem. *Intimate Betrayal* provides much-needed information on the subject - including practical information directed specifically at practitioners working with survivors - with sensitive discussions that include

Reclaiming Your Life After Rape - Barbara Olasov Rothbaum 1999-01-01

This powerful client workbook is written in an encouraging and easy-to-understand style specifically for women who have been sexually assaulted and have developed chronic symptoms of posttraumatic stress disorder (PTSD). Clients learn how cognitive-behavioral therapy has helped other victims and how it can work for them. This book explains how to distinguish PTSD symptoms from other disorders and teaches powerful techniques for overcoming these symptoms. In writing this book, the authors aim to address two goals. First, they want to present information about PTSD and related problems in language understandable to nonprofessionals. This information will include a

review of the studies on posttrauma problems and on the effectiveness of different treatments. They also describe why some survivors develop PTSD and others do not. The second goal of the book is to provide a detailed client workbook for the treatment of trauma-related problems, especially PTSD, to assist clients working with a therapist. The authors are aware of the fact that people have different problems and different needs. What works for one person may not work for another. Therefore, they describe several different treatment techniques. The book is organized around the different cognitive-behavioral techniques that have been studied and proven effective with women sufferers of PTSD following an assault. Throughout the book, the authors focus mainly on women who have been sexually assaulted and as a result developed chronic symptoms of PTSD, which have disturbed their daily functioning and cause them emotional distress. Most of the examples they use to demonstrate the cognitive-behavioral

techniques are drawn from their experience in treating rape survivors. However, the cognitive-behavioral procedures outlined here have been as successful in helping women who have been sexually abused in childhood and adult female survivors of nonsexual assaults, like aggravated assault and robbery. Other survivors of traumas such as natural disasters and car accidents were also helped by this cognitive-behavioral approach.

Surviving Sexual Violence - Thema Bryant-Davis 2011-10-16

This book helps to empower survivors of sexual violation to navigate through the healing process. Sexual violation affects survivors but does not have to dictate their future, and this book shows readers how various paths to healing can help them, not only overcome the trauma of sexual assault, but also thrive as they move on with their lives.

Recovering From Rape - Linda E. Ledray
2015-09-01

From clinical psychologist Linda E. Ledray, *Recovering from Rape* is a comprehensive handbook offering emotional support and practical guidance to survivors and their loved ones in coping and overcoming the trauma of rape. If you have been sexually assaulted, you are probably experiencing a mix of fear, anger, and depression. If you are a relative, friend, or lover of someone who has been assaulted, you too may be deeply affected by the incident and by the survivor's reaction to it. However, working together, survivors and their loved ones can recover and may even be able to turn the recovery into an opportunity for positive change and growth. The experiences of survivors recounted throughout this book reassure readers that others have pulled through. Dr. Ledray helps survivors realize that no matter what they did—wore a low-cut blouse, accepted a ride from a stranger, invited an acquaintance home—they did not deserve to be raped. She guides them from guilt or disbelief through

bitterness and despair to the decision to take back control of their lives. In addition, this comprehensive handbook explains what to expect at the police station, at the hospital, and, if necessary, in court. It covers such health issues as incest, STD treatments, and post-traumatic stress disorder, and legal information on prosecution and bail, DNA testing, and rape law. An essential resource, *Recovering from Rape* helps readers learn the most effective ways of dealing with their feelings immediately following an assault, during the subsequent few months, and beyond.

Understanding and Treating Military Sexual Trauma - Kristen Zaleski 2018-05-02

This authoritative update presents current findings on—and clinically and ethically sound responses to—the epidemic of sexual assault in the military. It examines in powerful detail how 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.

Treating the Trauma of Rape - Edna B. Foa
2001-10-24

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 with common problems and complications in treatment. The final chapter presents detailed outlines of three suggested treatment programs.

Treating Military Sexual Trauma - Lori S. Katz
2015-07-20

The incidence of sexual assault and harassment experienced by members of the US Armed forces has reached epidemic proportions. Its victims often suffer from devastating, life-long consequences to their careers, health, relationships, and psychological wellbeing. This authoritative resource is written for mental health clinicians about understanding and treating military sexual trauma (MST). With contributions from top experts in the field, this book presents information on evidence-based and emerging treatments to address the complex symptoms related to MST. This text provides a solid foundation for clinicians who work with veterans and active duty military personnel and discusses how to address the unique challenges

of treating MST in their clients.

My Body Keeps Your Secrets - Lucia Osborne-Crowley 2021-09-02

In her first full-length book, Lucia Osborne-Crowley, author of the acclaimed Mood Indigo essay I Choose Elena, writes about the secrets a woman's body keeps, from puberty to menstruation to sexual pleasure; to pregnancy or its absence; and to darker secrets of abuse, invasion or violation. Through the voices of women around the world and her own deeply moving testimony, My Body Keeps Your Secrets tells the story of the young woman's body in 2021. Moving from girlhood and adolescence to young womanhood, Osborne-Crowley establishes her credentials as a key feminist thinker of a new generation with this widely researched and boldly argued work about reclaiming our bodies in the age of social media.

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.

Hope in the Darkness - Carrie Manke

2020-07-31

Finding the light and healing after sexual abuse is possible. In this book, I share my horrific experience with sexual trauma and my journey of recovery. After my assault, I spent the first few years feeling angry, hopeless, fearful, victimized, and powerless. I blamed God for letting this happen to me and for the evil that exists in the world. I blamed others for not doing anything to stop this evil. With the help of God, my family and friends, and the courage of other survivors, I began my healing journey. It was not, and is not, easy, and it includes relapses of anger, hopelessness, and depression as I process the life-changing impact of posttraumatic stress disorder. My sexual assault experience will always be a part of who I am. It has shaped me into the person I am today. With the strength of God and supporters around me, I will continue to grow and live out God's mission

for my life. In doing this, I will continue to help others find their light, hope, and healing in the darkness.

One Hour in Paris - Karyn L. Freedman

2014-04-21

In this powerful memoir, philosopher Karyn L. Freedman travels back to a Paris night in 1990 when she was twenty-two and, in one violent hour, her life was changed forever by a brutal rape. *One Hour in Paris* takes the reader on a harrowing yet inspirational journey through suffering and recovery both personal and global. We follow Freedman from an apartment in Paris to a French courtroom, then from a trauma center in Toronto to a rape clinic in Africa. At a time when as many as one in three women in the world have been victims of sexual assault and when many women are still ashamed to come forward, Freedman's book is a moving and essential look at how survivors cope and persevere. At once deeply intimate and terrifyingly universal, *One Hour in Paris* weaves

together Freedman's personal experience with the latest philosophical, neuroscientific, and psychological insights on what it means to live in a body that has been traumatized. Using her background as a philosopher, she looks at the history of psychological trauma and draws on recent theories of posttraumatic stress disorder and neuroplasticity to show how recovery from horrific experiences is possible. Through frank discussions of sex and intimacy, she explores the consequences of sexual violence for love and relationships, and she illustrates the steep personal cost of sexual violence and the obstacles faced by individual survivors in its aftermath. Freedman's book is an urgent call to face this fundamental social problem head-on, arguing that we cannot continue to ignore the fact that sexual violence against women is rooted in gender inequalities that exist worldwide—and must be addressed. *One Hour in Paris* is essential reading for survivors of sexual violence as well as an invaluable resource for

therapists, mental health professionals, and family members and friends of victims.

My Silence Is Broken - Gary Sellors
2015-10-26

This unique workbook is for the many survivors of Sexual Abuse and Rape. *My Silence is Broken*, is designed for the many thousands of survivors, maybe yourself or you may know 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 work book themselves. The exercises support survivors through suppressed anger, resentment, humiliation, guilt, blame and allows them to start to understand what and why it happen to them. It is always important to remember, it was never the survivors 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 too. 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 scales. 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

- Raychelle Cassada Lohmann 2016-06-01

The Sexual Trauma Workbook for Teen Girls offers healing, real-life stories from survivors and powerful, evidence-based tools to help you reclaim your life after sexual abuse or trauma. If you've been sexually abused or experienced sexual trauma, you may feel 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.

Rape a History of Shame Diary of the Survivors -
Wiola Rebecka 2021-08-13

Publicly speaking about sexual violence is a challenge. As humans, we tend to deny things that bring us discomfort. Especially talking about rape during conflict and war. People tend to struggle in finding ways to share the

indescribable. Because the images and ideas associated with rape are so intense and disturbing, opportunities to create change and awareness through dialogue are a challenge at best. This cloak of silence, however, is what keeps rape and sexual violence alive and ominous. My ongoing work in the field as a therapist has brought me the opportunity to listen to war rape survivors' experiences. I have thus far heard over 200 accounts, which is a number steadily increasing. These brave women and girls allowed themselves to share with me something terrifying and previously unspeakable. Many have held on to their pain in silence, alone. They shared their humble beginnings, their ideals; and their stark realities during and following their rape, as well their aftermaths, and their healing. So many survivors have made the conscious choice of speaking out and being visible, even if they come from cultures that may be less than supportive to women who are the victims of sexual violence.

Before I began work within the field of rape and sexual violence awareness, I was like many other people living in my own comfort bubble. Back then, I was insulated by my values. I pursued my ideas without a deeper understanding of the complexity of war rape survivors' physical, emotional and social experiences, as well as the complex trauma that they were struggling with. Working with war-rape survivors quickly popped my comfort bubble. I realized my own tendency to deny sources of discomfort. I started to confront myself with the overwhelming reality that war-rape survivors face every single day. Listening to survivors' experiences and working with them as they address their trauma confronted me with the realities that rape survivors face, that their healing process starts from within, mentally and physically, but must continue outward, repairing their bonds and trust within their families, communities, and cultural institutions as well.

Dating After Trauma - Emily Avagliano

2013-04-05

Dating After Trauma teaches readers how to date again after being raped or experiencing an abusive relationship. Dating after rape, date rape, or an abusive relationship presents unique challenges as most survivors experience Post Traumatic Stress Disorder (PTSD) which alters their perception of the world and makes it more difficult to develop relationships, build trust and experience intimacy. It takes tremendous courage to date after suffering an abusive relationship or sexual trauma. It can be even more difficult to be open to love from a good person without experiencing fear. However, once you know what to look for in terms of roadblocks, the path to love becomes much easier. In "Dating after Trauma" Emily Avagliano discusses the common obstacles abuse victims have when trying to find love. Her story is based on her own personal struggle to overcome past trauma and find her soulmate. Through this insight, she provides a methodology for dating

that builds trust and intimacy in a safe and healthy way. She can help you let go of your fear and date in a manner that love becomes possible. For rape victims, if you have experienced date rape or sexual abuse, and want to reclaim your sexuality, find your soul mate, or just start feeling again, this book guides you through that process of healing. If someone you love has been raped, you see them suffering, and don't know how to help them move on from the past, this book will help. If you are a mother, father, friend, boyfriend or dating partner, this book explains what rape victims feel and why it is so hard for them to trust and love someone new. This book also tackles the pain of abusive relationships. If you have experienced the roller coaster of an abusive partner where some days he is the best person in the world and other days you can't understand his anger, this book will help you heal. If you have altered your behavior to try to control your partner's anger, jealousy, or even violent physical outburst, this book is for

you. If your partner used name calling, controlling behavior, restricted your clothing choices, verbally intimidated you, or made you feel less than, read this book. If you are a parent, partner, or want to help someone in an abusive relationship but don't know how, this book provides insight into ending the cycle of dating abusive partners. Thank you for your feedback. I greatly appreciate a book review on amazon below.

[The Rape Recovery Handbook](#) - Aphrodite Matsakis 2003

Presents a guide to coping with rape that includes how to create a plan for recovery, build a supportive network, deal with conflicting emotions, and encourage the reconstruction of the event in order to weaken its power over the survivor.

Working with the Trauma of Rape and Sexual Violence - Sue J. Daniels 2016-01-12

Inadequate responses to victims of rape or sexual violence can lead to further psychological

trauma which damages their chances of recovery. Addressing key issues for people working with victims of sexual violence, this resource offers the skills, knowledge and insight to help survivors as they move forward with their lives.

Trauma-Informed Yoga for Survivors of Sexual Assault: Practices for Healing and Teaching with Compassion - Zahabiyah Yamasaki 2022-01-11

Trauma-informed yoga guidance for survivors, instructors, and mental health professionals. Trauma-Informed Yoga for Survivors of Sexual Assault provides a comprehensive overview of how to offer yoga to survivors of sexual assault in a safe, effective, evidence-based, and healing way. Transcending Sexual Trauma through Yoga founder Zahabiyah A. Yamasaki draws on the framework of trauma-informed care and trauma-informed yoga program development and curriculum, while also weaving in personal narrative and inspiring survivor stories. She explores practical considerations for survivors,

as well as for yoga teachers, mental health professionals, educators, and other healing professionals who are interested in integrating trauma-informed yoga into the scope of their work and/or healing. This book expands the scope and framework for healing and fills a much-needed gap in service delivery for survivors. Yamasaki provides holistic, trauma-informed, body-based, compassionate, and culturally affirming options for survivors as they navigate what is oftentimes a lifelong and nonlinear process of healing. A companion card deck of affirmations, Trauma-Informed Yoga for Survivors of Sexual Assault: Practices for Healing and Teaching with Compassion, is also available, both as a stand-alone item and in a discounted set with the book.

Recovering From Rape - Linda E. Ledray 1994-08-15

Provides psychological and practical guidance to women coping with the aftermath of rape and features a state-by-state listing of rape crisis

centers

Savage Tongues - Azareen Van der Vliet Oloomi
2021

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, power, and human connection. 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.

No More Secrets - Denise Lang-Grant LPC
2015-06-30

Sexual assault and abuse have been called a worldwide epidemic by the World Health Organization, but many clinicians are reluctant to tackle this topic due to their own lack of knowledge or personal anxieties. In this groundbreaking workbook replete with dramatic examples, Denise Lang-Grant, licensed trauma

therapist and award-winning author, and Irene Colucci-Lebbad, a licensed clinical social worker with an extensive background in sexual and domestic violence, combine fifteen years of experience in running groups for survivors of sexual violence to present the how-tos of running a group for adults, intended to move group members from crisis to stabilization to integration. Keeping in mind that both experienced and novice group leaders will find this guide useful, they have included evidence-based techniques that will fit easily into any theoretical orientation and practice. This guide is a must-have for any clinician, university, rape crisis center, or legal entity dealing with sexual violence. *No More Secrets* is a step-by-step professional guide, which can assist mental health practitioners to offer hope and healing for those who have been victims of sexual abuse. The authors write about sexual abuse with faith in the power of individuals to overcome their experiences and become strengthened in the

process. The chapters are written in a clear, concise, well-organized manner and can easily be incorporated into a practitioners skill set or theoretical orientation. This is an important and necessary guide that deserves a wide readership. Luba Shagawat, Distinguished Fellow of the National Academies of Practice and former President of the NJ Society of Social Workers Being a child sexual abuse survivor and a former Penn State football athlete who loves the school and the program, I spent years trying to cope with my abuse through drugs and alcohol. I was fortunate enough to finally find this group program, and I reaped the benefits. I believe that the program offered in *No More Secrets* is a wonderful resource and should be utilized by therapists, university training programs, and law enforcement agencies to sensitize them to the challenges faced by all survivors of sexual violence. Anthony Gordon, board member for Defend A Child

Cognitive Processing Therapy for Rape

Victims - Patricia A. Resick 1993-06-02

Sexual assault is a traumatic event from which many survivors never fully recover. They may develop a range of disorders, including post-traumatic stress disorder, depression, poor self-esteem, interpersonal difficulties and sexual dysfunction. This volume provides insight into the effects of rape and explores a treatment approach that assists in the healing process.

For Love of Country - T. S. Nelson 2002

A compelling exploration of sexual victimization in the United States military! This incisive book offers a unique perspective on rape and sexual harassment in the United States military. Drawn from the experiences of military personnel and presented in their own words, For Love of Country: Confronting Rape and Sexual Harassment in the U.S. Military takes an honest and heartfelt look at a pervasive problem. Service veterans speak candidly about a breakdown of values and leadership failure which has perpetrated a culture of abuse. Male

and female rape victims reflect on their efforts to serve their country with honor. Author Terri Spahr Nelson, a decorated United States Army veteran and psychotherapist specializing in sexual trauma recovery, has mixed a compelling chorus of hundreds of personal accounts into a single voice calling for reform. She presents emotional retellings from victims of rape and sexual harassment, with responses from military and congressional leaders. Ms. Nelson offers statistics released from the Pentagon about sexual assault reports, convictions, and the General Accounting Office, and current field research. For Love of Country: Confronting Rape and Sexual Harassment in the U.S. Military presents: personal accounts from survivors unique, inside perspectives from military personnel and veterans commentary from military and congressional leaders Pentagon statistics on sexual assault with conviction and sentencing rates findings and recommendations from the Department of Defense clinical

information on issues facing military trauma survivors For Love of Country: Confronting Rape and Sexual Harassment in the U.S. Military serves as a one-of-a-kind resource for professionals, an educational must for military personnel, and a compelling eye-opener to anyone concerned with the preservation of integrity and honor in the United States armed services.

The Survivor's Guide - Sharice A. Lee
1995-02-02

Designed for adolescent survivors of sexual abuse who are in group or individual counselling and written in a style appropriate for this age group, this excellent resource provides information on how survivors may have been affected by abuse. The Survivor's Guide will also be valuable to counsellors, psychotherapists and others helping survivors. The author helps readers to stop blaming themselves and to let go

of the image that survivors often have of themselves of being in some way 'bad' and therefore deserving of the abuse. Case histories are included throughout to illustrate concepts introduced by the author. Lee also provides a 'language' that enables survivors to better communicate their experiences and feeling **Cognitive-Behavioral Therapy for PTSD** - Claudia Zayfert 2007

This is a practical guide to flexibly implementing CBT in tough cases. It provides empirically grounded, step-by-step coverage of treatment interventions for PTSD. Trauma specialists will welcome the descriptions of how to translate evidence-based techniques into real-world practice. The book helps clinicians deal with adherence problems, relapse, and other complications, and emphasizes a case formulation approach, which is crucial in PTSD treatment.