

Useful Resources for those Hurt by Abuse

Taking Care of Yourself

The following is a selection of the wide range of books and websites available.

It is not possible to recommend any particular book or website, as the choice is very personal. Browsing the websites or online bookstores will be the most useful way to find out what suits you best.

It is important to note, however, that all of the above resources may contain material that is distressing or that may be triggering for those who have experienced abuse.

If you are concerned that you may become distressed, perhaps choose a day to browse when you are feeling more resilient. You could take your time and pace yourself, not reading too much all in one go. You could have a helpline number ready, in case you become very distressed and need to talk to someone who will understand.

Books

Note: Titles in **red** are particularly aimed at self-help.

Ainscough, C. and Toon, K. (2000) *Breaking Free: help for survivors of child sexual abuse*. 2nd edition. London, Sheldon Press

Ainscough, C. (2000) *Breaking Free Workbook: Practical help for survivors of child sexual abuse*. London, Sheldon Press

Bass, E. and Davis, L. (2002) *The courage to heal*. Vermilion

Epstein, O.B., Schwartz, J. and Wingfield Schwartz, R. (eds) (2011) *Ritual Abuse and Mind Control: The Manipulation of Attachment Needs*. Karnac Books

Freyd, J.J. (1998) *Betrayal Trauma: the logic of forgetting childhood abuse*. Harvard University Press

Bray Haddock, D. (2001) *The Dissociative Identity Disorder Sourcebook*. McGraw-Hill Contemporary

Hall, L. and Lloyd, S. (1993) *Surviving Child Sexual Abuse: A Handbook for Helping Women Challenge Their Past*. 2nd edition. Routledge

Herman, J. (1997) *Trauma and Recovery: the aftermath of violence – from domestic abuse to political terror*. Basic Books

Howe, D (2005) *Child abuse and neglect: attachment, development and intervention*. Hampshire, Palgrave Macmillan

Levine, P.A. (1997) *Waking the Tiger: Healing Trauma - The Innate Capacity to Transform Overwhelming Experiences*. North Atlantic Books

Ogden, P., Minton, K. and Pain, C. (2006) *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*. W. W. Norton & Co

Parks, P. (1994) *Rescuing the 'inner child': Therapy for adults sexually abused as children*. London, Souvenir Press

Penfold, P. S. (1998) *Sexual Abuse by Health Professionals: A personal search for meaning and healing*. University of Toronto Press

Rothschild, B. (2000) *The Body Remembers - The Psychophysiology of Trauma and Trauma Treatment*. W.W. Norton

Rothschild, B. (2010) *8 Keys to Safe Trauma Recovery: Take-charge Strategies to Empower Your Healing*. W. W. Norton & Co

Rothschild, B. (2006) *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*. W. W. Norton & Co

Sanderson, C. (2006) *Counselling adult survivors of child sexual abuse*. 3rd Edition. Jessica Kingsley Publishers

Sanderson, C. (2011) *The Spirit Within: A One in Four Handbook to Aid Recovery From Religious Sexual Abuse Across All Faiths*. One in Four

Scaer, R. C. (2007) *The body bears the burden: Trauma, dissociation and disease*. Routledge

Van der Kolk, B.A., McFarlane, A.C. and Weisaeth, L. (Eds) (2007) *Traumatic Stress: the effects of overwhelming experience on mind, body and society*. London: The Guilford Press

Books Specific to the Catholic Church

Frawley-O'Dea, M. G. (2007) *Perversion of Power: Sexual Abuse in the Catholic Church*. Vanderbilt University Press

Geary, B. And Greer, J.M. (2011) *The Dark Night of the Catholic Church: Examining the child sexual abuse scandal*. Stowmarket, Kevin Mayhew Ltd

Keenan, M. (2012) *Child Sexual Abuse and the Catholic Church: Gender, Power and Organizational Culture*. Oxford, Oxford University Press

Bishop Geoffrey Robinson (2013) *For Christ's Sake: End Sexual Abuse in the Catholic Church...For Good*. John Garratt Publishing

Websites offering support or information

www.thesurvivorstrust.org

Information and resources for survivors, their families and those who work with them, including a directory of services in your area

www.rapecrisis.org.uk

In spite of the name, most Rape Crisis centres find that much and possibly the majority of support that they now provide is to survivors of childhood sexual abuse – covering a wide range of sexually abusive behaviour, including but not exclusively rape. Therefore web sites of services within the Rape Crisis movement often have a lot of useful information aimed at survivors, their families and those who work with them. It is also worth exploring websites of Rape Crisis services abroad – I have found those in Australia to be particularly useful!

www.amsosa.com

For adult MALE survivors of childhood sexual abuse, includes a menu of information sheets covering a range of issues

www.dabsbooks.co.uk

The specialist book and information service for people who are overcoming childhood abuse, sexual abuse, or domestic violence, and for those who live or work with us. Includes a Pathways service to help you find support.

<http://www.womenssupportproject.co.uk/index.php>

The Women's Support Project is a voluntary organisation, which works against violence against women and children. It is based in Scotland, but I include it because of the information and resources that it provides.

www.respond.org.uk

Supporting people with learning disabilities, their families, carers and professionals affected by trauma and abuse

www.mosaic.org.uk

A voluntary organisation supporting non-abusing parents and carers of children who have been sexually abused. Provides information and support.

<http://stopchurchchildabuse.co.uk/>

A campaign group

<http://www.macsas.org.uk/>

Minister and Clergy Sexual Abuse Survivors

<http://www.napac.org.uk/index.asp>

The National Association for People Abused in Childhood.

NAPAC have recently written a book entitled "Recovering from Childhood Abuse" – this is available free to download from the website (scroll down on home page). NAPAC covers the full range of potential abuse in childhood.