

A SUPPORT BOOK FOR PARTNERS

Allies in Healing

When the Person You Love
Was Sexually Abused
as a Child

Laura Davis

Author of *The Courage to Heal Workbook*
and coauthor of *The Courage to Heal*

"This is an essential, long overdue book.... *Allies in Healing* gives partners a clear path for dealing with the survivor's pain as well as their own."

—Harville Hendrix, Ph.D., author of *Getting the Love You Want*

Allies In Healing When The Person You Love Was Sexually Abused As A Child

Kathryn Hall, Ph.D.



Allies In Healing When The Person You Love Was Sexually Abused As A Child:

Allies in Healing Laura Davis, 2012-11-13 But what about me Is it possible to go one day without dealing with the survivor's issues Will we ever make love again Will the survivor love me in the end How do I know if I should throw in the towel Based on in depth interviews and her workshops for partners across the country Laura Davis offers practical advice and encouragement to all partners girlfriends boyfriends spouses and lovers trying to support the survivors in their lives while tending to their own needs along the way She shows couples how to deepen compassion improve communication and develop an understanding of healing as a shared activity Addressing partners most important questions *Allies in Healing* covers The Basics answers common questions about sexual abuse *Allies in Healing* introduces key concepts of working and growing together My Needs and Feelings teaches partners to recognize value and express their own needs Dealing with Crisis includes strategies for handling suicidal feelings regression and hopelessness Intimacy and Communication offers practical advice on dealing with distancing control trust and fighting Sex provides guidelines for coping with flashbacks lack of desire differences in sexual needs and frustration Family Issues suggests a range of ideas for interacting with the survivor's family Partners Stories explores the struggles triumphs and courage of eight partners *Healing the Ravaged Soul* Sue Magrath, 2017-01-26 Why does God hate me How can I believe in a God who has allowed my suffering These are just two of the difficult spiritual questions that survivors of child sexual abuse struggle with In addition survivors often have mixed feelings about the church because of perceived judgment and indifference their own shame or their discomfort with certain aspects of worship Of the many after effects of sexual abuse spiritual wounds are the least talked about yet they are central to adult survivors who seek to heal and find faith and meaning in their lives With grace and gentleness this book seeks to answer survivors spiritual questions and address some of the common misconceptions that often develop when young victims attempt to understand what has happened to them *Healing the Ravaged Soul* explores the origins of their spiritual issues with clear psychological insights and guides survivors on a spiritual journey toward healing wholeness and a deeper relationship with God **Unspeakable Acts** Doug W. Pryor, 1999 A holistic sociological approach that explores why offenders sexually abuse children The sexual abuse of children is one of the most morally unsettling and emotionally inflammatory issues in American society today It has been estimated that roughly one out of every four girls and one in ten boys experience some form of unwanted sexual attention either inside or outside the family before they reach adulthood How should society deal with the sexual victimization of children Should known offenders be released back into our communities If so where and with what rights should they be allowed to live In *Unspeakable Acts* Douglas W Pryor argues that much of this debate designed to deal with abusers after they have offended ignores the important issue of why men cross these forbidden sexual boundaries to molest children in the first place and how the behavior can possibly be prevented before it starts Incorporating in depth interviews with more than thirty convicted child molesters Pryor explores how men become

involved with breaking sexual boundaries with children He looks at how their lives prior to offending contributed to and led up to what they did the ways that initial interest in sex with children began the tactics offenders employed to molest their victims over time how they felt about and reacted to their behavior between offending episodes and how they were ultimately able to stop The author expands our understanding of this often reviled little understood group leaving us with the uneasy conclusion that the moral wall separating us from what is defined as extreme sick behavior is not as opaque as we would like to believe

New Directions in Sex Therapy Peggy J. Kleinplatz, 2013-05-13 New Directions in Sex Therapy Innovations and Alternatives focuses on cutting edge therapy paradigms as alternatives to conventional sex therapy and expands the definition of the field Replete with helpful clinical illustrations to demonstrate these new approaches in action this book is intended for anyone who deals with sexual issues and concerns in therapy clinicians of every kind in addition to sex therapists

I Have Been Sexually Abused. Now What? Jennifer Culp, 2014-12-15 Sexual abuse of children and teens is shockingly common not to mention under reported and under prosecuted Fortunately research and education are helping to change that The trauma of sexual abuse may lead to further long term symptoms such as anxiety depression PTSD eating disorders and substance abuse It is known to increase suicidal thoughts and self harming behaviors Seeking help from professionals even years after the abuse occurs can alleviate feelings of guilt and shame shifting the identity of those who have been abused from victim to survivor This useful and sensitive book debunks popular myths surrounding sexual abuse and provides resources where survivors and loved ones can turn for help Readers will learn how to identify and confront sexual abuse its long term effects and how to move forward in the aftermath

Adult Survivors of Sexual Abuse Mic Hunter, 1995-04-03 For the practitioner working with adult survivors of sexual abuse this book is a must Offering useful treatment innovations this volume opens with a clear review of dynamic theories that provides a solid introduction to understanding and treating adult survivors of sexual abuse What follows are three chapters dealing with various sexual problems of adult survivors including sexual dysfunction and sexual compulsivity The final part of this practical book examines clients with special needs the very difficult survivor with personality disorders chemically dependent survivors male survivors and partners of survivors Well balanced and written in an easy to follow style this volume provides concrete directions for intervention Practitioners in the fields of clinical psychology counseling social work and mental health as well as advanced clinical students will find this an indispensable resource

Surviving and Moving On Kim McGregor, 2014-01-21 This book is essential reading for any survivor of child sexual abuse female or male Many survivors of sexual abuse have not always been believed or supported through their developmental years They have had to cope on their own dealing with the aftermath of the abuse in whatever ways they could This book offers ideas and techniques for understanding and healing which adult survivors in particular may find useful It tends to be written with women in mind but much of the information and many of the exercises may be useful for male survivors as well This book will also be useful for

the partners families and friends giving support and encouragement to survivors who are healing themselves from the effects of abuse Many survivors want those around them to understand what they ve survived and its effects on their life Part 1 provides information about child sexual abuse what it is why children remain silent about it some of the effects abuse can have on a survivor s life and how these can be minimised and who the offenders are Part 2 is for survivors helping them to understand and to cope with their unique experience of child sexual abuse Part 3 is specifically for supporters and caregivers of survivors

The Finding Solid Ground Program Workbook H. Schielke,Bethany L. Brand,Ruth A. Lanius,2022

Grounding is a recovery focused skill that offers powerful help towards managing and reducing symptoms related to trauma including feeling too much or too little

The Long Journey Home Andrew J. Schmutzer,2011-10-01 Maybe the only thing new about sexual abuse is quality discussion from several professions psychology theology and pastoral care Here are the insights of over two dozen psychologists theologians and those in pastoral care all targeting the issue of sexual abuse Designed as a resource for Christian educators therapists pastors social workers group leaders and survivors The Long Journey Home combines current research in mental health with rich theological reflection global concern with fervent pastoral wisdom for the local faith community Whether you are a counselor professor pastor or spouse of a survivor you hold in your hand a fresh resource of information and advocacy for those suffering from the devastating effects of sexual abuse and rape The breadth of material biblical insight discussion questions and helpful resources gathered here just may be the tool of a generation

Family Stressors Don R. Catherall,2005-07-05 First Published in 2005 Routledge is an imprint of Taylor Francis an informa company

Counseling Boys and Young Men Suzanne Degges-White,Bonnie R.

Colon,2012-06-05 Counseling Boys and Young Men provides a plethora of information and counseling techniques essential to the continued development of young men The text serves as a noteworthy manual addressing the myriad of issues affecting young males in today s society The Professional Counselor Journal This comprehensive guide to the unique challenges faced by boys and young men encompasses today s most critical issues and presents effective evidence based strategies for treating them Recognizing the specific needs of diverse young males this text covers such contemporary issues as bullying and harassment anger management online gaming addiction pornography and gang membership The differences between the developmental issues of males and females are addressed along with the emotional intellectual and physical changes boys experience as they move into adolescence The difficulties counselors face in their efforts to access emotional expression in boys are discussed along with strategies to overcome these barriers Each chapter includes a comprehensive case scenario that highlights the presenting issue how the issue affects functioning and how effective treatment is best implemented Additional resources for more in depth study are also included throughout the book

Key Features Provides guidance to the unique psychological issues of boys and young men along with innovative evidence based treatment strategies Addresses such current topics as bullying harassment risk taking behaviors pornography addiction gambling single parent families and

more Includes vivid case studies Explores such social issues as gang membership with a focus on helping young males revise their self image and social networks *From Trauma to Healing* Ann Goelitz,2020-11-16 This updated edition of *From Trauma to Healing* is a comprehensive and practical guide to working with trauma survivors in the field of social work Since September 11th and Hurricane Katrina social workers have increasingly come together to consider how traumatic events impact practice This text is designed to support the process with a focus on evidence based practice that ensures professionals are fully equipped to work with trauma Highlights of this new edition include brand new chapters on practitioner bias and vulnerability standardized assessment methodologies and crisis management as well as a focus on topics crucial to social workers such as Trauma Informed Care TIC and Adverse Childhood Events ACES The text also offers additional resources including chapter practice exercises and a sample trauma course syllabus for educators With fresh examples and discussion questions to help deal with traumatic events in practice including interventions that may be applicable to current and future 21st century world events such as the coronavirus pandemic *From Trauma to Healing* 2nd edition remains an essential publication on trauma for students and social workers alike *Counselling Skills for Working with Trauma* Christiane Sanderson,2013-09-21 This is a practical guide to counselling survivors of child abuse neglect sexual violence sexual trafficking religious sexual abuse and torture Written in an accessible style it provides a comprehensive introduction to complex trauma and practical advice on how to work with it manage trauma symptoms and encourage post traumatic growth *Overcoming Childhood Sexual Trauma* Sheri Oz,Sarah-Jane Ogiers,2014-09-25 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 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 own 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 Teacher-Parent Collaboration Louise Porter,2008-03-01 This important new book is a practical guide for teachers who want to improve relationships with the parents of their students It empowers them with the skills and confidence necessary for productive collaboration and addresses a range of issues that affect children s functioning and achievement Teacher Parent Collaboration presents jargon free and solution based approaches to collaboration which draw on the inherent strengths that all individuals have no matter how bleak their personal situation *Using Books in Clinical Social Work Practice* Jean A Pardeck,2014-03-18 Using Books in Clinical Social Work Practice A Guide to Bibliotherapy introduces clinical social workers and other helping professionals to bibliotherapy an innovative approach to helping individuals deal with psychological social and developmental problems Literally meaning treatment through books bibliotherapy actively involves the client in the therapeutic process through the reading of carefully selected and evaluated books With this guide the therapy you give will provide information and insight stimulate discussion communicate new values and attitudes create awareness that others have similar problems and provide solutions to problems Using Books in Clinical Social Work Practice offers a detailed approach for helping clinicians use bibliotherapy in practice You ll discover which types of problems best respond to bibliotherapy and you ll learn how to select the most effective books to treat those problems You ll even find the structure of the book helpful as it introduces you to the basics of bibliotherapy provides a detailed examination of the techniques for using books in treatment reviews and analyzes the extensive research that has been conducted on bibliotherapy focuses on the problems most effectively treated with bibliotherapy divorce and remarriage dysfunctional families parenting adoption and foster care self development serious illness substance abuse offers an authoritative guide to over 300 books found to work most effectively including summaries and levels of interest presents conclusions and a summary for the use of books in treatment Although bibliotherapy is a well established practice technique in other professions including psychiatry and psychology social work practitioners have not traditionally used bibliotherapy as part of their practice Using Books in Clinical Social Work Practice gives today s helping professional an approach to problem solving that you and your clients will find refreshing and effective **Young Children's Behaviour** Louise Porter,2008 In the third edition of this landmark text Louise Porter draws on current evidence based research to explore prominent theories about young children s behaviour With her customary clarity and ever accessible style Porter provides practical strategies for caregivers and teachers that are designed to promote children s skill development foster children s willingness to cooperate with others and safeguard children s emotional needs Back cover

Women's Sexuality Across the Life Span Judith C. Daniluk, 2003-06-09 Moving beyond a traditional focus on sexual functioning this book emphasizes the complex interaction of psychological social cultural and biological influences on women's sense of themselves as sexual beings Written for practitioners and educators its goal is to challenge contradictory messages and meanings that cause many women to feel disconnected from their bodies and from their needs and desires Themes explored include the development of sexual awareness and sexuality in childhood and adolescence the critical sexual choices of young adulthood and the multiple transitions characterizing the middle and later years of life The book features creative exercises and interventions to help girls and women construct more affirming sexual meanings

Reclaiming Your Sexual Self Kathryn Hall, Ph.D., 2008-04-21 Kathryn Hall takes a fresh and refreshing new look at why so many women are not really interested in sex A uniquely helpful book Harriet Lerner Ph D author of The Dance of Anger Women don't need medicine or magic to feel desire but rather reasons and motivation This book provides sound strategies and sensible suggestions for overcoming sexual inertia and finding genuine satisfaction Sandra Leiblum Ph D Director Center for Sexual Relationship Health University of Medicine and Dentistry of New Jersey The many who are searching for sexual desire in an easy to swallow pill form may be pleasantly surprised to find it in this easy to read book form Gerianne M Alexander Ph D Texas A M University At last a drug free holistic program to restore sexual passion and desire Despite what many so called experts believe lack of sexual desire in women does not necessarily indicate a hormonal problem More often asserts sex therapist Dr Kathryn Hall it means that something is out of balance in our lives In Reclaiming Your Sexual Self Dr Hall reveals how to discover the source of your lack of sexual interest and take charge of your health Drawing on successful methods she has used in her clinical practice she helps you identify the imbalances that are affecting your overall well being and get in touch with lost or neglected sexual feelings Through a series of illuminating exercises and with Dr Hall's wise warm advice you'll discover Why it's okay to want sex and enjoy it Ways to improve communication with your partner The right conditions and circumstances to spark your sexual interest How to maintain a vital sexual connection for the long term When to consult a professional Hormone replacement therapy doesn't have to be the answer You can reclaim your sexual self and keep desire and passion alive and well by following the proven reassuring advice in this authoritative guide

College Mental Health Practice Paul A. Grayson, Philip W. Meilman, 2006-11-06 Paul Grayson a co editor of the successful 1989 book College Psychotherapy has teamed up with Phil Meilman a seasoned veteran of college counseling and psychological services to compile this needed comprehensive up to date treatment guide After an opening discussion of the campus environment and student mentality the book provides an overview of the state of college mental health at the start of the 21st century touching on the issues faced by students of every generation as well as those concerns unique to this day and age With an emphasis on practice and not theory this easily referenced treatment guide will be of use to anyone working in the mental health fields in and around a college environment

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Table of Contents Allies In Healing When The Person You Love Was Sexually Abused As A Child

1. Understanding the eBook Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - The Rise of Digital Reading Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Advantages of eBooks Over Traditional Books
2. Identifying Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - User-Friendly Interface
4. Exploring eBook Recommendations from Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Personalized Recommendations
 - Allies In Healing When The Person You Love Was Sexually Abused As A Child User Reviews and Ratings
 - Allies In Healing When The Person You Love Was Sexually Abused As A Child and Bestseller Lists
5. Accessing Allies In Healing When The Person You Love Was Sexually Abused As A Child Free and Paid eBooks
 - Allies In Healing When The Person You Love Was Sexually Abused As A Child Public Domain eBooks
 - Allies In Healing When The Person You Love Was Sexually Abused As A Child eBook Subscription Services
 - Allies In Healing When The Person You Love Was Sexually Abused As A Child Budget-Friendly Options
6. Navigating Allies In Healing When The Person You Love Was Sexually Abused As A Child eBook Formats

- ePub, PDF, MOBI, and More
 - Allies In Healing When The Person You Love Was Sexually Abused As A Child Compatibility with Devices
 - Allies In Healing When The Person You Love Was Sexually Abused As A Child Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Highlighting and Note-Taking Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Interactive Elements Allies In Healing When The Person You Love Was Sexually Abused As A Child
 8. Staying Engaged with Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Allies In Healing When The Person You Love Was Sexually Abused As A Child
 9. Balancing eBooks and Physical Books Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Allies In Healing When The Person You Love Was Sexually Abused As A Child
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Setting Reading Goals Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Fact-Checking eBook Content of Allies In Healing When The Person You Love Was Sexually Abused As A Child
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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