

# Becoming Whole Again

**Help for Women Survivors  
of Childhood Sexual Abuse**



**Dr. Vera Gallagher**

**Illustrations by  
Dr. Jackson Miller**



# Becoming Whole Again Help For Survivors Of Childhood Sexual Abuse

**Liz Hall, Siobhan Lloyd**



## **Becoming Whole Again Help For Survivors Of Childhood Sexual Abuse:**

*Surviving Child Sexual Abuse* Liz Hall, Siobhan Lloyd, 2003-12-16 *Surviving Child Sexual Abuse* is a handbook for survivors and their helpers. It examines what sexual abuse entails for a child and why it happens. Personal and professional issues for helpers are addressed and the long term effects of sexual abuse are examined. The strengths of survivors are acknowledged together with the supportive alliances they have formed with partners, helpers and friends. The theme of disclosure is examined in depth and the main themes in therapeutic work with survivors are discussed and methods are described which can be used in such therapeutic work. This highly successful book ends with an evaluation of the issues involved in training helpers for working with survivors. The book is aimed at therapists including social workers, counsellors in public organizations and private practice, clinical psychologists, psychiatrists, nurses, health visitors, general practitioners, police and psychotherapists. *Clinician's Guide to Getting Better Bit(e) by Bit(e)* Janet Treasure, Ulrike Schmidt, 2013-01-11 The publication four years ago of *Getting Better Bit e by Bit e* written by two eating disorder specialists at London's world famous Maudsley Hospital was a milestone in the treatment of bulimia. For the first time a self help book was shown by rigorous clinical trials to cure a significant fraction of women suffering from bulimia and to reduce the therapist contact time needed by others. *Getting Better Bit e by Bit e* offered an efficient way of treating bulimic patients which would be valued by any resource conscious health service. The authors of *Getting Better Bit e by Bit e* have now written this *Clinician's Guide* to help health care professionals maximize the benefit that patients obtain from the self help book. Based on the authors' wide ranging experience of treating eating disorder patients, it provides a step by step account of how the chapters in *Getting Better Bit e by Bit e* can be used to ameliorate various aspects of bulimics' difficulties with examples drawn from real patients' case histories. Particular emphasis is given to the problem of motivating patients who are reluctant to change their behaviour using Miller and Rollnick's motivational interviewing approach. The *Clinician's Guide to Getting Better Bit e by Bit e* will be invaluable for all those treating sufferers of bulimia. *Shattered Innocence* Neil Weiner, Sharon E. Robinson Kurpius, 1995 In addition, this book serves as a bridge between the popular and professional literature on treatment of sexual abuse survivors. By using fairy tales and mainstream literature including *Peter Pan*, *The Wizard of Oz*, *Alice in Wonderland*, *The Velveteen Rabbit* and current pop works such as *Stephen King's* *It*, the authors show how numerous metaphors for abuse are presented in our everyday life. **Feminist Bookstore News**, 1991 *Voices of the Survivors* Patricia Weiser Easta, 1994 Powerful and moving stories from survivors of sexual assault. *Adult Survivors of Incest/childhood Sexual Abuse*, 1997 *How to Unite Your Inner Lanterns* Kenneth Rogers, Jr., 2023-04-04 Kenneth Rogers Jr combines psychology, the Green Lantern comics characters and his own personal journey to help survivors of childhood sexual abuse move through the healing process. Using the specific therapy theories of Internal Family Systems and Dialectical Behavior, the author hopes to assist others who suffered abuse in reconnecting with their suppressed emotions so they can achieve balance in their lives.

Rogers uses superheroes to help survivors understand complex psychological theories through his How to Heal Your Inner Superhero series This is his thirteenth book and the sixth in the series How to Unite Your Inner Lanterns uses the stories and characters of Green Lantern to help abused survivors gain access to their full spectrum of emotions and to achieve the balance and introspection needed to become a White Lantern In brightest day in blackest night no evil shall escape my sight Let those who worship evil s might beware my power Green Lantern s light Green Lantern Oath *The publishers weekly*,1991 Dance/Movement Therapy and Sexual Abuse Einat Shuper Engelhard,2023-02-20 Dance Movement Therapy and Sexual Abuse addresses the vital role dance movement therapy plays in helping survivors of sexual abuse Comprising ten chapters the book describes assessment diagnosis and intervention techniques with child adolescent and adult survivors of sexual abuse Using case studies contributing experts in the field offer the reader a profound understanding of the therapeutic techniques related to movement and the body for the emotional treatment of situations of sexual abuse The chapters delve into the healing components of treatment during childhood adolescence and adulthood and combine psychodynamic understandings with body mind theories techniques from the area of somatic experience and bio energetic analysis Full of in depth and comprehensive therapeutic interventions using dance movement therapy to treat sexual trauma this book will be an essential resource for dance movement therapists and students of the creative arts therapies The God Game Leo Booth,1998 *The God Game-- It's Your Move* Leo Booth,1994 BOOTH INSPIRES US TO RECLAIM OUR SPIRITUAL POWER AND MAKE THE MOVES THAT CAN LEAD US INTO A POWERFUL ADULT RELATIONSHIP WITH GOD

**International Handbook of Victimology** Shlomo Giora Shoham,Paul Knepper,Martin Kett,2010-02-23 In the nearly four decades since the First International Symposium on Victimology convened in Jerusalem in 1973 some concepts and themes have continued to hold a prominent place in the literature while new ones have also emerged Exploring enduring topics such as conceptions of victimhood secondary and hidden victimization and social services f **A Rights-Based Preventative Approach for Psychosocial Well-being in Childhood** Murli Desai,2010-09-02 Children are one of the most important phase of human development and the most important target group for social work intervention Most of the schools of human development and social work round the world have an elective course on children and some offer a concentration in this area There are plenty of textbooks on intervention with children published by Western authors focusing on useful theories and skills but mainly at the remedial level They neither use the preventative approach nor the child rights perspective which has been found useful in the developing nations The books on child rights are generally published by the United Nations Children s Fund UNICEF and other international organisations working in the field of children such as Save the Children These books focus on the useful child rights perspective but they neither integrate theories nor use the preventative approach The proposed book A Rights based Preventative Approach for Children s Psychosocial Well Being will be the first to apply the child rights perspective and the preventative approach to intervention for children s psychosocial

well being It is an integration of theories with practice and teaching relevant in different parts of the world The book is divided into the following three parts Part 1 Introduction to a Rights based Preventative Approach for Children s Psychosocial Well Being Part 2 Primary Prevention for Children s Psychosocial Well Being Part 3 Secondary and Tertiary Prevention for Children s Psychosocial Well Being

**Postmodern Perspectives on Contemporary Counseling Issues** Mark B. Scholl,James T. Hansen,2018 In Postmodern Perspectives on Contemporary Counseling Issues the effective treatment of issues such as trauma addiction eating disorders unemployment and couples counseling are illustrated with numerous case examples Rich descriptions of the implementation of postmodern approaches and techniques make this text ideal for counselors psychotherapists and other helping professionals

**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

**Forthcoming Books** Rose Arny,2001-06 **Becoming Whole Again** Vera Gallagher,1991 Describes how group therapy can help women come to terms with childhood sexual abuse shares case histories and offers advice for overcoming guilt and self hatred

**Free to Be Children** Robyn Salisbury,2020-03-05 It s time to do something different to stop child sexual abuse in Aotearoa New Zealand It wrecks lives families and communities In this landmark book well known registered clinical psychologist Robyn Salisbury seeks the wisdom of those who have devoted many years each in their own domain to working with child sexual abuse Free to Be Children makes a major and unique contribution to understanding how we can best tackle the tragedy of child sexual abuse as a nation and how urgent it is that we do From its foreword by Children s Commissioner Judge Andrew Becroft to its chapters by survivors clinical psychologists working with both victims and offenders the Chief Censor experts on child sex trafficking and psychotherapists working in harmed communities the expertise contained in its pages offers a blueprint for best practice and cannot be ignored

[Light in Bandaged Places](#) Liz Kinchen,2025-07-30 [Light in Bandaged Places](#) shows us the harm done when an older man in a position of power convinces a child that sex with him is alright because he loves her This poignant story takes us through the long term wounding of such abuse and the multifaceted path of healing As a lonely girl coming of age in the 1970s Liz has every reason to believe her 8th grade teacher is in love with her Because the sex isn t physically violent and is wrapped in a message of love she learns to exchange sex for attention It feels like love after all But years later as an adult emotional

closeness eludes Liz Even after marrying a sensitive caring man she is walled off Struggling through confusing years she believes something is deeply wrong with her Healing begins when an unexpected event takes Liz back to those formative years and she sees for the first time that what happened to her was not love but trauma As she begins to understand how her relationship with her former teacher destroyed her innocence and self worth she begins a spiritual and psychological journey that sets her free Now a meditation teacher and Buddhist practitioner Liz offers her story in hope of helping others along their own paths of discovery and healing     Recognizing Abuse Gloria Edmonson-Nelson,2001

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