

Helping Your Child Recover From Sexual Abuse

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A Kids Book about Sexual Abuse - Evelyn Yang 2021-04

The Courage to Heal - Ellen Bass 2002

Based on the experiences of hundreds of survivors & partners, this book profiles victims who share the challenges & triumphs of their personal healing processes. It offers mental, emotional & physical support to all those who are rebuilding their lives.

Trauma-Proofing Your Kids - Peter A. Levine, Ph.D. 2014-09-16

Now in 15 languages. Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful. The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. Trauma-Proofing Your Kids sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. Trauma-Proofing Your Kids is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

The Ship We Built - Lexie Bean 2021-05-25

The Ship We Built is an expertly told epistolary middle grade novel about a trans boy learning to stand up for himself--especially to those he loves--and the power of finding a friend who treasures him for all that he is. "Incredibly good; by turns raw, sweet, horrifying, tender, and hopeful."--Laurie Halse Anderson, NYT bestselling and award-winning author of *Speak* and *SHOUT* Sometimes I have trouble filling out tests when the name part feels like a test too. . . . When I write letters, I love that you have to read all of my thoughts and stories before I say any name at all. You have to make it to the very end to know. Rowan has too many secrets to write down in the pages of a diary. And if he did, he wouldn't want anyone he knows to read them. He understands who he is and what he likes, but it's not safe for others to find out. Now the kids at school say Rowan's too different to spend time with. He's not the "right kind" of girl, and he's not the "right kind" of boy. His mom ignores him. And at night, his dad hurts him in ways he's not ready to talk about yet. Then Rowan discovers another way to share his secrets: letters. Letters he attaches to balloons and releases into the universe, hoping someone new will read them and understand. But when he befriends a classmate who knows what it's like to be lonely and scared, even at home, Rowan realizes there might already be a person he can trust right by his side.

Child Sexual Abuse - Christopher Bagley 2003-09-02

A comprehensive overview of the causes, treatment and prevention of child sexual abuse which approaches the problem from the perspectives of the victims, their families and the offenders themselves.

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.

Child Sexual Abuse - Esther Deblinger 2015

Preceded by: Treating sexually abused children and their nonoffending parents: a cognitive behavioral approach / Esther Deblinger, Anne Hope Heflin. c1996.

Handbook of Child Sexual Abuse - Paris Goodyear-Brown 2011-09-09

A comprehensive guide to the identification, assessment, and treatment of child sexual abuse The field of child sexual abuse has experienced an explosion of research, literature, and enhanced treatment methods over the last thirty years. Representing the latest refinements of thought in this field, Handbook of Child Sexual Abuse: Identification, Assessment, and Treatment combines the most current research with a wealth of clinical experience. The contributing authors, many of whom are pioneers in their respective specialties, include researchers and clinicians, forensic interviewers and law enforcement professionals, caseworkers and victim advocates, all of whom do the work of helping children who have been sexually victimized. Offering a snapshot of the state of the field as it stands today, Handbook of Child Sexual Abuse explores a variety of issues related to child sexual abuse, from identification, assessment, and treatment methods to models for implementation and prevention, including: The impact of sexual abuse on the developing brain The potential implications of early sexual victimization Navigating the complexities of multidisciplinary teams Forensic interviewing and clinical assessment Treatment options for children who have traumagenic symptoms as a response to their sexual victimization Treating children with sexual behavior problems and adolescents who engage in illegal sexual behavior Secondary trauma and vicarious traumatization Cultural considerations and prevention efforts Edited by a leader in the field of child therapy, this important reference equips helping professionals on the front lines in the battle against child sexual abuse—not merely with state-of-the-art knowledge—but also with a renewed vision for the importance of their role in the shaping of our culture and the healing of victimized children.

Repair for Toddlers - Margie McKinnon 2010-01-31

R.E.P.A.I.R is Recognition, Entry, Process, Awareness, Insight, and Rhythm Enter a Six-Stage Program with

your 2- to 6-year-old child to cross the "Bridge of Recovery" and make available a whole new world of hope: Uncover and acknowledge feelings by discovering emotion Build self-esteem and optimism with the "Magic Mirror" Discern healthy and unhealthy messages Learn special games to rebuild courage and optimism Reveal inner states with picture drawing Break free from the confines of false shame Cultivate self-care skills and practices Learn about boundaries and bodies Return to the natural rhythm and flow of life Therapists' Acclaim for the "REPAIR" system "REPAIR for Kids provides a comprehensive, honest and passionate approach for children recovering from sexual abuse. Children will benefit from this book, and be encouraged to continue on their recovery journey." -Jill Osborne, Ed.S, author of *Sam Feels Better Now* "I wish I had had something like this a long time ago for my sad and shamed 'little girl' within. I can't think of anything I'd change. You have covered it all and with wonderful sensitivity, perfect timing and terrific repair exercises. I love the cartoons and the colorfulness of your book as well." -Marcelle Taylor, MFT "I found this book to be well thought out and written, and one that would be helpful for any child who has known the pain of sexual abuse. I wish a caring adult had shared this book with my siblings and myself, it would have helped ease our pain and sorrow." -Michael Skinner, musician and child mental health advocate Learn more about this revolutionary system at www.TheLamplighters.org The Growing With Love series from Loving Healing Press www.Lovinghealing.com JNF053170 Juvenile Nonfiction: Social Issues - Sexual Abuse FAM001010 Family & Relationships: Abuse - Child Abuse PSY004000 Psychology: Developmental - Child

Leaving Darkness Behind - Elizabeth M. Altmaier 2021

Survivors of childhood sexual abuse can use this book to begin a recovery journey informed by accurate understandings about complex trauma, and healthy practices rooted in positive psychology.

Something Happened and I'm Scared to Tell - Patricia Kehoe 1987

This title discusses, in simple terms, sexual and physical abuse, explains why adults may become abusive, and encourages children to report such abuse to a trusting adult.

Helping Your Child Recover from Sexual Abuse - Caren Adams 2015-09-01

The sexual abuse of a child creates a devastating family crisis. Parents want to know what to do and say to help their child, both immediately and in the long term. *Helping your Child Recover from Sexual Abuse* offers practical guidance for parents who courageously face the days and months after a child's abuse. Written in a positive, reassuring jargon-free style, it discusses each stage of a child's recovery. Information for parents appears on the left-hand pages; sample conversations and activities for parent and child together are on the right-hand pages. The book presents the collective wisdom of numerous parents who have been through this experience and have learned how to help their children feel stronger, safer, braver, more lovable, worthwhile, and competent. Topics covered: What to do when abuse is first disclosed; Helping a child cope with the legal system; Responding to the reactions of friends and loved ones; Children's reactions to abuse; How parents and children grieve differently; Rebuilding a child's self-esteem; Dealing with confusion about sexuality; Helping a child feel safe and in control; Typical problems at different ages; Recognizing when a child is getting better.

Healing the Harm Done - Jennifer Y. Levy 2005

THE PURPOSE: To answer the questions and address the concerns of parents whose children have been sexually abused, including information about obtaining appropriate therapy and dealing with parents' own emotional concerns. Internet resources are also provided. SPANISH EDITION ALSO INCLUDED: This book contains a full Spanish-language version as well as the English version. Specialized Internet links to Spanish-language websites are included in the Spanish test. Links for the Website of "Healing the Harm Done" Links to Resources Cited in the Book American Psychological Association www.apa.org National Register of Health Service Providers in Psychology www.nationalregister.org National Organization for Victim Assistance www.try-nova.org Alcoholics Anonymous, Al-Anon, and Ala-Teen www.aa.org Association for the Treatment of Sexual Abusers www.atsa.com MegaSkills (parenting and school achievement information) www.MegaSkillshsi.org National Organization on Male Sexual Victimization www.malesurvivor.org Effective Learning Systems (source for "Self Image for Children" relaxation audiotape) www.efflearn.com Enlaces en español American Academy of Child and Adolescent Psychiatry (varios temas de interés) www.aacap.org/publications/apntsFam/index.htm (abuso sexual)

www.aacap.org/publications/apntsFam/sexabuse.htm Arte Sano Recursos para sobrevivientes de la violación y la violencia sexual que buscan ayuda en español) www.arte-sana.com/recursos.htm Recursos para toda la familia www.familymanagement.com/facts/spanish/apuntes28.html Diez razones para no emplear castigo corporal www.familymanagement.com/espanol/razones.htm I Información del Dpto. de Educación de EE.UU. www.ed.gov/espanol/parents/academic/tareaescolar/tareaescolar.doc www.ed.gov/espanol/parents/academic/preescolar/part_pg9.html El sitio web de Centro Nacional de Salud Mental y Educación www.naspcenter.org/espanol/retencion.html Changing the FACE of Child Mental Health - New York City www.aboutourkids.org/aboutour/articulos_espanol.html Consejo para padres www.eduplace.com/parents/rdg/sp_succeed.html Texas Association Against Sexual Assault www.taasa.org/esp New York Online Access to Health (NOAH) www.noah-health.org/es/mental/disorders/violence Alianza Latina Nacional para Erradicar la Violencia Domestica www.dvalianza.org El Hogar de mi Hermana (My Sister's Place) Washington, D.C. www.mysistersplacedc.org/spanish/aboutus.asp Centro de Mujeres del Area de Houston www.hawc.org Sitio del Albergue para Mujeres Maltratadas, Naples, Florida www.naplesshelter.org/spanish/index.htm Washington Coalition of Sexual Assault Programs (WCSAP) www.wcsap.org Alcoholicos Anónimos www.aa.org Child Sexual Abuse - Maxine Hancock 1997

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.

When Your Child Has Been Molested - Kathryn B. Hagans 1988

Provides vital support for professionals and parents of children victimized by sexual abuse, with information on seeking family therapy, working with legal and investigative authorities, and how to talk to and protect the abused child

REPAIR Your Life - Marjorie McKinnon 2015-12-04

ÿR.E.P.A.I.R. is a Six-Stage Program for abuse survivors that will transform your life forever! Recognize and accept your adult problems stemming from childhood sexual abuse. Enter into a commitment to transform your life. Process your issues with tools and techniques that will enable you to become healthy. Awareness to discover reality as you gather and assemble the pieces of the broken puzzle your life became. Insight into the complete picture helps you begin to return to what you were prior to being sexually violated. Rhythm recovers the natural rhythm you had before the incest happened, the blueprint that is the essence of your true nature, becoming who you really are. Therapists' Acclaim for ÿREPAIR Your Life "REPAIR Your Life is one of several significant books by a woman who writes openly and perceptively, using her own experiences to take us down her path to an ultimately fulfilling life. This is an important book." --Vincent J. Felitti, MD, co-principal investigator of Adverse Childhood Experiences (ACE) Study "Thank you Marjorie and God bless you for adapting this program for our survivors to follow. You have given survivors hope to continue on their healing journey." --Donna Gustafson, Executive Director, Sunrise Center Against Sexual Abuse "This program just has to work, because whether intuitively or through research, Marjorie McKinnon has

assembled a highly effective program of recovery." --Bob Rich, PhD, psychologist Special editions also available for teenagers, children 6-12, and toddlers. www.TheLampLighters.org for more information or to find a support group in your area.

Beginning to Heal - Ellen Bass 1993-03-19

Provides words of inspiration to those healing from childhood sexual abuse, explanations of each stage of the healing journey, practical ideas, and first-person accounts

It's OK to Tell - Lauren Book 2011-03-29

Will empower readers to address abuse issues in their own lives and move them to understand the resulting deep emotional matrix that results from abuse and the incredible power of an individual's ability to recover and embrace life.

Treating Trauma and Traumatic Grief in Children and Adolescents - Judith A. Cohen 2006-06-23

This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Provided is a comprehensive framework for assessing posttraumatic stress disorder, depression, anxiety, and other symptoms; developing a flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program. See also the edited volume Trauma-Focused CBT for Children and Adolescents: Treatment Applications for more information on tailoring TF-CBT to children's varying developmental levels and cultural backgrounds.

Growing Up Again - Jean Illsley Clarke 2009-07-31

Growing Up Again offers guidance on providing children with the structure and nurturing that are so critical to their healthy development -- and to our own. As time-tested as it is timely, the expert advice in Growing Up Again Second Edition has helped thousands of readers improve on their parenting practices. Now, substantially revised and expanded, Growing Up Again offers further guidance on providing children with the structure and nurturing that are so critical to their healthy development -- and to our own. Jean Illsley Clarke and Connie Dawson provide the information every adult caring for children should know -- about ages and stages of development, ways to nurture our children and ourselves, and tools for personal and family growth. This new edition also addresses the special demands of parenting adopted children and the problem of overindulgence; a recognition and exploration of prenatal life and our final days as unique life stages; new examples of nurturing, structuring, and discounting, as well as concise ways to identify them; help for handling parenting conflicts in blended families, and guidelines on supporting children's spiritual growth. About the Authors: Jean Illsley Clarke is a parent educator, teacher trainer, the author of Self-Esteem: A Family Affair, and co-author of the Help! for Parents series. She is a popular international lecturer and workshop presenter on the topics of self-esteem, parenting, family dynamics, and adult children of alcoholics. Clarke resides in Plymouth, Minnesota. Connie Dawson is a consultant and lecturer who works with adults who work with kids. A former teacher, she trains youth workers to identify and help young people who are at risk. Dawson lives in Evergreen, Colorado.

When Your Child Has Been Molested - Kathryn Brohl 2004-02-11

Information and advice for families whose children have been sexually molested.

My Body Belongs to Me / Mi cuerpo me pertenece - Jill Starishevsky 2020-12-22

Acclaimed book, now in English and Spanish, helps adults teach children about abuse, getting help, and how to set boundaries to stay safe. Without being taught about body boundaries, a child may be too young to understand when abuse is happening—or that it's wrong. Now available in a bilingual English-Spanish edition, My Body Belongs to Me /Mi cuerpo me pertenece offers a tool parents, teachers, and counselors can use to sensitively share and discuss the topic of sexual abuse. Through simple language and colorful illustrations, this straightforward, gentle book guides young children to understand that their private parts belong to them alone. The overriding message is that if someone touches your private parts, tell your mom, your dad, your teacher, or another safe adult. In a country where, according to estimates from the CDC, one in four girls and one in six boys will be sexually abused before age eighteen, this book is an essential

abuse-prevention resource to help children feel, be, and stay safe. Using her experience working as a New York City prosecutor of child abuse and sex crimes, Jill Starishevsky has crafted a book that addresses body boundaries in a way that kids can understand and that doesn't seem scary or heavy-handed. Includes, in both English and Spanish, a letter to adults at the beginning and a section in the back with suggestions and resources for discussing the book with children.

When Your Child Has Been Molested - Kathryn B. Hagans 1997-12-19

Using every day language, the authors provide information, comfort and advice for families on how to put the pieces back together again after a child has been sexually molested. A helpful guide for parents . . . and excellent source book for clinical and legal information on child sexual abuse. . . . Easy-to-understand but comprehensive. --Richard Bourne, Child Protection Program, Children's Hospital, Boston

Breaking Free - Kay Toon 2018-02-15

This classic book has helped many thousands of people to manage the impact that childhood sexual abuse has had on their lives. The positive and optimistic approach continues to empower survivors to break free from the past. This new edition by clinical psychologist Kay Toon now refers to types of abuse that have come to light more recently, such as street exploitation, and abuse by celebrities, politicians and football coaches, as well as the use of digital technology to groom children and young people. Breaking Free is regularly recommended by agony aunts and therapists. A Department of Health project provided copies of Breaking Free and the Breaking Free Workbook to NHS Mental Health Provider Trusts. 'The voice of the cowed, betrayed and helpless sexually abused child speaks powerfully throughout this book.' British Journal of Psychiatry 'The way the book instils hope is inspiring' Journal of Social Work Practice 'This book will be enormously helpful to those who have endured sexual abuse.' Nursing Times

You Can Help - Rebecca Street 2016-08-10

You Can Help offers concrete tools to family and friends who wish to participate in the healing process of someone who has been sexually victimized. In Part One, the author chronicles her own journey to recovery while providing pragmatic advice and essential data from numerous experts in the field. Each chapter is followed by "Five Practical Tips." Part Two is comprised of inspirational stories by 19 other survivors of both abuse and assault (8 men and 11 women) who share what was most helpful and hurtful in their own recoveries. Besides empowering family and friends, You Can Help is a valuable asset for arming survivors in their battle against shame and is an important educational resource for professionals who work with trauma. You Can Help enables readers to: (1) BREAK THE SILENCE (silence is the biggest obstacle to recovery) (2) LEARN about the complex consequences of sexual trauma, including PTSD (3) ASSIST SURVIVORS in regaining trust, confidence, and joy.

Finding Sunshine After the Storm - Sharon A. McGee 2008-11

This book contains forty compassionate activities that kids who have suffered abuse can do to raise their self-esteem, establish boundaries, and identify people they can trust. These simple activities drawn from play therapy can be used alone or in combination with counseling to help kids recover from trauma and build confidence. As children work through this book, they will learn to deal with painful feelings in positive ways, reach out for support, and feel proud of themselves by "taking a bow" after important accomplishments. This workbook can help children who have been sexually abused reclaim a sense of pride, joy, and security.

The Whole30 - Melissa Hartwig Urban 2015

The best-selling authors of It Starts With Food outline a scientifically based, step-by-step guide to weight loss that explains how to change one's relationship with food for better habits, improved digestion and a stronger immune system. 150,000 first printing.

Healing Together - Anne Miller 2019-10-15

Sex is such an intimate topic historically wrapped in shame and when someone shares they were sexually abused, we may not know how to respond. With recent #MeToo and #ChurchToo movements, we are learning just how many men, women, boys, and girls have suffered sexual abuse at the hands of a trusted person, often family members or leaders in the church. Sexual abuse is rampant in modern society and now--sometimes many years later--sexual abuse survivors are sharing their stories. Anne Marie Miller is a survivor of childhood clergy sexual abuse and has shared her journey toward healing with audiences all

over the world. After speaking with thousands of survivors and their loved ones, she saw the need for a fundamental and practical guide for helping supporters of sexual abuse survivors understand the basics of abuse, trauma, healing, and hope. Drawing from her own experience as a survivor and evidence-based research, Anne addresses these questions and more in *Healing Together: What is sexual abuse? How can I help survivors? Who are predators and how do they groom victims? How does trauma affect survivors? What happens when someone doesn't remember the details of their abuse? How does abuse wound the physical, emotional, and spiritual health of people who have been abused? When and how should authorities be contacted? How do you talk to your children about sexual abuse? What are the warning signs of abuse? Is healing possible? Whether you are a spouse, a family member, a friend, or a church leader looking for easy-to-navigate resources to understand and support sexual abuse survivors, you'll find answers and hope in these pages.*

Please Tell - Jessie 2009-12-10

Written and illustrated by a girl who was sexually molested by a family member, this book reaches out to other children by carrying Jessie's message "It's o.k. to tell; help can come when you tell." Written and illustrated by a young girl who was sexually molested by a family member, this book reaches out to other children in a way that no adult can, Jessie's words carry the message, "It's o.k. to tell; help can come when you tell." This book is an excellent tool for therapists, counselors, child protection workers, teachers, and parents dealing with children affected by sexual abuse. Jessie's story adds a sense of hope for what should be, and the knowledge that the child protection system can work for children. Simple, direct, and from the heart, Jessie gives children the permission and the courage to deal with sexual abuse. "Please Tell! is a beautifully simple book with a profoundly important message for children who have been sexually abused: the abuse wasn't their fault. Written and illustrated by Jessie, herself a pre-teen survivor of sexual abuse, it tells kids just what to do to get the help they need." Kristin A. Kunzman, abuse therapist and author of *The Healing Way: Adult Recovery from Childhood Sexual Abuse*

Fighting Back - Kayla Harrison 2018-04-20

"The sexual abuse of children impacts the most vulnerable members of society. It is the stories of all of these victims who suffered in silence that led us to join together to write this book, a book we hope will serve as a cautionary tale for children and adults alike. This book would not be possible without Kayla Harrison's brave revelations of the sexual abuse she suffered at the hands of her coach; it is these firsthand accounts that give all of us a chance to see explicitly how child sexual abuse can begin, persist, and is brought to an end. In the chapters that follow, we trace the course of Kayla's victimization and survival, weaving her story with our professional experience with hundreds of children, teens, and families to reveal what can be done to prevent and interrupt this damaging cycle"--

Listening and Talking to Your Sexually Abused Child - Lynn Daugherty 2013-03-22

Your child was sexually abused! You want to help . . . but how? Respected Clinical Psychologist Dr. Lynn Daugherty guides you as you listen and talk to your sexually abused child. Develop a stronger relationship with your son or daughter as you start the journey toward recovery from child molestation, rape, or incest. You can . . . Support your child, through listening and talking. Gain confidence in your own communication skills. Build a solid foundation for future healing. This brief beginning book also includes: ~ answers to basic questions about child sexual abuse, ~ resources for parents of sexually abused children, ~ guidance in choosing a mental health professional, and ~ selections from Dr. Daugherty's other books. Listen to your child. Talk to your child. Help your child heal.

Carried by Grace - Debra L. Butterfield 2015-03-26

"My twelve-year-old daughter had put a chef's knife to her chest and threatened to kill herself. Her step-dad was sexually abusing her. I felt swallowed by darkness -- like Jonah in the belly of the whale. This can't be happening." A family member... a friend... someone you know has sexually abused your child. Tumultuous emotions buffet you from all sides. You're feeling lost and confused. Where do you turn for help? Part memoir, part devotional, author Debra L. Butterfield offers... * comfort for your heartache* practical guidance for daily needs* a biblical path to healing, and* encouragement and hope along the way. Let yourself be Carried by Grace as you journey toward restoration.

Outgrowing the Pain - Eliana Gil 2009-07-22

"Anyone who had a troubled childhood ought to read this book."—Anne H. Cohn, D.P.H., Executive Director, National Committee for Prevention of Child Abuse Do you have trouble finding friends, lovers, acquaintances? Once you find them, do they dump on you, take advantage of you, or leave? Are you in a relationship you know isn't good for you? Are you still trying to figure out what you want to do when you grow up? Are you drinking too much, eating too much or trying to numb your pain with drugs of any kind? These are just a few of the problems abused children experience when they become adults. You may not realize you were abused. You may think your parents didn't mean it, didn't know better, or that others had it much worse. You may not even have made the connection between the past and your current problems. *Outgrowing the Pain* is an important book for any adult who was abused or neglected in childhood. It's an important book for professionals who help others. It's a book of questions that can pinpoint and illuminate destructive patterns. The answers you discover can lead to a life filled with new insight, hope, and love. "The best book available to help survivors cope and understand."—Dan Sexton, Director, Childhelp's National Abuse Hotline "An invaluable aid for adult survivors of child abuse."—Suzanne M. Sgroi, M.D., Executive Director, New England Clinical Associates

Kids Helping Kids Break the Silence of Sexual Abuse - Linda Lee Foltz 2003

A valuable resource for parents and children, this collection of first-hand accounts and expert advice offers help for prevention and healing from childhood sexual abuse.

Surviving Childhood Sexual Abuse Workbook - Carolyn Ainscough 2000-12-28

The *Surviving Childhood Sexual Abuse Workbook* guides readers through a series of exercises, charts, and checklists aimed at recognizing, understanding, and working on the problems resulting from childhood sexual abuse. The exercises are divided into four parts: Understanding Your Present Problems and Keeping Safe; Guilt and Self-Blame; Feelings about Yourself and Others; and Looking to the Future.

Healing from the Trauma of Childhood Sexual Abuse - Karen A. Duncan 2004

Answers questions that traumatized women frequently ask about childhood sexual abuse, shares stories of women in recovery, and offers a guide to healing the traumatic effects of this hidden abuse.

Undoing Jane Doe - Kristen Lewis Cunnane 2019

"Church of the Brethren missionaries trapped in a Japanese concentration camp..." The Publisher For three years, a Japanese concentration camp in the Philippines was home for Church of the Brethren missionaries Edward and Helen Angeny during WW II. Their tale of replacing murdered missionaries in China in 1940 and their subsequent imprisonment was aptly written into this memoir by Helen Angeny when she was 80 years old. Their internment included hunger as well as humor, frustration as well as joy, and threats as well as miracles. It also included the birth of their first child soon after imprisonment. The story ended well for the 500 civilian internees but only after MacArthur's troops accidentally came upon this POW group which had been previously unknown to the US government. Helen Angeny's reflections as well as her soul are revealed in this thought-provoking historical narrative.

Why Me? - Lynn Daugherty 2007-02-01

Find answers to child sexual abuse questions, stories of victims, insights into sexual abusers, explanations of effects on victims, and step-by-step guidance to begin recovery from child sexual abuse in this warm and personal, clear, beginning book.

Helping Your Child Recover from Sexual Abuse - Caren Adams 1992

The sexual abuse of a child creates a devastating family crisis. Parents want to know what to do and say to help their child, both immediately and in the long term. *Helping Your Child Recover from Sexual Abuse* offers practical guidance for parents who courageously face the days and months after a child's abuse. Written in a positive, reassuring, jargon-free style, it discusses each stage of a child's recover. Information for the parents appears on the left-hand pages; sample conversations and activities for parent and child together are on the right-hand pages. The book presents the collective wisdom of numerous parents who have been through this experience and have learned how to help their children feel stronger, safer, braver, more lovable, worthwhile, and competent. Topics covered include: what to do when abuse is first disclosed; helping a child cope with the legal system; responding to the reactions of friends and loved ones; children's reactions to abuse; how parents and children grieve differently; rebuilding a child's self-esteem; dealing with confusion about sexuality; helping a child feel safe and in control; typical problems at different ages;

recognizing when a child is getting better.