

## RESOURCE LIST: CHILD SEXUAL ABUSE SELF HELP AND SUPPORT

Please note we are not a 'drop in' service. For more information about the library, or to arrange to borrow materials, please phone, or write to Isabell Robertson at the following address:-  
Women's Support Project, Granite House, 31 Stockwell St, Glasgow, G1 4RZ. Scottish Charity No. SCO21846  
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### A. BOOKS FOR SURVIVORS

#### 1. **Beginning to heal: a first guide for female survivors of child sexual abuse**

**By Ellen Bass & Laura Davis**

**Pub. Cedar, London, 1993**

By the authors of the 'Courage to Heal', this is a summary of the main points addressed in the earlier book, with five survivors' stories. A simply and clearly presented guide to the healing process with chapters on remembering, breaking silence, grieving etc. Concise and easy to read and use.

#### 2. **Breaking free : help for survivors of child sexual abuse.**

**By Carolyn Ainscouth & Kay Toon**

**Pub Insight, 1993**

This book is primarily a self-help book for adult survivors It contains information about sexual abuse, the kinds of problems it can cause and ways in which survivors can begin to deal with these problems. The authors draw on their experiences, working mainly with women, as psychologists in Wakefield. The information is also useful for family, relatives and helpers.

#### 3. **Breaking free workbook practical help for survivors of child sexual abuse**

**By Carolyn Ainscouth & Kay Toon**

**Pub. The Sheldon Press, London, 2000**

Practical exercises designed to offer survivors different ways to think about the past, and give new strategies to begin to move on from problems that disrupt the present . This workbook may also be of use to those who have been abused physically and/or emotionally

#### 4. **The courage to heal - a guide for women survivors of child sexual abuse**

**By Ellen Bass and Laura Davis**

**Pub. Harper & Row, USA, 1988**

Very comprehensive, and suitable for using on your own, with a counsellor or friend, or in a group.

#### 5. **The courage to heal workbook - for women and men survivors of child sexual abuse.**

**By Laura Davis**

**Pub. Harper & Row, USA, 1990**

Intended as a companion to "The courage to heal", this includes checklists, writing exercises, arts projects and activities.

#### 6. **My true selves**

#### **an experience of multiple personality**

**By Jenifer Anthony-Black**

**Pub. Busy Bee Graphics, Leicester, 1996**

One woman's experience of multiple personality. Includes sections on the effects of childhood sexual abuse, subconscious defences, counselling and multiple personality, Useful to both survivors and workers.

#### 7. **Outgrowing the pain**

**By Eliana Gil, PhD**

**Pub. Launch press, USA, 1983**

A very useful brief book which explains in simple language and with the use of cartoons and humour what the effects of child sexual abuse are and how survivors can help themselves to overcome the effects of this abuse. Although the book gives credence to the cycle of violence theory it is otherwise very helpful guide to self help

#### 8. **Repressed memories a journey**

**By Renee Fredrickson, PhD**

**Pub. Fireside Books, USA, 1992**

A useful, stimulating read. A good self-help book, but only if used in conjunction with good support - and understanding friend , partner, survivor or counsellor. Gives methods of recovering memories such as dream work and imagistic work. Each chapter ends with a set of exercises which are intended to empower the reader.

#### 9. **She who is lost is remembered healing from incest through creativity**

**By Louise M. Wischild**

**Pub. The Seal Press, USA, 1991**

An anthology of creative work by survivors: poetry, short stories, painting, sketches photography, sculpture, songs.by women contributors. Their art is accompanied by personal essays which describe how women have used the creative powers as part of a healing experience.

#### 10. **United we stand a book for people with multiple personalities**

**By Eliana Gill, PhD**

**Pub. Launch Press, USA, 1990**

A very useful book which explains what multiple personality is, and ways of dealing with it

#### **Why me? Help for victims of child sexual abuse**

**By Lynn Daugherty**

**Pub. Mother Courage Press, USA 1984**

This book uses brief accounts from a number of incest

survivors and attempts to provide a guide to recovery by high-lighting some of the long term effects and suggesting ways to counteract this. Quite useful but fails to challenge some of the myths like the cycle of violence.

**11. The woman inside  
from incest victim to survivor**

**By Patty Derosier Barnes**

**Pub. Mother Courage Press, USA, 1989**

A workbook which you can work through in your own time, or from which you can use exercises or ideas. Covers the main issues of child abuse and offers positive suggestions.

**B. BOOKS FOR PARTNERS/FAMILY/FRIENDS**

**1. Allies in healing: when the person you love was sexually abused as a child**

**By Laura Davis**

**Pub. Harper Perennial, USA, 1991**

A helpful support for partners of survivors. Areas covered range from basic explanations of child sexual abuse and its effects on the adult, to a wide variety of issues arising in relationships with survivors.

**2. Family fallout  
a handbook for families of adult sexual abuse survivors**

**By Dorothy Beaulieu Landry**

**Pub. Safer Society Press, USA, 1991**

A helpful book for those close to an adult who has disclosed or is dealing with childhood sexual abuse. helps families to understand the healing process and look at their own feelings about the abuse.

**3. Outgrowing the pain together  
a book for spouses and partners of adults abused as children**

**By Eliana Gil, PhD**

**Pub. Dell, USA, 1992**

A book which will help understand the effects of childhood sexual abuse. Includes information on anger management, intimacy, decision making, commitment etc.

**4 Partners in recovery.**

**By Beverly Engel, M.F.C.C.**

**Pub. Fawcett Columbine, 1991**

A book for mates, lovers and friends of adult survivors of childhood sexual abuse. Intended to help these 'pro survivors' to learn how to support and cope with survivors as they go through the recovery process.

**C. BOOKS FOR COUNSELLORS/SUPPORTERS**

**Counselling adult survivors of child sexual abuse. By Christiane Sanderson**

**Pub. Jessica Kingsley, London, 1995**

Helpful overview for counsellors/supporters

**Good practice in counselling people who have been abused**

**Ed By Zetta Bear,**

**Pub. Jessica Kingsley, London, 1998**

Helpful collection of papers. Recommended

**Lifting the lid: A practical guide to working with people abused in childhood**

**By Lois Arnold & Anne Magill. Pub. The Basement Project, Bristol, 1999**

Brief introduction to issues involved in working with survivors of abuse.

**Surviving child sexual abuse: a handbook for helping women challenge their past.**

**By Liz Hall and Siobhan Lloyd**

**Pub. Farmer Press, London, 1989**

A very useful book for anyone supporting a survivor. Outlines the long term effects of incest, stages of recovery, working with incest survivors groups, therapeutic techniques and issues for helpers. A very useful book.

**Surviving secrets.**

**By Moira Walker**

**Pub. Open University Press, 1992**

Makes extensive use of adult survivors first hand accounts of child abuse (sexual, physical, and psychological). Includes accounts of their attempts to tell. and explores the effects of abuse on their adult lives. Includes experience of both men and women, and abuse by both sexes. Ends with outline of key stages in the counselling process and looks briefly at issues for workers. Interesting.

**D. VIDEOS**

**1. A Crime of Violence**

1 hour

Excellent overview of the problem of child sexual abuse. Interviews with adult female survivors and adult male survivor, mothers of children who have been abused, counsellors from Dublin Rape Crisis Centre about~ different aspects of the problem. Links rape and incest provides a feminist analysis of violence against women and children, very clear and interesting. Highly recommended.

**2. Breaking Silence**

1 hour

Documentary from America on child sexual abuse. Interviews adults who were abused as children inter cuts with newspaper headlines, home videos and family snap shots etc. Highlights how hidden the problem is and includes some insight into analysing children's drawings.

**3. Story of Hope: Marilyn Van Derbur Adler**

Colorado~ USA 1992 53minutes

The woman who was Miss America 1958 recounts her experience as an incest survivor which she publicly announced when she was in her early fifties. She gives a moving and empowering speech. encouraging other survivors "replace shame with pride- pride in our courage, pride in our persistence, pride in our survival."

**4. Internal strength**

24 minutes

This video shows excerpts from sessions where four young women and a facilitator talk about their experiences of abuse and how they have gained some understanding of and control over what has happened to them. Particularly recommend for similar groups of women or anyone wanting to start up a group for women surviving childhood sexual abuse. Good