

RESOURCE LIST: OVERCOMING THE EFFECTS OF VIOLENCE AND ABUSE

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:-

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The hungry self: women, eating and identity **by Kim Chernin**

pub. Virago, London 1985

Looks at compulsive eating and dieting, anorexia and bulimia. Looks at the many pressures on women to be the 'ideal' size and shape. Relates problems with eating to women's own self image and identity.

Fat is a Feminist Issue **by Susie Orbach**

pub. Arrow

Published in the seventies and now a feminist classic, this pioneering book has helped many thousands of women to understand their difficult relationship with food and body image. Using case histories, looks at patterns of behaviour and feelings common amongst the many women who are compulsive eaters. Criticises the role of the media and fashion and diet industries in encouraging women's self-destructive obsession with dieting. The book contains a number of exercises such as guided fantasies which would be useful for group work. A book every woman should read.

Women in therapy and counselling **by Moira Walker**

pub. Open University Press, 1990

Written by a woman's therapist and draws on women's experiences in therapy and counselling. Looks at the powerful pressures women face in their lives, and the importance of understanding these pressures so that women's difficulties are not trivialised. Uses personal accounts to describe how therapy and counselling can develop the resources women have within them. Includes women and aggression, eating disorders and violence against women.

Sisters of the Yam **Black Women and Self Discovery** **by Bell Hooks**

Pub. Turnaround, London 1993

Bell Hooks addresses the inner wellbeing of black women and how their development is shaped by the daily assault of institutionalised structures of domination. She explores strategies for self-recovery that can heal individuals

Who can I talk to?

By Judy Cooper & Jenny Lewis

Pub. Hodder & Stoughton, London, 1995

This book is an absolute must for anyone considering seeking the help of a therapist or counsellor. It outlines the theories behind both the well known and less well known talking

therapies. It also contains brief sections on where to seek help for specific problems such as eating disorders, self-mutilation, bereavement, alcohol, religious issues plus many more. There is a short but fairly comprehensive section on abuse in therapy, outlining the various things which can go wrong and the final section tackles the issue of how to cope with ending therapy.

Good grief rituals **Tools for healing** **By Elaine Childs-Gowell**

Pub. Station Hill Press, USA, 1992

A practical step by step guide which covers, stages of grief, loss, denial and flashbacks.

Overcoming anxiety **A self-help guide using cognitive behavioural techniques**

By Helen Kennerley

Pub. Robinson, London, 1997

A self-help book which includes an introduction to the nature of anxiety and stress. Contains a complete self-help program. Can be used by those affected, family & friends and health professionals.

Overcoming low self-esteem **A self-help guide using cognitive behavioural techniques**

By Melanie Fennell

Pub. Robinson, London, 1999

This book will help the reader understand the condition. Includes "What is low self-esteem". Understanding low self-esteem and overcoming low self-esteem.

Overcoming traumatic stress **A self-help guide using cognitive behavioural techniques**

By Claudia Herbert & Ann Whetmore

Pub. Robinson, London, 1999

This book provides practical advice to help overcome the effects of traumatic stress.

Overcoming panic **A self-help guide using cognitive behavioural techniques**

By Derrick Silove & Vijaya Manicavasagar

Pub. Robinson, London, 1997

A self-help manual with a step-by-step management program for overcoming and preventing panic attacks and associated agoraphobia.

**Managing anger
positive strategies for dealing with difficult
emotions**

By Gael Lindenfield

Pub. Thorsons, London 1993

This book explains the effects of anger on bodies and minds and suggests strategies for preventing the build-up of frustration, and how to keep calm when faced with violent outbursts.

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Fragements

a book of poetry

By Andy McGuinness

Pub. Salty Press, Angus, 2001

An inspirational anthology

The Woman's comfort book

**a self-nurturing guide for restoring balance in
your life**

By Jennifer Louden

Pub. Harper SanFrancisco, 1992

A comprehensive resource for women, includes: creative selfishness, comfort rituals and a comfort journal

Coping with post-trauma stress

By Frank Parkinson

Pub. Sheldon Press, London, 2000

This book provides information on Post-Trauma Stress. Explains physical and emotional reactions. Also gives advice to partners, friends and helpers.

Overcoming childhood trauma

**a self help guide using cognitive behaviour
therapy**

By Helen Kennerley

Pub. Constable & Robinson, london, 2000

A self help manual for those who have suffered abuse in childhood. Chapters included are:- Understanding childhood trauma and recovery, Preparing for change and working through key issues

**Please also see reading lists on child sexual
abuse: self help and support, domestic violence,
rape and self injury for further reading**