



# *Surviving Childhood Sexual Abuse* **WORKBOOK**

CAROLYN AINSCOUGH & KAY TOON

Practical exercises for  
working on problems resulting  
from childhood abuse

# Surviving Childhood Sexual Abuse The Practical Companion To Surviving Childhood Sexual Abuse

**Paul Jay Fink, Joyanna Silberg, Charles  
L. Whitfield**



## **Surviving Childhood Sexual Abuse The Practical Companion To Surviving Childhood Sexual Abuse:**

**Survivors of Childhood Sexual Abuse and Midwifery Practice** Lis Garratt, 2016-07-06 Many midwives will care for women who are survivors of childhood sexual abuse CSA whether these women disclose this or not Pregnant and birthing women commonly experience their bodies becoming public property a variety of sometimes intimate medical procedures and limited choices on where and how care is provided For CSA survivors who have suffered loss of ownership over their bodies as children and may experience recurring feelings of powerlessness and loss of control these factors can combine with impersonal and medicalised settings and practices to deeply traumatic effect Sexual abuse is all about power not sex interviewee Many midwives also experience powerlessness and loss of control as professionals as a result of these same settings and practices and those midwives who are themselves CSA survivors bring a particularly acute awareness of this and of the needs of survivor mothers This unique study sets out to gain a deeper understanding of the needs of these mothers by exploring them alongside the parallel experiences of survivor midwives It explores the insights and reflections they together bring to midwifery and the positive results of more collaborative personal communicative and ultimately empowering practices for all involved The significance of this book is far wider than its immediate subject for it offers us the opportunity to rethink our professional coping strategies If we seek to make all our professional relationships ones of equality and opportunities for growth as would benefit someone who has suffered abuse then we can all grow and flourish from the

Foreword by Mavis Kirkham Women Survivors of Childhood Sexual Abuse Terry S Trepper, Judy Chew, 2014-03-18 Women Survivors of Childhood Sexual Abuse is a detailed discussion of the theoretical and philosophical underpinnings involved in conducting group psychotherapy with women who have experienced childhood sexual abuse Offering the practical how to s of conducting a thirteen session group this unique book emphasizes the discovery of solutions strengths and internal external resources and highlights the temporal nature of being a victim and being a survivor at theoretical and clinical levels The book s integration of theory and clinical intervention provides a thorough basis for addressing some of the key themes in the resolving of sexual abuse In Women Survivors of Childhood Sexual Abuse you ll uncover topics related to healing such as the theoretical rationales for group treatment which include the Ericksonian approach the feminist perspective narrative therapy and the solution oriented approach resiliency and resource based approaches the importance of language in recovery from sexual abuse how to deal with issues such as relationships telling one s story of abuse building safety boundaries spirituality cultivating a future dealing with flashbacks A practical guide for students in counseling practicums Women Survivors of Childhood Sexual Abuse provides you with a systematic method with which to conceptualize and conduct group work Experienced counseling practitioners in psychology social work psychiatry and nursing will also benefit as you gain a session by session account of how to conduct group work In today s institutional setting private practice and professional climate in general there is growing interest in how to do more with less how to maximize financial and professional resources and how

to take care of our therapist selves This book will help you achieve these goals through leading clients to personal empowerment self compassion and resourcefulness

**Gender-Based Violence: A Comprehensive Guide** Parveen Ali, Michaela M. Rogers, 2023-06-01 This book provides comprehensive information about various types of gender based violence GBV and abuse GBV is a major public health and social problem that affects people mostly women and girls in every community culture and country GBV refers to the violence or a pattern of abusive behaviours including physical aggression sexual coercion psychological abuse and controlling behaviours resulting in physical sexual or psychological harm It is associated with severe physical and psychological consequences and can result in death GBV can take many forms including female foeticide infanticide female genital mutilation child marriage grooming trafficking forced marriage dowry related abuse honour based violence rape sexual assault stalking harassment street violence abuse against older people domestic violence and intimate partner violence It can take place in public private and virtual settings and within the context of intimate familial community and institutional relationships While all these forms affect girls and women more boys and men can also be exposed of various forms of violence including child abuse sexual abuse wartime violence corporal punishment to name a few This book takes a unique approach and presents an overview of gender based violence and related practices throughout the world The book is written in a user friendly manner in order to be accessible as an introductory text to a wide range of readers including students practitioners and researchers Edited by a public health academic and a social worker with contributions representing a wide range of disciplines the book will appeal to many professions including nurses midwives social care and social work practitioners police teachers psychologists and sociologists

*Healing for Adult Survivors of Childhood Sexual Abuse* Bonnie J. Collins, Kathryn Marsh, 1998 This treatment manual presents a complete 12 session program for treating survivors of child sexual abuse It addresses issues of social isolation intimacy and mistrust of others and how survivors can gain the support of others

**Working with Survivors of Sibling Sexual Abuse** Christiane Sanderson, 2024-02-21 Sibling sexual abuse is considered to be one of the most common forms of child sexual abuse within the family setting yet it is often ignored downplayed or denied in spite the impact on survivors Shining a spotlight on the hidden phenomenon Christiane Sanderson provides a rigorous account of the nature and dynamics of sibling sexual abuse She provides a clear explanation of the difference between developmentally appropriate consensual sexual exploration and developmentally inappropriate non consensual sexual behaviour The focus is on how these behaviours impact the sibling being harmed the sibling who is harming the wider family and adult survivors This book is essential reading for anyone involved in assessing supporting safeguarding or treating individuals or families impacted by sibling sexual abuse and all those working with adult survivors

*Working with Adult Survivors of Childhood Sexual Abuse* Liezel Anguelova, 2018-03-20 This book provides a framework for addressing the extended treatment needs of adult survivors of child sexual abuse It is based on a therapeutic intervention model that provides flexibility for therapists to work according to their training and skills

set while incorporating practical techniques structured around the needs of survivors The book begins by providing therapists with crucial information about sex abuse survivors such as ethical considerations types of abuse the stages of abuse and the effects of the abuse on the child as well as a method useful in the putting together of an abuse profile which ultimately assists in identifying treatment needs The second part of the book provides client homework exercises for treatment and covers working with memories denial problematic emotions such as guilt self blame and shame depression and anxiety sexuality as well as parents partners and more This accessible yet comprehensive guide will be of utmost use to mental health professionals who work with adult survivors of childhood sexual abuse *Breaking Free Workbook* Kay

Toon,2020-08-06 As a survivor of sexual abuse in childhood you may find that its effects continue to haunt you bringing guilt and shame perhaps depression and anxiety eating disorders troubled relationships and sexual difficulties But although you can't alter the past you can change the present and the future *Breaking Free* by Kay Toon and Carolyn Ainscough draws on their nationally recognized and pioneering work as clinical psychologists giving a voice to the Survivors of child sexual abuse It uses their courage and experiences to help other survivors face their past and take steps towards a better future This new edition of the accompanying workbook 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 Practical exercises work step by step on the problems that result from being sexually abused as a child They are designed to present survivors with different ways to think about the past and to arm you with new strategies to move on from the problems that disrupt the present and look forward to the future Exercises like these can be very beneficial but they can also be painful They can bring up strong feelings so at every stage your safety and well being are the first concern and the book includes essential coping strategies for getting the level of support you need This practical book will be enormously useful for survivors of sexual abuse and may also help those who have been abused emotionally or physically Therapists will also find it a useful resource to use with clients and both this book and *Breaking Free* are regularly recommended by professionals in the NHS and also in the media **Counselling Survivors of Childhood Sexual Abuse**

Claire Burke Draucker,Donna Martsof,2006-05-18 Praise for the Second Edition This is a user friendly readable practical guide to assist survivors of childhood sexual abuse that will be particularly useful to students and practitioners who are new to this field *Journal of Child and Adolescent Mental Health* This is a book that should give those who find themselves working with sexual abuse survivors some tools and skills for the job *Young Minds Magazine* This book will be found valuable by all therapists and counsellors not just those who have a special interest in childhood sexual abuse Many will want to follow up the well selected references the author gives The detailed index will also help one to browse and read selectively *Sexual and Relationship Therapy* The experience of childhood sexual abuse is a trauma which continues to have an impact on survivors throughout their lives The pervasive and long term effects that stem from sexual abuse make it vital that counsellors become

adept at addressing the unique and complex needs of survivors In this Third Edition of *Counselling Survivors of Childhood Sexual Abuse* Claire Burke Draucker and Donna S Martsof identify the significant healing processes which are essential to achieve recovery These include disclosing the abuse reinterpreting it from an adult perspective addressing issues related to the context of the abuse and making desired life changes Each of these processes is discussed in conjunction with the most effective counselling interventions to facilitate resolution Carefully chosen case examples demonstrate the appropriate use of interventions in practice The Third Edition includes a wealth of new material covering memory retrieval outcome research multicultural counselling emerging therapeutic approaches and neuroscience and counseling Dynamics and difficulties in the therapeutic relationship are also discussed in great depth

**Counseling Survivors of Childhood Sexual Abuse (US ONLY)** Claire Burke Draucker, Donna Martsof, 2009-02-24 Praise for the Second Edition This is a user friendly readable practical guide to assist survivors of childhood sexual abuse that will be particularly useful to students and practitioners who are new to this field *Journal of Child and Adolescent Mental Health* This is a book that should give those who find themselves working with sexual abuse survivors some tools and skills for the job *Young Minds Magazine* This book will be found valuable by all therapists and counselors not just those who have a special interest in childhood sexual abuse Many will want to follow up the well selected references the author gives The detailed index will also help one to browse and read selectively *Sexual and Relationship Therapy* The experience of childhood sexual abuse is a trauma which continues to have an impact on survivors throughout their lives The pervasive and long term effects that stem from sexual abuse make it vital that counselors become adept at addressing the unique and complex needs of survivors In this Third Edition of *Counselling Survivors of Childhood Sexual Abuse* Claire Burke Draucker and Donna S Martsof identify the significant healing processes which are essential to achieve recovery These include disclosing the abuse reinterpreting it from an adult perspective addressing issues related to the context of the abuse and making desired life changes Each of these processes is discussed in conjunction with the most effective counselling interventions to facilitate resolution Carefully chosen case examples demonstrate the appropriate use of interventions in practice The Third Edition includes a wealth of new material covering memory retrieval outcome research multicultural counselling emerging therapeutic approaches and neuroscience and counseling Dynamics and difficulties in the therapeutic relationship are also discussed in great depth

*Sexual Crime* Caryn E. Neumann, 2009-12-14 A contemporary fact filled resource on the historical legal medical and political aspects of a wide variety of sexual crimes Authoritative and informative *Sexual Crime A Reference Handbook* offers a thoroughly up to date report on an issue of extraordinary urgency It is an expert introduction to a variety of often misunderstood crimes *Sexual Crime* begins with a background chapter outlining the causes and definitions of sexual crime legal and cultural attitudes over the past three centuries and common myths surrounding this sensitive subject It then offers wide ranging coverage of issues including date rape crimes involving male victims rape in prison female perpetrators medical treatments political

ramifications and other contemporary issues      **Female Survivors of Sexual Abuse** Christine D. Baker, 2002 Addressing the experience of 180 female adults who were sexually abused in childhood this book combines clinical experience with an innovative approach to treatment      *The VBAC Companion* Diana Korte, 1997-11-19 Essential advice and information for any pregnant woman who has previously delivered by Cesarean      **The ^A Church Leader's Counseling Resource Book** Cynthia Franklin Ph.D., Rowena Fong, 2011-02-01 This all in one guide is designed to better equip clergy to meet their churches needs in a spiritually grounded and scientifically sound manner Succinct easy to read chapters summarize all a pastor needs to know about a given problem area including its signs or symptoms questions to ask effective helping skills and most importantly when to refer to a mental health professional      Understanding Adult Survivors of Domestic Violence in Childhood Gill Hague, 2012-05-15 This book explores the experiences of adult survivors of domestic violence in adulthood It examines current research and sets out best practice guidance for supporting adult survivors and children following domestic violence Personal testimonies and poems feature throughout      **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      **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

[Principles and Practice of Sex Therapy](#)  
 Kathryn S. K. Hall, Yitzchak M. Binik, 2020-06-29 This widely used clinical reference and text now significantly updated with 75% new material reflecting therapeutic advances diagnostic changes and increased coverage of sexual minority groups comprehensively addresses sexual problems and their treatment Prominent contributors interweave theory research and clinical considerations Detailed case examples illustrate the process of assessment and intervention with individuals and couples across the lifespan with attention to gender related cultural and health concerns The volume features an integrative introduction and conclusion plus an instructive editorial commentary at the beginning of each chapter New to This Edition Many new authors and extensively revised chapters Coverage of advances in sexual medicine ICD 11 diagnostic changes and other timely topics Chapters on sexual aversion female sexual arousal disorder and out of control sexual behavior Chapters on the transition to parenthood and the treatment of sexual concerns in the BDSM community and adult transgender clients Chapters on additional medical issues cancer and spinal cord injury

**Misinformation Concerning Child Sexual Abuse and Adult Survivors** Paul Jay Fink, Joyanna Silberg, Charles L. Whitfield, 2019-11-20 Successfully navigate the minefield of misinformation that can prevent justice from being done in child sexual abuse cases From the Foreword by Robert Geffner PhD editor of the Journal of Child Sexual Abuse Too often the public and some professionals have been misled by media publicity and articles that appear scientific but in reality are biased opinions or over generalized research Forensic cases are being decided in many courts based upon the recommendations of so called expert witnesses who do not actually know the clinical research or understand the dynamics of such abusive relationships This much needed book points out and corrects misinformation that everyone who works with victims offenders or families in which sexual abuse has occurred needs to understand clearly Especially vital in today s political climate Misinformation Concerning Child Sexual Abuse and Adult Survivors gives you state of the science information on such myths as false memory syndrome recovered memory therapy and the lack of harm to some sexually abused boys Misinformation Concerning Child Sexual Abuse and Adult Survivors examines forensic issues including the false memory defense and how the long term impact of childhood sexual abuse is often misrepresented in court three separate expert examinations of Rind Tromovitch and Bauserman s well known and often



misrepresented review of long term child sexual abuse outcomes treatment recommendations and guidelines for addressing the memory controversy in clinical practice the fascinating case history cautionary tale of the child molester Robert Halsey who was convicted and sentenced to two life sentences in 1993 and how public and academic resources were misused to claim he was wrongly convicted      **Surviving Violent Crime and the Criminal Injuries Compensation Authority** Simon Duckett,2003      *Supporting Survivors of Sexual Abuse Through Pregnancy and Childbirth* Kicki Hansard,2020-01-21 With statistics showing that 1 in 5 women have experienced some form of sexual abuse it is likely that all birth professionals will support a survivor of such abuse at some point during their career This book provides practical advice for those supporting these women throughout their pregnancy labour and postnatal periods The impact of past sexual abuse on women during these periods is often underestimated and this book shows the need for greater compassion and understanding in maternity services regarding this issue Drawing on a vast range of research and expertise this book includes details on the identifiable behaviours of survivors how to respond when someone says they are a survivor positive stories and appropriate language to use This book is for any care provider who wants to help pregnancy childbirth and the postnatal period become a healing experience for those carrying trauma and to support these survivors with compassion respect and kindness

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