

A Guide to Abuse Resources



Listed resources are available from the:

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Loan Policy

Books are available for 14 day loan; videos for 7 days.

Non-members must leave a deposit of \$10.00 for borrowed materials. There is no deposit fee for members.

Reference materials and file materials are not available for loan, but can be used in-house.

Resource materials located at the CMHA, Ontario Division library can also be accessed through this location.

For more information about these and other mental health resources, please contact 434-9191.

Books

Child Sexual Abuse: Guidelines for Community Workers, Strengthening Community Response, Health and Welfare Canada, 1989 – National guidelines for community health workers and volunteers who intervene in cases involving child sexual abuse.

Toxic Parents, Dr. Susan Forward, 1989 – Drawing on case histories, the author helps to free adult of children of toxic parents from the frustrating patterns of relationships with parents – discovering an exciting new world of self-confidence, inner strength, and emotional independence.

The Courage to Heal, Ellen Bass and Laura Davis, 1988 – A comprehensive guide that offers hope and encouragement to every woman who was sexually abused as a child and those who care about her.

The Courage to Heal Workbook, Laura Davis, 1990 – A companion volume to *The Courage to Heal*, the workbook takes the survivor through the key aspects of healing, survival skills, taking stock, aspects of healing and guidelines for healing sexually.

Violent Voices, Kay Porterfield, 1989 - Based on the 12 steps of Alcoholics Anonymous, this book guides and supports through the self-healing process toward the goal of a whole, happy healthy self.

Adult Children of Abusive Parents, Steven Farmer, 1989 – Through exercises and journal work, the author leads you through grieving your lost childhood, becoming your own parent, growing up again, and integrating the healing aspects of spiritual, physical and emotional recovery into your adult life.

Violence Issues, Health Canada, 1994 – Preparing future health professionals to address issues related to family violence in their everyday practice. Approached from a systems perspective, with special attention given to screening, early intervention and the needs of survivors.

Hope in Healing, Tess Edwards & Mary Derouard, 1994 - Everyone's process and path to healing is unique. No two people heal the same way. Here is no step by step procedure, no recipe. However, this is much to be gained from knowing others' experiences and comfort in knowing that you are not alone.

Wednesday's Children: Adult Survivors of Abuse Speak Out, Suzanne Somers, 1992 – Personal testimonies of a wide range of celebrities. Although their traumatic early experiences continued to plague them into adulthood, these people eventually were able to look back to total honesty in order to let go – and look forward with hope.

The Sexual Abuse of Children, Jeffrey J. Haugaard and N. Dickon Reppucci, 1988 – Separating myth from fact, various treatment and prevention programs are evaluated to show how we can better identify and prevent child sexual abuse.

Sex, Love and Violence: Strategies for Transformation, Cloe Madanes, 1990 – A 16-step method of treating sexual offences. Clinical examples are provided to demonstrate where love has somehow gone wrong in the family. Delicate strategies are outlined for transformation that encourages not only behavioural change but also spiritual healing.

From Surviving to Thriving, Christine Dinsmore, 1991 – This book analyzes incest recovery from a feminist perspective, linking incest with patriarchy and its beliefs in male sexual entitlement. A detailed account of the incest healing treatment is also provided with specific treatments suggested for therapists working with incest survivors.

The Right to Innocence, Beverly Engel, 1989 – The author is a therapist who has worked exclusively with victims of sexual abuse and was herself sexually abused as a child. She offers hope for recovery, based on her own, and her patients' hard-won journey back to health.

I Never Told Anyone, Ellen Bass and Louise Thornton, 1983 – A deeply moving collection of first-person accounts of child sexual abuse. Stories and poems written by women of all ages and circumstances of the abuse they suffered either as young girls or as teenagers.

What About Me? – A Guide for Men Helping Female Partners Deal with Childhood Sexual Abuse, Grant Cameron, 1994 – Experiences of the author while helping his wife deal with her abusive past. He talks openly about sex, suicide, dealing with anger, handling nightmares and gaining trust.

Beginning to Heal, Ellen Bass & Laura Davis, 1993 – Based on selected parts of *The Courage to Heal*, this book takes you through the key stages of the healing process, from remembering and crisis times, to breaking the silence, grief, and anger, to resolution and moving on.

Cutting, Steven Levenkron, 1998 - Written for the self-mutilator, parents, friends and therapists, this book unravels step by step the mindset of the self-mutilator, explains why the disorder manifests in self-harming behaviours, and, most of all, describes how the self-mutilator can be helped.

Victims No Longer, Mike Lew, 1988 - For the millions of men who are survivors of childhood sexual abuse, this book offers hope, understanding and essential advice for healing.

Allies in Healing, Laura Davis, 1991 - The author offers practical advice and encouragement to all partners trying to support the survivors in their lives while tending to their own needs along the way.

Women and Self-Harm, Gerrilyn Smith, Dee Cox & Jacqui Saradjian, 1999 - An understanding of the social, emotional and psychological reasons behind self-mutilation, an examination of the physical, emotional and social consequences, strategies for recovery and healing, and more.

I Can't Get Over It, Aphrodite Matsakis, 1996 - Post-traumatic stress disorder affects not just soldiers but also survivors of crime, vehicular accidents, rape, family violence, sexual abuse, natural catastrophes, etc.

Life After Trauma, Dena Rosenbloom & Mary Beth Williams, 1999 - Trauma can turn your world upside down - afterward, nothing may look safe or familiar. This workbook helps survivors of all types of trauma rebuild their lives.

On the Path, Affirmations for Adults Recovering from Childhood Sexual Abuse, Nancy W., 1991 – This gentle yet powerful guide to healing covers every aspect of the road to wellness, whether the abuse was physical, emotional or spiritual.

The Link Between Childhood Trauma and Mental Illness, Barbara Everett & Ruth Gallop, 2001 – Introduces a conceptual bridge between biomedical and psychosocial understandings of mental disorder, providing a multidimensional approach that allows professionals to think holistically and connect clients' abusive pasts with their present-day symptoms and behaviours.

Healing the Trauma of Abuse: A Women's Handbook, Mary Ellen Copeland & Maxine Harris, 2000 – Offers individual skills to help unpack trauma baggage, gain the personal power to heal and acknowledge and respect the impact of the trauma in all aspects of being.

Bodily Harm, Karen Conterio & Wendy Lader, 1998 – How to distinguish something relatively harmless from a serious disorder, why women account for the majority of self-injurers, what motivates self-injury and why it has grown so rapidly, how therapists, families and friends can help, etc.

Transforming Trauma: EMDR, Laurel Parnell, 1997 – Eye movement desensitization and reprocessing (EMDR) has helped thousands of clients haunted by terrible abuse histories or recent traumatic events.

The Secret of the Silver Horse, Communications & Public Affairs, Department of Justice Canada, 1989 – Instructs children that secrets about sexual abuse should not be kept and they should keep telling until someone takes them seriously.

Secret Scars, V. J. Turner, 2002 – The author shares case histories and her own personal struggle as a former self-injurer with long-term recovery along with case studies, research findings and clinical outcomes.

Family Violence Across the Lifespan, Ola W. Barnett, Cindy L. Miller-Perrin, Robin D. Perrin, 1997 – Covering all different types of abuse, this book covers child physical, sexual and emotional abuse; courtship violence and date rape; spouse abuse, battered women and batterers; and elder abuse.

A Guide For Partners of Incest Survivors, Ken Graber, 1991 – Attempts to provide comfort and guidance for partners in the process of recovery, by drawing from personal experience.

Violence Between Intimate Partners, Albert P. Cardarelli, 1997 - The chapters in this book provide a convincing argument that intimate violence is firmly rooted in many of the fundamental activities in which partners engage during the course of their relationships.

File Material

The CMHA library collects a number of loose materials (i.e., articles, newsletters, pamphlets, research papers, discussion papers) on many mental health subjects.

Other issues related to childhood sexual abuse would include self-abuse and multiple personality disorder.