

Tyneside Rape Crisis Centre
Sexual Assault Counselling and Information Service

Booklist
for women survivors of sexual assault
and partners/supporters

SELF HELP BOOKS

Out growing the pain: Eliana Gil , Launch Press

A small book outlining definitions, ways of coping and the effects of childhood abuse from the survivors perspective.

The courage to heal and beginning to heal: both by Ellen Bass and Laura Davis, Cedar Press

Larger book plus shorter, more accessible version: sexual abuse, effects and recovery. Many extracts of women life stories, plus useful exercises.

Courage to heal workbook: Laura Davis and Ellen Bass, Harper and Row
A companion book to the Courage to heal with some good information and many writing exercises to work through.

Strong at the broken places: Linda Sanford, Virago

A book largely based on in depth interviews with survivors of childhood abuse from a child centred perspective.

Recovery of your inner child: Lucia Cappachione, Fireside

A useful book explaining the theory of the inner child with many useful exercises.

Quest for respect: Linda Braswell, Pathfinder

Small book on effects of rape and recovery process from woman's perspective.

Chain, Chain, Change: Evelyn White, Seal Press

Small book for black women dealing with physical and emotional abuse

Breaking through: Women Aid, WAFE

Small book on effects of male violence towards women from a woman's perspective.

Sexual violence, The reality for women: London Rape Crisis Centre (1999) ISBN 0-7043-4436 X

Accessible and supportive handbook for women who have been subjected to sexual violence, with information and advice.

Flashbacks: Booklets explaining flashbacks and looking at ways of coping with them for women survivors of rape, sexual assault and childhood sexual abuse. Produced by Tyneside Rape Crisis Centre, see end of list.

Survivors guide to great sex: Staci Haines, Cleis Press (1999) ISBN 1573440795

SELF HELP BOOKS FOR YOUNG WOMEN

Too close for comfort: Hayward and Carlisle, (1991) Learning Development Aide ISBN 1-85503-074-8
Small book for young women based on real life stories with clear explanations of sexual abuse, its effects and ways forward.

Out in the open: Ouaine Bain and Maureen Saunders, (1995) Virago
Small book on the issues of sexual abuse with many examples of girls' experiences and helpful suggestions.

WOMEN SURVIVORS OWN STORIES

My father's house: Sylvia Fraser, Virago

Don't: Elly Danica, (1989) women press ISBN 0-7043-4194-8

Surviving the silence: Black women's stories of rape, Charlotte Pierce Baker, (1998) W.W. Norton ISBN 0-393-04661-3

Cry hard and swim: Jacqueline Spring, Virago

The memory bird: Eds. Caroline Malone, Linda Farthing, Lorraine Marce (1997) ISBN 1-85381-859-3

A collection of contributions from survivors of sexual abuse addressing themes such as anger, pain, confrontation, and responsibility. A testament to survivors healing, hope and strength.

BOOKS FOR NON-ABUSING PARENTS AND CARERS

When your child has been molested- A parents guide to healing and recovery: Kathryn Hagans and Joyce case (1988) ISBN 0-69-17980-9
Outlines understanding the child's reality, how to help with the investigations, the effects of disclosure on the whole family and the process of recovery.

How to cope when your child has been sexually abused: The child and family trust. Available free for parents from the trust at Fleming House, 134 Renfrew Street Glasgow G3 6ST. Tel / Fax (0141)353 2424, email: admin@ctscotland.com Website: www.cft-scotland.com

I'm strong, I'm good: Mosaic women writers group (1996)
Book written by mothers for mothers surviving the sexual abuse of their children by their partners.
Available from: Barnardos' Mosaic Project, 75 Osborne Rd. Newcastle upon Tyne, NE2 2AN.

BOOKS FOR PARTNERS AND SUPPORTERS

Allies in healing: Laura Davis (1991)
ISBN 0-06-096883-4
Practical advice and encouragement for partners and supporters of survivors of sexual abuse.

Ghosts in the bedroom: Ken Graber (1991)
ISBN 1-55874-116-X
Outlines issues and ways of supporting partners of sexual abuse survivors

The courage to heal: Ellen Bass and Laura Davis – see above
Has chapters on supporting survivors of sexual abuse as family members, partners and counsellors.

Flashbacks: Tyneside Rape Crisis Centre (available from TRCC)
Booklets for partners and supporters of women who have experienced Rape and Sexual Assault and Childhood Sexual Abuse explaining flashbacks and looking at ways of being supportive.

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