



Reading List

Sexual Trauma & Abuse

For Clients:

1. Bass, E. and Davis L. (2002). *The Courage To Heal: A Guide For Women Survivors Of Child Sexual Abuse*. New Ed. Vermilion.
2. Lerner, H. (2003). *The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships*. William Morrow Paperbacks.
3. Maltz, W. (2012). *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse*. 3rd Ed. William Morrow Paperbacks
4. Ainscough, C. (2000). *Breaking Free: Help for survivors of child sexual abuse (Insight)*. Sheldon Press.
5. Sanderson, C. (2013) *The Warrior within a One in Four Handbook to Aid Recovery from Childhood Sexual Abuse and Violence*. One in Four, 2nd Ed.
6. Boon, S., Steele, K. and Van der Hart, O. (2011). *Coping with Trauma – related Dissociation (skills Training for patients and their Therapists)*. Norton
7. Herman, JL. (1992). *Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror*. Basic books.
8. Bass, E. (2003). *Beginning to Heal: A First Book for Men and Women Who Were Sexually Abused as Children*. Rev. Ed. HarperCollins Publishers.
9. Haines, S. *Trauma is really strange*. PODS. Available online at: <http://www.pods-online.org.uk/index.php/information/pods-publications/product/cid-19>

The society for adult survivors of child abuse may be a useful resource. It has recommended reading and info on support lines, groups and other information. www.napac.org.uk



For Therapists & Clients:

Book titles dealing with Dissociative States and Trauma

1. Herman, J.L. (1992). *Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror*. Basic books.
2. van der Kolk, B. (2015). *The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma*. Penguin.
3. Kalsched, D. (1996). *The Inner World of Trauma*. Routledge.
4. Massler Davies, J. and Frawley, M.G. (1994) ***Treating adult survivors of childhood sexual abuse***. Basic books.
5. Van der Hart, O., Ellert R.S Nijenhuis, E.R.S., and Steele, K. (2006) *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization (Norton Series on Interpersonal Neurobiology)*. Norton.
6. Bromberg, M.P. (1998). *Standing in Spaces: Essays on Clinical Process Trauma and Dissociation*. The Analytic Press
7. Boon, S., Steele, K. and Van der Hart, O. (2011). *Coping with Trauma – related Dissociation (skills Training for patients and their Therapists)*. Norton
8. Pines, D. (1995). *A woman's Unconscious use of her body*. Virago Press.
9. Rothschild, B. (2003). *The Body Remembers Casebook: Unifying Methods and Models in the Treatment of Trauma and PTSD*. Norton Professional Books.
10. Rothschild, B. (2010). *8 Keys to Safe Trauma Recovery: Take-charge Strategies to Empower Your Healing*. W. W. Norton & Company.
11. Howel, E.F. (2005). *The Dissociative mind*. Routledge
12. Daitch, C. (2007). *Affect Regulation Toolbox*. Norton.
13. Lerner, H. (2003). *The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships*. William Morrow Paperbacks.
14. Forgash, C. and Copeley, M. (2008). *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy*. Springer Publishing.
15. Ogden, P., Minton, K. and Pain, C. (2006). *Trauma and the body – a Sensorimotor approach to psychotherapy*. Norton



Book titles dealing with Sexual Boundary Violations

1. Celenza, A. (2011). *Sexual Boundary Violations*. Jason Aronson.
2. Bass, E. and Davis L. (2002). *The Courage To Heal: A Guide For Women Survivors Of Child Sexual Abuse*. New Ed. Vermilion.
3. Hunter, M. (1990). *Abused boys: the neglected victims of sexual abuse*. Lexington.
4. Maltz, W. (2012). *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse*. 3rd Ed. William Morrow Paperbacks
5. Lerner, H. (2003). *The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships*. William Morrow Paperbacks.
6. Herman, JL. (1992). *Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror*. Basic books.
7. Massler Davies, J. and Frawley, M.G. (1994) *Treating adult survivors of childhood sexual abuse*. Basic books.
8. Bass, E. and Davis L. (2002). *The Courage To Heal: A Guide For Women Survivors Of Child Sexual Abuse*. New Ed. Vermilion.