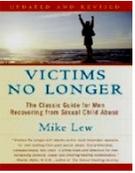
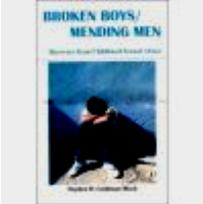
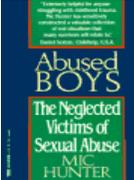
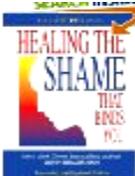
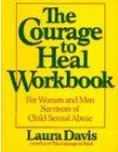


# General Coverage (GC) of Understanding Sexual Abuse, Impacts and Recovery (SH)

<p><b><u>Victims No Longer:</u></b>  <b><u>The Classic Guide for Men Recovering from Sexual Child Abuse</u></b>          By Mike Lew</p>  <p>Quill, 2004          Revised and updated 2<sup>nd</sup> edition</p>	<p style="text-align: right;"><b>GC</b></p> <p>This invaluable resource continues to offer compassionate and practical advice, supported by personal anecdotes and statements of male survivors. Victims No Longer helps survivors to:</p> <ul style="list-style-type: none"> <li>* Identify and validate their childhood experiences</li> <li>* Explore strategies of survival and healing</li> <li>* Work through issues such as trust, intimacy, and sexual confusion</li> <li>* Establish a support network for continued personal recovery</li> <li>* Make choices that aren't determined by abuse</li> </ul>
<p><b><u>"The Invisible Wound: A new approach to healing childhood sexual abuse"</u></b> by Wayne KRITSBERG.          Publisher: Backinprint.com          (February 19, 2001)</p> 	<p style="text-align: right;"><b>GC</b></p> <p>A wonderful book for those who wish to contact their inner child. Almost essential reading, as it is the child we once were that needs to do the healing work. This is a self-help manual written for those who have experienced sexual abuse in childhood. The first section discusses types of childhood sexual abuse and its possible physical, emotional, and cognitive effects. The next section analyzes the process of healing and recovery, using case histories derived from the author's clinical practice. The third section details how to keep a "healing journal," in which the reader can perform exercises in self-exploration and self-affirmation and thus begin to integrate the cognitive and emotional experiences of recovery. Though the author's explanation of how recovery occurs ranges into the metaphysical, this book should be both helpful and reassuring to survivors and valuable to therapists.</p>
<p><b><u>Broken Boys/Mending Men:</u></b>  <b><u>Recovering From Child Sexual Abuse</u></b> by Stephen D. Grubman-Black          The Blackburn Press (September 15, 2002)</p> 	<p style="text-align: right;"><b>GC</b></p> <p><i>Broken Boys/Mending Men</i> awakens us to the realities of a grave situation: boys are the victims of sexual abuse. It is estimated that one in six males suffers some form of sexual abuse as a child or teenager. In most cases the victim knows and trusts the perpetrator - most often an adult or teenage male. <i>Broken Boys/Mending Men</i> provides a frank discussion of the issue, describing the consequences of male sexual abuse and the ways that victims can find help in healing the pain. Candid first-person accounts illustrate issues commonly faced by males trying to deal with their early victimization - withdrawal, isolation, denial, the loss of security and self-esteem - and how society's traditional view of masculinity acts as a barrier to their recovery. Stephen Grubman-Black offers hope and encouragement to victims as well useful insights for parents, teachers and mental health professionals who want to know more about the effects and treatment of childhood sexual abuse.</p>
<p><b><u>Abused Boys: The Neglected Victims of Sexual Abuse</u></b>          By Mic Hunter          Edition: reprint, illustrated          Published by Fawcett Columbine, 1991</p> 	<p style="text-align: right;"><b>GC/Css</b></p> <p>An excellent self help book, with a series of survivor stories. Includes questions at the end of each chapter helping the reader relate the content to his own experience.</p> <p><a href="#">offender mentality</a>, <a href="#">many sexual abuse victims</a>, <a href="#">sadness stage</a>, <a href="#">Twelve Steps</a>, <a href="#">Sex Addicts Anonymous</a>, <a href="#">David Finkelhor</a>." A long overdue book by a psychologist who has extensive clinical experience treating male victims of child sexual abuse, it explodes the myth that sexual abuse of male children is rare, or that the consequences are less serious than for girls. Hunter examines the physical and emotional impact of abuse on its victims and the factors affecting recovery. With personal case histories of victims and their families, this is a powerfully written and meticulously researched book that is a landmark in the field of child sexual abuse literature."</p>

 <p><b><u>Beyond Betrayal: Taking Charge of Your Life After Boyhood Sexual Abuse</u></b> by Richard B. Gartner and William Pollack Published by John Wiley and Sons, 2005</p>	<p style="text-align: right;"><b>GC/SH</b></p> <p><u>Contents</u> Trust and betrayal -- Sexual abuse and manhood -- Boundaries in relationships -- Not knowing what you know, not feeling what you feel -- Betrayal in families -- Same-sex abuse and sexual orientation -- When the abuser is female -- Relating to others -- Sexuality and intimacy -- Taking charge -- Safely experiencing emotions -- Helping yourself heal -- Deciding who you are -- For families and loved ones. "Beyond Betrayal cuts through the shame, confusion, misunderstanding, and fear that so often accompany the abuse of males and replaces them with clear information. I will begin to use it immediately with my patients and think that other clinicians will do so as well." --Christine A. Courtois, Ph.D., author of Healing the Incest Wound and Recollections of Sexual Abuse "Beyond Betrayal offers men straightforward words of hope and a meaningful way to overcome the invisibility, stigma, and shame they have endured. Many men and their families will find this book a healing aid." --Jack Drescher, M.D., author of Psychoanalytic Therapy and the Gay Man "Dr. Gartner writes in a manner any reader will find accessible. Not only does he understand the topic of males, sexual abuse, and recovery, but he can explain it to those who need to know." --Dr. Mic Hunter, author of Abused Boys and editor of Adult Survivors of Sexual Abuse:</p>
<p><b><u>Wounded Boys, Heroic Men: A Man's Guide to Recovering from Child Abuse</u></b> By Daniel Jay Sonkin</p>  <p>Published by Adams Media, 1998</p>	<p style="text-align: right;"><b>GC/ SH</b></p> <p>Another well written work dealing exclusively with male survivor issues. Specifically written for men who have been physically, sexually, or psychologically abused, Wounded Boys, Heroic Men is a groundbreaking workbook for transformation. Insightful anecdotes provide relief, comfort, and hope while step-by-step instructions teach the methods by which abused men can escape the vicious cycle of abusing others. Dr. Sonkin carefully analyzes the feelings, attitudes, and behavior patterns necessary so that the healing process can take place. He describes how the abused can finally make peace with the abuser while finding inner peace. Equally important, the book will help friends and family members better understand the struggles these men face.</p>
<p><b><u>Healing the Shame that Binds You</u></b> by John BRADSHAW.</p>  <p>Edition: illustrated Published by HCI, 1988</p>	<p style="text-align: right;"><b>GC/ SH</b></p> <p>Bradshaw shows us how toxic shame is the core problem in our compulsions, co-dependencies, addictions &amp; drives to super-achieve. The result is a breakdown in the family system &amp; our inability to go forward with our lives. Bradshaw offers readers healing techniques that will help free themselves from the shame that binds them to the past.</p> <p><a href="#">The Many Faces Of Shame</a> 3 shame-based, Toxic shame, Richard Bandler</p> <p><a href="#">The Sources Of Toxic Shame</a> 25 shame-based, Alice Miller, poisonous pedagogy</p> <p><a href="#">The Hiding Places Of Toxic Shame</a> 71 consensus reality, Mental obsessing, toxic shame</p> <p><a href="#">The Externalization Process</a> 115 Scott Peck, unconditional positive regard, 12-Step program</p> <p><a href="#">Healthy Shame</a> 12-Step program, 12 Steps, functional autonomy</p>
	<p style="text-align: right;"><b>GC</b></p>

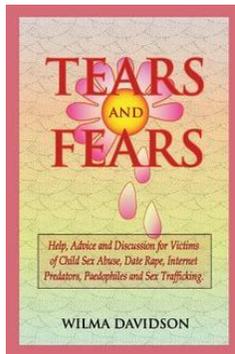
<p><b><u>Don't Tell: The Sexual Abuse of Boys</u></b>  By Michel Dorais, Isabel Denholm Meyer  Translated by Isabel Denholm Meyer  Published by McGill-Queen's Press</p> 	<p>Nearly one male in six has been the victim of sexual abuse during childhood or adolescence -- and yet this abuse remains a taboo subject, even among victims. In Don't Tell, Michel Dorais gives the victims a voice, providing a sensitive analysis of their traumas and self-questioning, and offering strategies for coping.</p> <p>Don't Tell examines the effects of sexual abuse on the emotional and sexual life of men, including their sense of self and their personal relationships. Using the first-hand accounts of victims Dorais shows that certain reactions are specific to male victims of abuse as they attempt to preserve a sense of physical integrity and masculinity. He also provides innovative strategies for both prevention and treatment that will be of use to those who have suffered abuse as well as to their families and all those who are trying to help them -- spouses, friends, social workers, and therapists.</p>
<p><b><u>The Courage to Heal Workbook</u></b></p>  <p>by Laura Davies  HarperCollins, 1990</p>	<p style="text-align: right;"><b>SH</b></p> <p>In this companion volume to "The Courage to Heal", Laura Davis has created a workbook for all women and men suffering from the effects of childhood sexual abuse.</p>

**Tears and Fears; Help, Advice and Discussion for Victims of Child Sexual Abuse, Sex Trafficking, Date Rape, Internet Predators, Chat Rooms and Paedophiles**

By [Wilma Davidson](#)

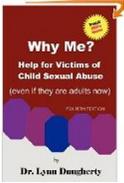
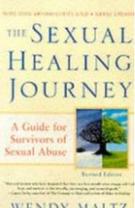
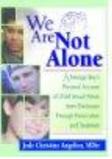
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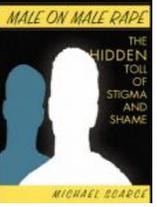
Author Wilma Davidson has been a Healer and a Therapist for twenty years and during that period has helped many patients to deal with the trauma of sexual abuse. After realising that sex abuse was a very big subject, Wilma's experience in this field encouraged her to write Tears and Fears. The book offers support to the many victims in different parts of the World who need help and understanding to find the strength to cope with memories of the trauma. Her compassion shines through this book and many readers will feel she is a Helpline in their time of need. REVIEW Tears and Fears offers the reader, in many countries, information on a range of subjects related to sex abuse. Whether the reader is a victim of sexual abuse, a date rape, an anxious parent concerned about chat-room paedophiles or sexting, there are chapters on all of those subjects. This well researched book includes chapters on sexually transmitted diseases, depression, guilt, self-harm, suicide and post traumatic stress, where the victim will find advice and reassurance. Tears and Fears includes an extensive list of helplines and contact details for charities and organisations who offer support in several languages.



Publisher: [emp3books](#)  
Age Range: [15+ years](#)

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<p><b><u>Why Me? Help for Victims of Child Sexual Abuse (Even if they are adults now).</u></b>  4th Ed. by <a href="#">Lynn, Daugherty</a> Cleanan Press, Inc.; 4 edition February 1, 2007)</p> 	<p style="text-align: right;"><b>Y/PAR</b></p> <p>Adults and adolescents who were sexually abused as children find help and healing in this classic bestseller from a respected Clinical Psychologist. Now in its fourth edition, this warm and personal, beginning guide gives you</p> <ul style="list-style-type: none"> <li>→ answers to child sexual abuse questions</li> <li>→ stories of male and female victims</li> <li>→ insights into sexual abusers</li> <li>→ explanations of effects on victims</li> <li>→ step-by-step guidance to begin your recovery</li> <li>→ resources for additional assistance</li> </ul>
 <p><b><u>The Sexual Healing Journey</u></b>  By <a href="#">Wendy Maltz</a>  <a href="#">HarperCollins</a>  August 2001</p>	<p style="text-align: right;"><b>Rel/GC/ SH</b></p> <p>In this book, Wendy Maltz helps survivors of sexual abuse achieve the loving and safe sexual lives they so richly deserve, taking them step-by-step through one of the most challenging aspects of recovery. Based on the author's clinical work, interviews, survey results, and workshops, this guide is filled with first-person accounts of men and women at every stage of sexual healing and includes groundbreaking exercises and techniques for survivors to work on alone or with their partners.</p>
<p><b><u>We Are Not Alone: A Teenager Boy's Personal Account of CSA...</u></b></p>  <p>by Jade Angelica  Haworth Maltreatment &amp; Trauma Press, 2002</p>	<p style="text-align: right;"><b>Y/Par</b></p> <p><b><i>We are Not Alone: A teenage boy's personal account of child sexual abuse from disclosure through prosecution and treatment.</i></b> Any teenage boy who discloses sexual abuse is facing an emotional ordeal. This workbook can help him understand and endure the process. As it tells the first-person story of Joe, whose neighbour molested him, it offers an opportunity to discuss emotional issues, learn the fact of the process, and gain the sense of solidarity and support so crucial to the recovery of abused children. This book is also available as a companion volume for therapists, teachers, legal and law enforcement professionals and parents.</p>
<p><b><u>Surviving Childhood Sexual Abuse</u></b>  <b><u>Workbook</u></b></p>  <p>Publisher: Da Capo Press;  Workbook edition  (December 27, 2000)</p> <ul style="list-style-type: none"> <li>•</li> </ul>	<p style="text-align: right;"><b>SH/I</b></p> <p>The practical companion for Surviving Childhood Sexual Abuse. The Surviving Childhood Sexual Abuse Workbook guides male and female survivors through a series of exercises, charts and checklists aimed at recognizing, understanding and working on the problems resulting from childhood sexual abuse. The exercises are divided into four parts:</p> <p>Beginnings: Understanding your Present Problems and Keeping Safe  Guilt and Self Blame  Feelings about Yourself and Others  Looking to the Future</p>

<p><b><u>Men Surviving Incest: A Male Survivor Shares the Process of Recovery</u></b> by <a href="#">T. Thomas</a> <b>Publisher: Self Esteem Shop II (August 1989)</b></p> 	<p style="text-align: right;"><b>SO/Impacts</b></p> <p>The incidence of sexual abuse of boys remains less documented although a recent study estimates that boys are at five times greater risk of sexual abuse out of the home than their female counterparts. This groundbreaking book, written by a male survivor, makes explicit the isolation and stigmatization of male survivors and discusses the fear and conflict of disclosure. Men and women survivors share many common concerns such as guilt, isolation, shame and low self-esteem. In addition, the issues unique to male survivors are discussed in a candid and sensitive manner.</p>
<p><b><u>Evicting the Perpetrator: A Male Survivor Guide to Recovery From Childhood Sexual Abuse</u></b> <b>Ken Singer 2010</b></p> 	<p style="text-align: right;"><b>O /Impacts/GC</b></p> <p><b><i>Understanding the perpetrator's 'mode of operating' that makes a victim/survivor feel the way they do and the impacts of the offender's abuse on males over their lives.</i></b> A male sex abuse victim will typically spend, not invest, SPEND, WASTE if you will, all of his life trying to eject and literally dispossess himself of his perpetrator and what feels like the perpetrator's irreparable damage. The abuser perpetually lives rent-free in the victim's mind, influencing, controlling, and continuously dulling every last ounce of his life. Childhood sexual abuse truly blurs and discolors every last facet of one's life. Healing seems like an illusion at best. Ken Singer does this in a logical, concrete, very detailed, and easy-to-understand manner that pretty much anyone can readily comprehend. This book is an eye-opener as it attempts to answer just about any questions or concerns a male victim may have about this issue and its resolution process. Furthermore, this book speaks to EVERYONE: the victim, the survivor, the perpetrator, the therapist, the family, friends, partners, other professionals</p>
<p><b><u>"Is That You Daddy?"</u></b> <b>By <a href="#">Peter Haynes</a></b> <b>August 1998</b></p> 	<p style="text-align: right;"><b>O</b></p> <p>Written by ex-CIB Detective Peter Haynes, 'Is That You Daddy?' is a book about child abuse from a police officer's perspective.</p>
<p><b><u>Male on Male Rape</u></b> <b><u>The Hidden Toll of Stigma and Shame</u> By <a href="#">Michael Scarce</a></b> <b>October 2001</b></p> 	<p style="text-align: right;"><b>SO/Impacts</b></p> <p>A groundbreaking examination of a vastly unrecognized though widely prevalent form of violence. Male on Male Rape shatters the silence and offers concrete strategies for prevention and recovery.. Rape education professional and rape survivor Scarce makes a strong case here for the importance of knowledge and understanding for male victims of rape. This study for the presumably small sector of society directly affected by male-on-male rape does not cover assaults on boys and teenagers or female rape of males. Drawing on interviews he conducted with 24 male rape victims and other sources, the author points out the detrimental effects of homophobia in society at large and also of the association of rape predominantly with women, both among the general population and in rape crisis centers themselves.</p>