

Book list

Here is a list of books that you may find useful. If you purchase any of the books (or any other products) through our website, via the link to Amazon, NAPAC will receive 10.5% of the cover value from them.

Self Help

<p>The Drama of Being a Child: The Search for the True Self (Alice Miller)</p> <p>Miller has rewritten most of this book in the light of her move beyond the framework of psychoanalysis. In this version, Miller details how we can use her discoveries to help free ourselves. She illustrates, with many examples, how it is possible to recover lost feelings and repressed history, ending with a healthy beginning.</p> <p>Paperback 174 pages (April 27, 1995) Publisher: Virago Press ISBN: 1860491014</p>	<p>Breaking Free: Help for Survivors of Child Sexual Abuse (Carolyn Ainscough, Kay Toon)</p> <p>This manual is designed to help survivors of child sexual abuse. It updates the first edition, and investigates all the effects of child sexual abuse, which often persist into adult life - guilt and shame, depression and anxiety, eating disorders, fear of relationships and sexual problems.</p> <p>Paperback 266 pages (April 2000) Publisher: Sheldon Press ISBN: 0859698106</p>
<p>Overcoming Sexual and Childhood Abuse (Liz Adamson)</p> <p>This book is in two parts. Part one looks at all the patterns and issues associated with abuse. Part two provides processes and exercises designed to rid abuse victims of the negative aspects of the past. This can be done by individuals or within a group context. Liz Adamson is a leading UK life coach and self help author.</p> <p>Paperback 154 pages (March 1, 2004) Publisher: Diviniti Publishing Ltd ISBN: 1901923525</p>	<p>The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse (Ellen Bass, Laura Davis)</p> <p>Based on the experiences of hundreds of survivors, this work profiles victims who share the challenges and triumphs of their personal healing processes. It offers mental, emotional and physical support to all people who are in the process of rebuilding their lives.</p> <p>Paperback 495 pages (April 11, 2002) Publisher: Vermilion ISBN: 0091884209</p>
<p>The Male Survivor - The impact of sexual abuse (Matthew Parynick Mendel)</p> <p>Mathew Mendel presents the findings of the first American survey of male survivors of childhood sexual abuse. He examines the long term effects and dispels many myths. He shows that male victims need to be acknowledged and understood through their recovery process.</p> <p>Paperback 264 pages (December 30, 1994) Publisher: Sage Publications (USA) ISBN: 0803954425</p>	<p>The Courage to Heal Workbook: For Women and Men Survivors of Child Sexual Abuse (Laura Davis)</p> <p>As a step-by-step guide through the healing process, this workbook offers provides same directional support as its companion bestseller, Courage to Heal. The workbook is a combination of checklists, open-ended questions, writing exercises, art projects, and activities.</p> <p>Spiral-bound 475 pages (February 1, 1990) Publisher: HarperCollins ISBN: 0060964375</p>
<p>Victims No Longer- The Classic Guide for Men Recovering from Sexual Child Abuse (Mike Lew)</p> <p>Mike Lew's book positively shows that hope, information, and understanding will lead to recovery. With insight into the causes and treatment, intelligent advice, and respect for deep emotions, you feel you're in compassionate hands that have steered many success stories of recovery.</p> <p>Paperback 464 pages (May 1, 2004) Publisher: Perennial ISBN: 006053026X</p>	<p>The Right to Innocence: Healing the Trauma of Childhood Sexual Abuse (Beverly Engel)</p> <p>Based on the author's wide-ranging counselling experiences, this book provides a seven-step recovery program for men and women who were sexually abused as children, helping them heal and face a positive future.</p> <p>Paperback 252 pages (August 1, 1991) Publisher: Ivy Books ISBN: 0804105855</p>
<p>Breaking Down the Wall of Silence: To Join the Waiting Child (Alice Miller, Simon Worrall)</p> <p>Miller and Worrall analyse people such as Hitler and Nicolae Ceasescu - drawing on her own painful childhood experiences, Miller argues the point that 'The culture that ignores roots of hatred and tyranny embedded in its own childrearing traditions renders itself ripe for payback.' This book deals with child abuse studies and how dictators can be shaped from societies that endure this behaviour.</p> <p>Paperback 191 pages (November 6, 1997) Publisher: Virago Press ISBN: 1860493475</p>	<p>The Survivors Guide to Sex (Staci Haines)</p> <p>Everyone who wishes to be able to enjoy sex after the pain of abuse will find help here. It is also an essential aid for anyone who is having sex with someone who has been through the trauma of non-consensual abuse. It is informative, sensitive and very well written. Its chapters cover areas such as personal triggers, communication of fears, letting go of the physical trauma, and more. It also includes a comprehensive resource section.</p> <p>Paperback 200 pages (April 1, 1999) Publisher: Cleis Press ISBN: 1573440795</p>

Stories by survivors of abuse

<p>The Golly in the Cupboard (Phil Frampton)</p> <p>Phil Frampton's memoir is a dramatic and gripping detective story of a man who goes in search of the background to his parentless childhood spent in foster care, institutions and bed sits. Using letters and official records, he unfolds an odyssey of love, rejection, racism, cruelty, joy, bravery, lies and deception, and reveals his reactions to his discoveries.</p> <p>Paperback 302 pages (May 20, 2004) Publisher: Tamic Publications ISBN: 0954764900</p>	<p>I Know Why the Caged Bird Sings (Maya Angelou)</p> <p>Ms. Angelou paints a picture not only of her own life but of all young women who have had to struggle up from poverty by the strength of their own will. Her courage in coming forth with her story of sexual abuse has empowered and inspired generations of young women.</p> <p>Hardcover 197 pages (July 1, 1998) Publisher: Chelsea House Publishers ISBN: 0791047733</p>
<p>An Invisible Child (Jo Evans)</p> <p>This book is recommended reading this to anyone abused in childhood, has been affected by it or for anyone who is seeking courage. It focuses on the way the author and other victims successfully stood up and disputed the law on plea bargaining. It is written in clear and accessible language.</p> <p>Hardcover 112 pages (August 2003) Publisher: The Book Guild Ltd ISBN: 1857767179</p>	<p>Strong at the Broken Places: Overcoming the Trauma of Child Abuse (Linda T. Sanford)</p> <p>This book challenges the idea that childhood victims are caught forever in the vicious circle of abuse. In 17 years of working with victims and survivors, the author discovered that most survivors break free from the patterns of victimization. Over 20 people were interviewed in depth for this book.</p> <p>Paperback 224 pages (August 29, 1991) Publisher: Virago Press ISBN: 1853813745</p>
<p>A Child's Cry (Kathleen Lamprell)</p> <p>A book of poetry about Kathy Lamprell's survival of child abuse. Paperback 92 pages Publisher: Lulu ISBN: 1-4116-3354-7</p>	

Self Injury

<p>A Bright Red Scream: Self-mutilation and the Language of Pain (A Virago V) (Marilee Strong, Armando R. Favazza)</p> <p>This book aims to provide both hope and help to people who self-injure. There are ways to heal both the internal and external wounds. Fifty-plus self-injurers from across the U.S. (and in the U.K., Canada, and Australia) bravely shared their stories with the author and helped her to understand this very complex phenomenon.</p> <p>Hardcover 232 pages (October 1, 1998) Publisher: Viking/Allen Lane ISBN: 0670877816</p>	<p>Healing the Hurt Within: Understand Self-Injury and Self-Harm, and Heal the Emotional Wounds (Jan Sutton)</p> <p>Hardcover 256 pages (May 27, 2005) Publisher: How To Books ISBN: 1845280369</p> <p>Self-Injury: When Pain Feels Good (Resources for Changing Lives) (Edward T. Welch)</p> <p>Paperback 28 pages (March 1, 2004) Publisher: P & R Publishing ISBN: 0875526977</p>
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For partners/loved ones

<p>Living with the Legacy of Abuse: How to Make Your Relationship Work When Your Partner Is a Survivor of Childhood Sexual Abuse (Beverly Engels)</p> <p>This book presents essential information on abuse, the recovery process, and the resultant responses of the survivor. Engel summarises the types of support that the survivor needs. It covers the reactions that survivors experience during the recovery period and how to deal with them.</p> <p>Paperback 219 pages (April 29, 1998) Publisher: Camden Press ISBN: 0948491531</p>
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For Professionals

<p>Multiple Selves, Multiple Voices: Working with Trauma, Violation and Dissociation (Wiley Series in Clinical Psychology) (Phil Mollon)</p> <p>A good introduction to the area of Dissociation.</p> <p>Paperback 228 pages (April 17, 1996) Publisher: John Wiley and Sons Ltd ISBN: 0471963305</p>	<p>Understanding Trauma: A Psychoanalytical Approach (Caroline Garland)</p> <p>A good introduction to the area of trauma.</p> <p>Paperback 256 pages (July 2002) Publisher: Karnac Books ISBN: 1855759772</p>
<p>Transforming Trauma: Guide to Understanding and Treating Adult Survivors of Child Sexual Abuse (Anna C. Salter)</p> <p>A balanced account of perpetrator and victim psychology, and treatment approaches.</p> <p>Paperback 360 pages (August 30, 1995) Publisher: Sage Publications (USA) ISBN: 080395509X</p>	<p>Treating Victims of Torture and Violence: Theoretical, Cross-cultural and Clinical Implications (Peter Elsass)</p> <p>This is a helpful textbook on cross-cultural issues and on eroded personal boundaries. The book deals with a neglected area of psychiatry. Dr. Elsass has done a great deal of work in this area and has thought a great deal about the topic. His book contains much useful and interesting information.</p> <p>Hardcover 256 pages (December 31, 1997) Publisher: New York University Press ISBN: 0814722016</p>

<p>The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Babette Rothschild)</p> <p>This book highlights the importance of understanding the psychophysiology of trauma for both therapists and their traumatised clients.</p> <p>Paperback 224 pages (October 1, 2000) Publisher: W.W. Norton & Company Ltd ISBN: 0393703274</p>	<p>Torture and Its Consequences: Current Treatment Approaches (Metin Basoglu)</p> <p>A rounded account of interventions for victims of torture.</p> <p>Hardcover 551 pages (January 7, 1999) Publisher: Cambridge University Press ISBN: 0521392993</p>
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Faith

This list has been compiled by Margaret Kennedy; Founder and Co-ordinator of MACSAS- Minister and Clergy Sexual Abuse Survivors.

<p>Out of Bounds; Sexual exploitation in counselling and therapy (Janice Russell)</p> <p>Paperback 160 pages (March 30, 1993) Publisher: Sage Publications Ltd ISBN: 0803985347</p>	<p>Sex, Priests and Power; Anatomy of a crises (Richard Sipe)</p> <p>Hardcover 224 pages (November 14, 1996) Publisher: Continuum International Publishing ISBN: 0304346381</p>
<p>A Secret World: Sexuality and the Search for Celibacy (Richard Sipe)</p> <p>Paperback 336 pages (December 1990) Publisher: Brunner/Mazel ISBN: 0876305850</p>	<p>Faith Born of Seduction: sexual trauma, body image and religion (Jennifer Manlowe)</p> <p>Paperback 230 pages (August 1, 1995) Publisher: New York University Press ISBN: 0814755291</p>
<p>At Personal Risk: boundary violations in a professional - client relationship (Marilyn Peterson)</p> <p>Hardcover 208 pages (April 1, 1992) Publisher: W.W. Norton & Company Ltd ISBN: 0393701387</p>	<p>Is Nothing Sacred? The story of a Pastor, the woman he sexually abused, and the congregation he nearly destroyed (Marie Fortune)</p> <p>Paperback 163 pages (March 1, 1999) Publisher: United Church Press ISBN: 0829812709</p>
<p>Victim to Survivor: Women recovering from Clergy Sexual Abuse (Nancy Werking Poling)</p> <p>Paperback 122 pages (February 1, 1999) Publisher: United Church Press ISBN: 0829813233</p>	<p>Before the Fall: Preventing Pastoral Sexual Abuse (Nils C. Friberg, Mark R. Laaser)</p> <p>Paperback 160 pages (January 1, 1998) Publisher: The Liturgical Press ISBN: 0814623913</p>
<p>Christianity, Patriarchy and Abuse: A Feminist Critique (Joanne Carlson Brown, Carole R Bohn)</p> <p>Paperback 173 pages (October 1993) Publisher: Pilgrim P, US ISBN: 0829808086</p>	<p>Sex in the Forbidden Zone: When Therapists, Doctors, Clergy, Teachers and Other Men in Power Betray Women's Trust (Peter Rutter)</p> <p>Paperback 240 pages (January 9, 1995) Publisher: Aquarian Press ISBN: 1855384604</p>
<p>Boundary Wars: Intimacy and Distance in Healing Relationships (Katherine H. Ragsdale)</p> <p>Paperback 264 pages (July 1996) Publisher: Pilgrim Press ISBN: 0829811184</p>	<p>Breach of Trust: Sexual Exploitation by Health Care Professionals (John C. Gonsiorek (Editor))</p> <p>Paperback 456 pages (December 30, 1994) Publisher: Sage Publications (USA) ISBN: 080395557X</p>
<p>Understanding Clergy Misconduct in Religious Systems: Scapegoating, Family Secrets, and the Abuse of Power (Candace Reed Benyei)</p> <p>Paperback 197 pages (August 1, 1998) Publisher: Haworth Press, Inc ISBN: 0789004526</p>	<p>The Abuse of Power: A Theological Pattern (James Newton Poling)</p> <p>Paperback 224 pages (December 1, 1991) Publisher: Abingdon Press ISBN: 0687006848</p>
<p>The Cry of Tamar: Violence Against Women and the Church's Response (Pamela Cooper-White)</p> <p>Paperback 320 pages (June 1995) Publisher: Augsburg Fortress Publishers ISBN: 080062730X</p>	<p>Sex in the Parish (Karen Lebacqz, Ronald Barton)</p> <p>Paperback 279 pages (September 1, 1991) Publisher: Westminster John Knox Press ISBN: 0664250874</p>
<p>Ethics in Pastoral Ministry (Richard M. Gula)</p> <p>Paperback 176 pages (March 1996) Publisher: Paulist Press ISBN: 0809136201</p>	<p>Ungodly Fear: Fundamentalism Christianity and the Abuse of Power (Stephen Parsons)</p> <p>Hardcover 320 pages (April 3, 2000) Publisher: Lion Publishing PLC ISBN: 0745942881</p>
<p>Clergy or Minister sexual exploitation of adults in the Pastoral relationship; what you need to know Leaflet by Margaret Kennedy and produced by MACSAS. 100 copies £10.</p> <p>MACSAS, PO Box 46933, London, E8 1XA</p>	<p>Wolves Within the Fold: Religion, Leadership and Abuses of Power (Anson Shupe (Editor))</p> <p>Paperback 272 pages (February 1997) Publisher: Rutgers University Press ISBN: 0813524903</p>

Eating Disorders

<p>Binge No More: Your Guide to Overcoming Disordered Eating (Joyce D. Nash)</p> <p>Paperback 168 pages (February 2000) Publisher: New Harbinger Publications ISBN: 1572241748</p>	<p>Breaking Free from Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers (Janet Treasure)</p> <p>Paperback 160 pages (November 3, 1997) Publisher: Psychology Press ISBN: 0863777600</p>
<p>Getting Better Bit(e) by Bit(e): Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders (Ulrike Schmidt, Janet Treasure, Tom Treasure (Illustrator))</p> <p>Paperback 160 pages (September 15, 1993) Publisher: Psychology Press ISBN: 0863773222</p>	<p>Bulimia Nervosa and Binge-eating: A Guide to Recovery (Peter Cooper, Christopher Fairburn)</p> <p>Paperback 160 pages (July 9, 1993) Publisher: Constable and Robinson ISBN: 1854871714</p>

Depression

<p>Overcoming Depression (Paul Gilbert)</p> <p>Paperback 352 pages (May 2000) Publisher: Constable and Robinson ISBN: 1841191256</p>	<p>Staying Sane: How to Make Your Mind Work for You (Raj Persaud)</p> <p>Paperback 609 pages (May 1, 2001) Publisher: Bantam ISBN: 0553813471</p>
<p>Born to Win: Transactional Analysis with Gestalt Experiments (Muriel James, Dorothy Jongeward)</p> <p>Paperback 320 pages (September 1, 1996) Publisher: Da Capo Press ISBN: 0201590441</p>	<p>Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You (Richard O'Connor)</p> <p>Paperback 358 pages (January 1, 1999) Publisher: G P Putnam's Sons ISBN: 0425166791</p>
<p>What to Do When Someone You Love Is Depressed (Mitch Golant)</p> <p>Paperback 192 pages (April 1, 1998) Publisher: Henry Holt ISBN: 080505829X</p>	<p>Prozac Nation: Young and Depressed in America - A Memoir (Elizabeth Wurtzel)</p> <p>A Biography of a depression sufferer.</p>
<p>How You Can Survive When They're Depressed: Living and Coping with Depression Fallout (Anne Sheffield)</p> <p>Paperback 320 pages (May 1, 1999) Publisher: Crown Publications ISBN: 0609804154</p>	<p>Paperback 336 pages (March 1, 1996) Publisher: Quartet Books Ltd ISBN: 0704380080</p>

Disassociation

<p>The Body Bears the Burden: Trauma, Dissociation, and Disease (Robert C. Scaer)</p> <p>Paperback 278 pages (December 31, 2001) Publisher: Haworth Press, Inc ISBN: 0789012464</p>

Incest

<p>A God called Father: One Woman's Recovery from Incest and Multiple Personality</p> <p>Paperback 236 pages (April 3, 2002) Publisher: 1st Books Library ISBN: 0759661464</p>	<p>Healing the Incest Wound: Adult Survivors in Therapy (Christine A. Courtois)</p> <p>Paperback 414 pages (March 1996) Publisher: W.W. Norton & Company Ltd ISBN: 0393313565</p>
<p>The Woman Inside: A Resource Guide Designed to Lead Women from Incest Victim to Survivor</p> <p>Paperback 145 pages Publisher: Mother Courage Press ISBN: 0941300137</p>	

Online Reading Lists

For more information, check out the NSPCC's recommended reading list for adults abused as children on their website:

<http://www.nspcc.org.uk/Inform>

- Click on the "Library" link in the top left.
- Then click on "reading lists" down the left hand side.
- Then click on the highlighted "reading lists" in the centre of the page.
- Then click on the top link that comes up: "Adults abused as children: a reading list".
- There may also be other links that are relevant to your experience – have a browse until you find what you're looking for.

You may also want to have a look at the DABS (Directory and Book Services) website as they specialise in "The specialist, confidential mail-order service for people who've been abused, and those who live or work with us."

<http://www.dabsbooks.co.uk>

- Click on the link for "DABS On-line Bookstore".
- Browse the various lists.