

Sexual Abuse

Online resources on family violence prevention

This refers to a Government of Canada website which offers an excellent series of booklets on sexual abuse for children, youth, siblings, partners, etc. (scroll down and look for the navy blue icons/booklets):

<https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/prevention-resource-centre/children/information-sheets-booklets.html#child-abuse-children-exposed>

Books

1. *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse*
Wendy Maltz; 2012
2. *Victims No Longer: The Classic Guide for Men Recovering from Sexual Child*
Mike Lew; 2004
3. *Surviving Childhood Sexual Abuse: Practical Self-help For Adults Who Were Sexually Abused As Children*
Carolyn Ainscough and Kay Toon; 2000
4. *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*
Ellen Bass and Laura Davis; 2008
5. *The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse*
Dan Allender and Karen Lee-Thorp; 2018
6. *Beyond Betrayal: Taking Charge of Your Life after Boyhood Sexual Abuse*
Richard B. Gartner; 2005
7. *Healing Sexually Betrayed Men and Boys: Treatment for Sexual Abuse, Assault, and Trauma*
Richard B. Gartner; 2017
8. *The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse*
Raychelle Cassada Lohmann PhD LPC and Sheela Raja PhD; 2016

9. *Healing Steps: A Gentle Path to Recovery for Survivors of Childhood Sexual Abuse*
Sharyn Higdon Jones; 2018
10. *Healing from the Trauma of Childhood Sexual Abuse: The Journey for Women*
Karen A. Duncan; 2004
11. *Survivors & Partners: Healing the Relationships of Sexual Abuse Survivors*
Paul A. Hansen Ph.D.; 2013
12. *It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion*
Beverly Engel; 2015
13. *Released: Overcoming Sexual Trauma Workbook*
Dr. Paul G. Helton and Taraleigh Stemler MMFT; 2016
14. *How Long Does It Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families*
Cynthia L. Mather, Eliana Gil, et al.; 2014
15. *Healing Victims Of Sexual Abuse*
Paula Sandford; 2009
16. *Repair Your Life: A Program for Recovery from Incest & Childhood Sexual Abuse*
Marjorie McKinnon and Vincent J. Felitti; 2015
17. *When A Man You Love Was Abused*
Cecil Murphey; 2010
18. *Helping Your Child Recover from Sexual Abuse*
Caren Adams and Jennifer Fay; 1992
19. *Free of the Shadows – Recovering from Sexual Violence*
Caren Adams and Jennifer Fay; 1989
20. *Complex PTSD: From Surviving to Thriving: A Guide and Map for Recovering from Childhood Trauma*
Pete Walker; 2013

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