

# A Sexual Abuse and Assault Therapy RESOURCE GUIDE

Working with Children, Adolescents, and Families



Washington Coalition of Sexual Assault Programs



**A Sexual Abuse and Assault Therapy  
RESOURCE GUIDE**

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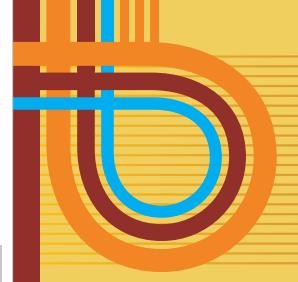
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## INTRODUCTION

Sometimes we are so busy walking the path of our daily lives that we don't have the time to go exploring for resources. We hope this resource guide will support you in your journey working with children and teens who have been sexually assaulted and their nonoffending family members. The resources in this guide were supplied by therapists across the state doing this work.

For convenience, we have chosen to use the word "parent" to describe nonoffending parents, caregivers or anyone functioning in a parental role to children or teens who have been abused.

Some of the resources are designed to help therapists expand their own knowledge, while others are intended to be read, viewed or used by clients (or the parents of clients) themselves. Many therapists find that being able to recommend books, articles, or videos to clients augments the therapy process and helps people to have the knowledge that supports their recovery.

These resources are the ones that the therapists involved in this project have found to be most useful for themselves and their clients. It is our hope that professionals will find this guide to be a helpful tool in their work.

This document will also be on our website ([www.wcsap.org](http://www.wcsap.org)). While you are on the website, please check out the library resources available to WCSAP members.

## **CONSIDERATIONS FOR USING THIS RESOURCE GUIDE**

This Guide is divided into five sections with resources for:

- » Professionals Working with Children and Families**
- » Professionals Working with Adolescents Clients**
- » Child Clients Who Have Been Sexually Abused**
- » Adolescent Clients Who Have Been Sexually Abused**
- » Parents and Caregivers of Children Who Have Been Sexually Abused**

The first two sections are intended to help you with your work with the above listed populations. You may also feel comfortable sharing some of these resources with certain clients.

The last three sections are intended to be shared with the child, adolescent, or parents. You may decide that some children are ready for resources listed in the adolescent section and some adolescents may benefit from resources in the child or parent sections. As the therapist, you will determine when and with whom to use each resource.

We know that some of the resources are older but it was determined by the therapists working on this project that they are still relevant and useful. We also understand that this resource guide may be missing your favorite book, article, video or website.

On the path to discovering new resources, you will find all sorts of great treasures. Please take a few minutes to read through this guide. Within each section you will find:

- Books
- Articles
- Activities
- Exercises
- DVDs
- Websites
- Training resources

Resources identified as “Highly recommended” were listed as such by more than half of the therapists working on this project.

Most of the resources are easy to search and order. Some have limited ordering options so we have included the ordering information in their listing.

While working on this project, we found it interesting how few duplicate resources were submitted by the therapists. That made us realize how many different ways there are to provide services to these children, adolescents and their family members. We all know that victims who are believed and supported usually have an easier journey to recovery and everyone working in the field of sexual assault and abuse plays a role in that journey. The more tools we all have and the multiple resources in your therapy tool box may just make that journey a little shorter.

***Thank you for the work you do!***





## INTENDED AUDIENCE:

### Professionals Working with Children & Families

**Note:** Some of these books may also be helpful for parents; if so, this is noted in the listing. Many of the books in the other listing sections are useful for clinicians to read for their own professional development, as well as to share with clients.

» **The APSAC Handbook on Child Maltreatment by APSAC, 2nd Edition (book)**

Comprehensive handbook on all forms of abuse and neglect for any professionals dealing with children. Provides research and resources on legal and psychological aspects of abuse and includes information on community approaches to prevention.

» **Assessment-Based Treatment for Traumatized Children (website) <http://www.taptraining.net>**

This website contains a manual, an online course, and other resources to teach the TAP (Trauma Assessment Pathway) assessment-based treatment process for traumatized children.

» **Banishing Night Terrors and Nightmares: A Breakthrough Program to Heal the Traumas That Shatter Peaceful Sleep by Christopher Carranza & Jane Rogers Dill (book)**

Useful for professionals to read in order to provide important information to clients. May also be given directly to clients. Most people find this book helpful for reducing and coping with night terrors and nightmares.

» **Blending Play Therapy with Cognitive Behavioral Therapy: Evidence-Based and Other Effective Treatments and Techniques by Athena Drewes (book)**

Helps clinicians combine cognitive behavioral therapy (CBT) with play therapy for younger clients. Provides a comprehensive approach to the need to integrate play in CBT with children. Each chapter is written by a different author and integrates theory with practical ideas. Some chapters contain current research on evidence-based approaches.

**»The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment by Babette Rothschild (book)**

Primarily aimed at professionals, but may be of use to some older clients and parents as well. Provides an excellent explanation of why trauma affects us so deeply. Explains the importance of “body memories” in trauma processing and discusses ways to help clients to integrate dysfunctionally stored cellular memories. Provides an understandable and useful overview of trauma theory; serves to help close the learning gap between theory and application.

**»The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist’s Notebook – What Traumatized Children Can Teach Us About Loss, Love, and Healing by Bruce Perry & Maia Szalavitz (book)**

Highly recommended for clinicians and parents. Early-career therapists may particularly benefit from the portrayal of the needs of traumatized children. Clearly explains exactly how trauma affects children and how it stunts or delays their emotional development. Conveys a message of hope.

**»CAC Directors’ Guide to Mental Health Services for Abused Children (report available online at [http://nctsn.org/nctsn\\_assets/pdfs/CAC\\_Directors\\_Guide\\_Final.pdf](http://nctsn.org/nctsn_assets/pdfs/CAC_Directors_Guide_Final.pdf))**

Excellent, wide-ranging resource about the mental health issues faced by children who have been abused (including a particularly helpful section on disclosure issues), characteristics of effective treatment, and information about evidence-based practices. Useful for any mental health practitioner or professional responsible for coordinating mental health treatment for sexually abused children.

**»Casebook of Sexual Abuse Treatment by William Friedrich (book)**

An older book (1991) that is still useful for new therapists and those new to the treatment of sexual abuse. Case presentations demonstrate approaches to working with sexually abused children. Clinicians should review updated research on therapeutic effectiveness before choosing a specific approach from this book.

**»Child Abuse and Culture: Working with Diverse Families by Lisa Aronson Fontes (book)**

Highly recommended for professionals and students; a “must-read” for anyone who works with children and families. Recommended as a yearly read to re-examine cultural sensitivity and awareness. Enlightening resource, contains great information regarding agency cultural competency.

**»Child Abuse Trauma: Theory and Treatment of the Lasting Effects by John Briere (book)**

Provides a strong theoretical foundation for treating adult survivors of child sexual abuse. Clearly written, well organized and understandable. Provides an overview of the impact of abuse on children and implications for adult survivors. Great for any therapist or human services worker who wants to increase skills in assisting abuse survivors.

**»Child Art Therapy: Understanding and Helping Children Grow Through Art by Judith Rubin (book)**

Valuable information about different techniques to use with children. Clinicians can select ideas from this book in order to incorporate art activities into a more comprehensive therapeutic process.

**»Child Interview Guide by Harborview Center for Sexual Assault and Traumatic Stress and Washington State Criminal Justice Training Commission (book)**

While clinicians should not play the role of an investigative interviewer, this book helps therapists learn how to use open-ended questions and avoid leading questions. It also has some good general information about rapport building with young children.

**»Child Sexual Abuse: Disclosure, Delay, and Denial by Margaret-Ellen Pipe, Michael Lamb, Yael Orbach & Ann-Christin Cederborg (book)**

Great resource. Gives legally and clinically sound information and research data about delayed disclosure; explains that delay is not an indication of lying on the part of the victim.

**» Children and Young People Who Sexually Abuse: New Theory, Research and Practice Developments by Martin Calder (book)**

Addresses theory and research development, engagement with young people, assessment, practice issues, management and treatment options and outcomes. Useful for professionals who have a desire to learn about research on theory and practice in working with youth who exhibit sexual behavior problems.

**» Children with Sexual Behavior Problems: Family Based, Attachment–Focused Therapy by William Friedrich (book)**

Some information may be useful for parents as well as professionals. Good for assessing what is normal behavior and how to help with behavioral problems. Includes research findings, clinical case studies, and assessment tools. Provides guidelines for evaluation and diagnosis along with forms for clinicians and clients to structure therapeutic work. Useful for graduate students to learn a theoretical perspective on treating children with sexualized behaviors.

**» The Clinical Interview of the Child by Stanley Greenspan (book)**

Includes techniques for helping clinicians to support children to identify feelings, thoughts, and behaviors in treatment. Helps with organization and conceptualization of diagnostic impressions.

**» The Coping Skills Workbook by Lisa Schab & Andy Myer (book)**

Intended to be used in conjunction with therapy. Wonderful resource for children approximately ages 8 to 11 to assist in identifying and using healthy coping skills. Parents may find some content useful.

**» Creative Interventions for Troubled Children and Youth by Liana Lowenstein (book)**

Workbook with activities for children that can be used in treatment. Includes a wide range of ideas for use with diverse clinical population. Wonderful skill–development activities are on target with the latest research and evidence–based practice. Highlights various skills, such as anger management and self–esteem building, in a fun and creative way.

**» Creative Interventions with Traumatized Children by Cathy Malchiodi (book)**

Highly acclaimed book, grounded in research on trauma therapy. Provides specific strategies for clinicians to reach children affected by trauma. The contributors suggest a range of expressive therapeutic techniques, incorporating music, drama, and art. Several chapters address interventions for groups and families. This resource promotes resilience and honors the diverse needs of children affected by trauma.

**» The Crisis Counseling and Traumatic Events Treatment Planner by Tammi Kolski, Michael Avriette & Arthur Jongsma (book)**

Time-saving resource for treatment planning ideas. Contains prewritten goals, objectives, and interventions.

**» EMDR and the Art of Psychotherapy with Children: Treatment Manual and Text by Robbie Adler-Tapia & Carolyn Settle (book)**

Approved by Francine Shapiro (originator of EMDR), this set provides detailed information on using EMDR in the treatment of traumatized children.

**» Essentials of Play Therapy with Abused Children by Eliana Gil (book and DVD)**

Guide for therapists interested in learning more about play therapy. Video manual gives information about child abuse, play therapy with abused and neglected children, selecting toys for your play room and great play therapy techniques. Older book, but helpful for reference and treatment review, learning about how play therapy can be integrated into cognitive therapy. Of course, clinicians need advanced training to use play therapy effectively.

**» Exploring Feelings: Anger: Cognitive Behaviour Therapy to Manage Anger by Tony Attwood (book)**

Nice resource for helping young children who have trouble understanding or expressing their feelings. Good activities; may be useful for parents and teachers as well.

**» Exploring Feelings: Anxiety: Cognitive Behaviour Therapy to Manage Anxiety by Tony Attwood (book)**

Helps clinicians and parents to work with children so they can recognize connections between thinking and feeling, and identify their physiological responses to anxiety. Includes good activities for anxiety management.

**» Feeling Good Again: A Workbook for Children 6 and Up Who've Been Sexually Abused by Burt Wasserman, Evan Bear & Euan Bear (book)**

Most useful for younger children (around age six) as an adjunct to treatment. Aimed at helping children cope after disclosure of sexual abuse – more useful after time has passed following disclosure and kids have already been given some tools to cope with the abuse.

**» Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse by Sharon McGee & Curtis Holmes (book)**

May be used for therapy session activities, or specific activities can be sent home for child clients to complete with their parents. Addresses healthy vs. unhealthy boundaries and ways for children to keep themselves safe. To be used in conjunction with a structured therapeutic model to help increase a child's self awareness and enhance self worth. For younger children.

**» Good Bye Ouchies and Grouchies, Hello Happy Feelings: EFT for Kids of All Ages by Lynne Namka (book)**

May be used during therapy sessions or checked out for the child client to read with his or her parents. Parents and teachers will find it useful as well. Provides great ideas for learning to cope with negative feelings, based on the Emotional Freedom Technique.

**» Good Things Can Still Happen: Helping Children Recover from Sexual Abuse by Films for Humanities and Science (DVD–available from [shopware.films.com](http://shopware.films.com))**

This is an older film but is still useful for therapists and other professionals for one-on-one or small-group use with children ages 6 to 12. Designed for professionals and parents to watch with children who have already disclosed sexual abuse.

**»Guide to Crime Victim Services in Washington State (website)**

<http://www.commerce.wa.gov/site/253/default.aspx>

Provides county-by-county resources for victims of crime.

**»Healing Trauma: Attachment, Mind, Body, and Brain by Daniel Siegel & Marion Solomon (book)**

Highly recommended for therapists. Provides a complete understanding of trauma. Explains trauma-relevant information and theories in the neurobiology, development/attachment, and clinical psychology/psychotherapy fields, and also describes the aftermath of trauma from these diverse perspectives. A solid base of current research and practical knowledge presented in a readable manner. Nicely ties attachment and trauma work together in one resource.

**»Helping Abused and Traumatized Children: Integrating Directive and Nondirective Approaches by Eliana Gil & John Briere (book)**

Recommended for therapists and selected parents. Good description of directive and nondirective skills, can serve as a foundation for clinicians who are now using more evidence-based therapies. Easy to read and understandable, a good base text on trauma symptoms and treatment by two leading specialists in the field. Surprisingly, does not discuss EMDR.

**»Helping Children with Sexual Behavior Problems: A Guidebook for Professionals and Caregivers, 2nd edition by Toni Cavanagh Johnson (book)**

Toni Cavanagh Johnson is a dynamic speaker and author. Gives clear approaches to help children and parents or other caregivers modify sexual behavior problems. Wonderful guide for parents assisting youth with sexual behavior problems, and especially useful as a professional development tool for new therapists.

**»Helping Kids Heal: 75 Activities to Help Children Recover from Trauma and Loss by Rebecca Carman (book)**

Great activities to help children recover from trauma and loss. Activities are useful during therapy sessions to assist with healing and the expression of feelings. Parents can also benefit from this book.

**» *I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder by Timothy Sisemore (book)***

Clinicians, parents, and teachers can use this resource. Terrific variety of activities to choose from, including learning to recognize stressors, analyzing how others handle worries, changing self-talk, developing an “anti-anxious plan,” utilizing relaxation and breathing techniques, problem solving, and “talking back” to worries. May be used in sessions or for homework.

**» *Just Before Dawn: Trauma Assessment and Treatment of Sexual Victimization by Jan Hindman (book)***

Recommended by some as a great foundational book and excellent introduction to the topic of treating those who have been sexually abused. Addresses how victims are traumatized and how perpetrators can work toward restitution for victims. Provides a historical review of sexual assault treatment and the system’s response to victims, the effects upon victims and their families, and counseling information. This is an older book (1989) and should be taken in historical context.

**» *Learned Optimism: How to Change Your Mind and Your Life by Martin Seligman (book)***

Excellent resource for professionals and for many adult and adolescent clients. Provides inspiration and education for clients, allowing them to see beyond their damaged sense of self. One therapist states, “My only concern is that he makes it seem a bit too easy to just talk yourself into a more optimistic perspective on life.” On the other hand, this book introduces an antidote to depression that may be very valuable.

**» *Let's Talk About Touching: A Therapeutic Game by Toni Cavanagh Johnson (card game)***

Great game to reinforce touching rules and boundaries. Easy to understand and play, it can be adapted in many ways to support the educational understanding of children and families.

**» Looking Through the Eyes of Trauma and Dissociation: An Illustrated Guide for EMDR Therapists and Clients by Sandra Paulsen (book)**

A simply explained but thorough presentation on dissociation and its treatment. If you treat trauma, you treat dissociation, and this is a good source of information. EMDR is Eye Movement Desensitization and Reprocessing, a therapeutic technique.

**» Male Victims of Same-Sex Abuse: Addressing Their Sexual Response by John Preble & A. Nicholas Groth (book)**

The authors provide a solid knowledge base of this population. They are recognized experts in the field. Also useful for parents of boys who have been abused. Provides information about the dynamics of male-on-male sexual abuse and information about normal responses to abuse.

**» Men and Healing: Theory, Research, and Practice in Working With Male Survivors of Childhood Sexual Abuse by Andy Fisher and Rick Goodwin (available online at <http://www.ontla.on.ca/library/repository/mon/23001/288919.pdf>)**

From The Men's Project in Canada, information about research on male sexual victimization and approaches to working with survivors. While the intervention information focuses on groups for adult male survivors, the conceptual framework and research information is highly relevant for clinicians working with young boys and teens who have been abused.

**» Miss America By Day: Lessons Learned from Ultimate Betrayals and Unconditional Love by Marilyn Van Derbur (book)**

Painful but illuminating description of the author's own abuse history and movement towards healing. Contains an excellent section on talking with children. The author does a wonderful job of describing the secrecy of sexual abuse and the importance of helping survivors of abuse to uncover their secrets. Select parents and older adolescent clients will find it helpful, but some trauma survivors may be triggered by the material and will need stabilization and resourcing first. It's quite disturbing. It can be useful in community presentations.

- » National Child Advocacy Center Online Library  
(website) [http://www.nationalcac.org/professionals/index.php?option=com\\_content&task=view&id=172&Itemid=63](http://www.nationalcac.org/professionals/index.php?option=com_content&task=view&id=172&Itemid=63)**  
Contains a wealth of resources, including information on best practices in treating abused children.
- » National Child Traumatic Stress Network (website)  
[http://www.nctsnet.org/nccts/nav.do?pid=ctr\\_top\\_trmnt\\_prom](http://www.nctsnet.org/nccts/nav.do?pid=ctr_top_trmnt_prom)**  
A treasure trove of information on research and practice for helping traumatized children. Some information is useful for parents as well.
- » No Secrets No Lies: How Black Families Can Heal from Sexual Abuse by Robin Stone (book)**  
Accurately discusses the specific concerns of African American families that have suffered from sexual assault, and how cultural concerns impact healing, self-blame, and help-seeking. Seeks to assist families to thoroughly understand, prevent, and overcome the devastating impact of sexual abuse on adult survivors. Useful for therapists to build their own cultural competency and for parents, especially those who may be survivors themselves.
- » On Playing a Poor Hand Well: Insights from the Lives of Those Who Have Overcome Childhood Risks and Adversities by Mark Katz (book)**  
Resource for optimism training and education for adolescent clients and parents of children and teens. Research-based information on resilience and how to make recovery possible. Most useful for those who enjoy reading research results; can help create hope for people.

**»On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse by Diane Mandt Langberg (book)**

A Christian perspective on healing the trauma of sexual abuse; written with sensitivity, grace, and hope. Powerful and extremely helpful book on the devastating effects of child abuse, including incest. Provides ideas for coping. Useful to educate therapists who don't understand the Christian perspective and to educate Christian clients who need a more hopeful, less shaming perspective that fits their theology (adolescent clients and parents of children in therapy). For Christian clients who are not comfortable with secular books, this is a must.

**»Pandora's Project (website)**

[www.pandys.org](http://www.pandys.org)

This website provides resources and support for sexual abuse and assault survivors ages 16 and up. It also contains information for professionals and links to current research and useful materials.

**»Paper Dolls and Paper Airplanes: Therapeutic Exercises for Sexually Traumatized Children by Geraldine Crisci, Marilyn Lay & Liana Lowenstein (book)**

Collection of exercises that can be used with individual child clients to educate and develop coping skills, although it leans heavily toward group activities. Especially useful for kids who won't talk directly about the abuse. Some parents may find it helpful. Also provides information for mental health professionals to help them understand the clinical dynamics and needs of children with posttraumatic stress disorder. A good resource to use when talking to parents.

**»Parent Child Interaction Therapy (website)**

[www.pcit.org](http://www.pcit.org)

Extensive information on evidence-based treatment for children with behavior problems and their parents. Includes training information, history, theory, research on efficacy, literature on the technique, assessment measures, and video of a current research project.

**»Play Therapy for Severe Psychological Trauma by Eliana Gil (DVD)**

Great ideas for addressing severe trauma through play therapy. Eliana Gil is a highly respected pioneer in the field of treating children affected by sexual abuse. Video shows a reenacted clinical interview, examples of play therapy, and children's art work. Provides specific art and play techniques for clinicians.

**»Play Therapy with Children in Crisis: A Casebook for Practitioners by Nancy Boyd Webb (book)**

Wonderful information on children in crisis and how to therapeutically intervene on their behalf through play. Diverse collection of information regarding the experience of trauma and crisis in children. Culturally sensitive approach to the issues of immigrants.

**»“Treating Psychological Symptoms in Sexually Abused Children: From Research Findings to Service Provision” by Paul Ramchandani and David Jones (article in the British Journal of Psychiatry 2003;183:484–90)**

Provides evidence that mental health therapy can be useful in improving the functioning of children who have been sexually abused. Twelve studies were reviewed, demonstrating the efficacy of therapy, particularly cognitive behavioral therapy.

**»“Report of the ATSA Task Force on Children with Sexual Behavior Problems” by Mark Chaffin, Lucy Berliner, Richard Block, Toni Cavanagh Johnson, William Friedrich, Diana Garza Louis, Thomas Lyon, Ina Jacqueline Page, David Prescott, Jane Silovsky & Christi Madden (article-available from <http://www.atsa.com/pdfs/Report-TFCSBP.pdf>)**

Supports the need for professionals to address children's sexual behavior problems. Designed as guidance for professionals treating children age 12 and under. Addresses assessment, effective intervention practices, and family involvement in treatment, as well as public policy around these issues. Would be especially useful for a clinician who treats families affected by sibling incest or who needs to answer questions from parents who worry about child victims becoming perpetrators.

» **“Review of the Literature Regarding Nonoffending Caregivers of Sexually Abused Children: An Emphasis on Parallel Group Treatment” by Kaneeza Lafir (Doctoral Research Paper, Biola University—available at [www.eric.ed.gov](http://www.eric.ed.gov))**

Surveys the literature to evaluate the effectiveness of group treatment for nonoffending parents and caregivers of children who have been sexually abused. Describes the most effective types of groups and highlights the importance of acknowledging the parent or caregiver's personal abuse history.

» **The Sexual Abuse Victim and Sexual Offender Treatment Planner by Rita Budrionis & Arthur Jongsma (book)**

Helpful for treatment planning and documentation. Provides detailed information on symptoms and strategies for therapy.

» **Sexualized Children by Eliana Gil & Toni Cavanagh Johnson (book—available from [www.selfesteemshop.com](http://www.selfesteemshop.com))**

Good resource to help professionals service nonadjudicated children exhibiting sexualized behaviors. However, should not be used in place of having a Sexual Offender Treatment Provider treat the child when that level of services is needed.

» **Small Wonders: Healing Childhood Trauma with EMDR by Joan Lovett (book)**

To be used by therapists who are working with children and their parents. Great book for gaining a better understanding of using EMDR (Eye Movement Desensitization and Reprocessing) with children. Dr. Lovett gives case examples and then provides detailed information for parents about how to write a narrative about the child's experience, as well as a description of a positive future. Relies on the therapist's knowledge of EMDR.

» **Spinning Inward: Using Guided Imagery with Children for Learning, Creativity & Relaxation by Maureen Murdock (book)**

Fun activities for kids who are willing to go there. Useful for some parents. Provides interesting information on brain functioning and learning styles, and targets relaxation activities to the child's age.

**» Tell Me What Happened: Structured Investigative Interviews of Child Victims and Witnesses by Michael Lamb, Irit Hershkowitz, Yael Orbach & Phillip Esplin (book)**

Very helpful in learning the most up-to-date way to interview children for both legal and therapeutic reasons. Describes research on more than 40,000 alleged victims, and includes information on children's memory and communication abilities that could be useful more broadly as a foundation for clinicians' understanding of their child clients. While a clinician's role must of course be distinct from that of an investigative interviewer, the broad range of information in this book makes it a useful resource for therapists.

**» TF-CBT Web: A Web-Based Learning Course for Trauma-Focused Cognitive Behavior Therapy (online course)**

<http://tfcbt.musc.edu/>

This free course is an essential learning tool for therapists working with abused children. TF-CBT is an evidence-based treatment for trauma recovery work. Topics include psychoeducation, stress management, affect expression and modulation, cognitive coping, creating the trauma narrative, cognitive processing, behavior management training, parent-child sessions, and evaluation.

**» Therapy to Go: Gourmet Fast Food Handouts for Working with Child, Adolescent and Family Clients by Clare Rosoman (book)**

Handouts are marked with appropriate age ranges, and cover anxiety, anger, depression, and family issues. Handy and ready to photocopy.

**» Trauma and the Body: A Sensorimotor Approach to Psychotherapy by Kekuni Minton, Pat Ogden, Clare Pain & Bessel van der Kolk (book)**

Introduces a specific form of therapy that helps traumatized people to reconnect with their bodily experiences and then deal with what they notice once they have accomplished this. An in-depth presentation of the work of distinguished trauma therapists on this topic.

**»*Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing* by Peter Levine & Maggie Kline (book)**

Clinicians, parents, and teachers will increase their knowledge of trauma through this book. Includes explanations of the nature of trauma and how it affects the body, and subsequently, the emotions, perceptions, and behavior of survivors. Contains information on how to prevent an overwhelming event from producing long-term traumatic impact.

**»*Treating Nonoffending Parents in Child Sexual Abuse Cases: Connections for Family Safety* by Jill Levenson & John Morin (book)**

Offers information about nonoffending parents, particularly those whose partners are offenders. Discusses safety and reunification issues from the perspective of authors who are experienced in sex offender treatment. A useful resource for any professional working with families in which sexual abuse has occurred. A companion workbook offers materials for psychoeducational intervention with nonoffending parents.

**»*Treating Trauma and Traumatic Grief in Children and Adolescents* by Judith Cohen, Anthony Mannarino & Esther Deblinger (book)**

Highly recommended book on Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), an evidence-based treatment modality for children who have been abused. This approach works for both children and teens, and this book is a great beginning to using TF-CBT. Can be used for training new clinicians and as a resource for experienced professionals, who refer to it in daily practice. Best used in conjunction with the web-based training for TF-CBT (see website listing above).

**» “Treatment for Sexually Abused Children and Adolescents”  
by Karen Saywitz, Anthony Mannarino, Lucy Berliner, Judith Cohen (article in Annual Progress in Child Psychiatry and Child Development 2000–2001 edited by Margaret E. Hertzig, Ellen A. Farber)**

This comprehensive article provides support for using evidence-based treatment when serving children and families who have experienced sexual abuse trauma. It includes a detailed review of research about the aftermath of abuse and the specific interventions that have been studied, and offers a nuanced evaluation of the value of various treatments.

**» Trust and Betrayal in the Treatment of Child Abuse by Laurie MacKinnon (book)**

May be useful for select parents as well as clinicians. Offers an interesting presentation of sexual abuse which challenges our typical way of thinking about abuse and looks at the wider societal context. Provides a foundation for exploring issues of power in the therapeutic process and helps therapists to understand how nonoffending parents perceive interventions. Helps clinicians to transcend a pathology-based view of abuse issues and understand the intersections of oppression and treatment for abuse.

**» Violence in the Home: Multidisciplinary Perspectives by Karel Kurst-Swanger & Jacqueline Petcosky (book)**

Therapists and students will find this to be a most useful overview of research and statistics about violence in the home. This book integrates academic and practical issues and includes information about the systems and institutions with which families interact.

**» A Volcano in My Tummy: Helping Children to Handle Anger by Eliane Whitehouse & Warwick Pudney (book)**

Workbook activities for kids learning to control anger. Beneficial for therapists, teachers and parents. May be used in session working with children to cope with anger or as homework for child clients to do with parents.

**»What Do You Know? A Bilingual Therapeutic Card Game About Child Sexual & Physical Abuse and Domestic Violence by Cares Institute (game-available from 66.92.43.14/ucla/what\_do\_you\_know.doc)**

Game to be used with preteens eleven and older, along with their parents, to learn about complex issues associated with childhood sexual abuse. Families find it helpful as a source of information to help correct misconceptions. Should be guided by a therapist in order to respond to players' concerns. Very helpful, but may be a bit tedious if played repetitively.

**»What's Happening in Our Family: Understanding Sexual Abuse Through Metaphors by Constance Ostis (book)**

Families struggling with sexual abuse may benefit from seeing things from a new perspective via these metaphors. Clinicians will find it helpful in understanding the dynamics of sexual abuse and in helping families to normalize reactions and understand their ordeal more clearly.

**»When Children Molest Children: Group Treatment Strategies for Young Sexual Abusers by Carolyn Cunningham (book)**

Activities to use in therapy with children who have a variety of issues related to inappropriate sexual behaviors. Activities are fun, yet serious, and teach appropriate behaviors. Activities and recommended resources are specifically directed to each problem or issue that needs to be addressed.

**»Working with Children and Young People Who Sexually Abuse: Taking the Field Forward edited by Martin Calder (book)**

Recent compilation of information about treating these clients; has some good ideas for assisting youth with sexualized behavior problems. Martin Calder is a well-regarded editor who has assembled essential information for those in the field.

**»Working with Traumatized Children: A Handbook for Healing by Kathryn Brohl (book)**

Helpful information and insights about treating children for trauma-related disorders. Provides information on the mind-body connection for trauma survivors.







## INTENDED AUDIENCE: Professionals Working with Adolescent Clients

**Note:** Many of the listings under “Professionals Working with Children and Families” also include resources for those working with adolescents.

» **Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth by Arnold Goldstein, Barry Glick & John Gibbs (book)**

Useful as an adjunct to formal training in Aggression Replacement Training (ART). Clinicians should seek formal training in ART and not depend solely on this or any book. Provides information on developing prosocial skills, anger control, and moral reasoning, and includes guidelines and checklists.

» **Boundary Power: How I Treat You, How I Let You Treat Me, How I Treat Myself by Mike O’Neil & Charles Newbold (book)**

Parents and teens can benefit from this book, and it offers great resources for clinicians to use in teaching clients about how to maintain appropriate boundaries.

» **Collaborative Treatment of Traumatized Children and Teens: The Trauma Systems Therapy Approach by Glenn Saxe, B. Heidi Ellis & Julie Kaplow (book)**

Clear and well-written. Explains trauma in a way that is both grounded in research and understandable. This approach includes case management and advocacy along with psychotherapy, and will be useful for therapists working in a multidisciplinary manner.

» **Coping with Trauma: Hope Through Understanding by Jon Allen (book)**

Thorough documentation and comprehensive review of current literature. Will update your knowledge and give you very specific information on working with trauma survivors. Good for survivors, too.

» **Enhancing the Response to Teen Victims of Crime (website)**

[http://www.ncvc.org/tvp/main.aspx?dbID=DB\\_TeenTA151](http://www.ncvc.org/tvp/main.aspx?dbID=DB_TeenTA151)

Archived presentations about a variety of topics related to teen victimization, including Teens and Stalking, Teens with Developmental Disabilities, and Boundaries in Work with Victimized Youth. Includes information about online resources for teens.

» **Technology Safety edited by the Washington Coalition of Sexual Assault Programs (an issue of Connections, an online publication)**

[http://www.wcsap.org/advocacy/PDF/Connections\\_TechSafety.pdf](http://www.wcsap.org/advocacy/PDF/Connections_TechSafety.pdf)

Therapists working with teens today must become knowledgeable about the high-tech world in which their young clients live. This issue contains articles about online safety and social networking.

» **Teen Sexual Assault Survivors: Legal Impacts and Considerations (an issue of Connections, an online publication)**

<http://www.wcsap.org/advocacy/PDF/>

**Effective Advocacy for Youth 09.pdf**

While primarily aimed at advocates, this issue contains several articles about serving teen sexual assault survivors that will be of value to therapists as well.

» **The Therapist's Notebook for Children and Adolescents: Homework, Handouts, and Activities for Use in Psychotherapy by Catherine Ford Sori & Lorna Hecker (book)**

A wide range of practical resources, including some specifically for use with adolescents and parents. While not specific to sexual abuse, there is a wealth of materials that can be used during therapy sessions or for homework.

» **Treating Abused Adolescents by Eliana Gil (book)**

Excellent guidance on treating adolescents who have been abused. Also serves as a great therapy primer for clinicians and student professionals.

» **“Treatment of Incarcerated, Sexually–Abused Adolescent Females: An Outcome Study” by Elizabeth Arnold (article in Journal of Child Sexual Abuse 2003;12(1):123–39)**

A study of 100 incarcerated teens demonstrated that those who had been abused had poorer psychosocial functioning and more criminal behavior than those who had not been abused. Positive results were found for an intervention utilizing Cognitive Behavior Therapy techniques.

» **We Are Not Alone: A Guidebook for Helping Professionals and Parents Supporting Adolescent Victims of Sexual Abuse by Jade Angelica (book)**

Contains some good ideas for assisting teen survivors and for self-care for parents and professionals.

» **Yoga and the Quest for the True Self by Stephen Cope (book)**

Dr. Bessel van der Kolk (trauma specialist) said at a trauma conference that this is the best book on brain research available. A resource for helping clients recover through their bodies and awareness of self. May be shared with select clients or used to inform the clinician.

» **Young Men Surviving Child Sexual Abuse: Research Stories and Lessons for Therapeutic Practice by Andrew Durham (book)**

Insight for professionals about men surviving sexual abuse. Describes young men’s struggle for survival and describes the framework for therapy and assistance in recovery with seven case examples.







## INTENDED AUDIENCE: Child Clients Who Have Been Sexually Abused

» **ABC I Like Me! by Nancy Carlson (book & book with CD)**

For children ages four to six, this book uses animal characters and the alphabet to give a message about self-esteem.

» **The Bare Naked Book by Kathy Stinson & Heather Collins (book)**

For older toddlers and preschoolers (and their parents, of course). Includes drawings of all sorts of body parts, including the genitals, shown in the natural setting of a bath. Normalizes curiosity about the body.

» **Because It's My Body! Keep 'Em Safe Series: Anxiety-Free Learning for Children by Joanne Sherman & John Gurney (book)**

Assists in awareness and in developing skills for maintaining personal boundaries. For ages four to eight. Not too graphic or frightening – gives practical suggestions for maintaining personal safety.

» **Brave Bart: A Story for Traumatized and Grieving Children by Caroline Sheppard (book)**

Nice resource to support young children to feel safe and comfortable. Engaging story. May be given to parents or law enforcement to have available for children. May be used with teens as well.

» **Dark, Bad Day...Go Away: A Book for Children About Trauma and EMDR by Ana Gomez (book-available from [www.anagomeztherapy.com](http://www.anagomeztherapy.com))**

Describes EMDR to children in a very clear, entertaining way and helps them get ready to process their trauma memories. The author is highly creative, and by the end of the book, kids understand what the work is about. Therapists who employ EMDR with children may have parents read the book to child clients, or may use it in session with children.

» **Do You Have A Secret?: How to Get Help for Scary Secrets by Pamela Russell & Beth Stone (book)**

May help children to understand and break through the shame process; aids possible disclosure. Also useful for parents to understand the process and know what their child is going through.

**» I Like Myself! by Karen Beaumont & David Catrow**

**(book & book with CD)**

Suitable for children from preschool age until about seven, this colorful book has amusingly absurd rhymes and an irrepressible African American girl who likes herself no matter what. A fun way to talk about self-esteem and building on personal strengths.

**» I Take A Deep Breath by Sharon Penchina (book)**

For all young children to help them learn relaxation skills. Beautiful illustrations and imagery explain and enhance the relaxation process. This is really a great book for little children.

**» Incredible You! 10 Ways to Let Your Greatness Shine Through by Wayne Dyer (book)**

Helpful for children and younger teens as well, this book focuses on self-esteem and empowerment and provides ways for kids to build on their strengths. Based on Wayne Dyer's *10 Secrets for Success and Inner Peace*, this kid-friendly book provides clear advice on how to handle challenges and engages children with questions at the end of each section.

**» It's My Body by Lory Freeman (book)**

Appropriate for child therapy clients, but with support by therapist. Good resource for children with developmental disabilities.

**» It's Not Your Fault: A Guide for Children to Tell if They're Abused by Judy Jance (book – available from WCSAP Library)**

Children and parents will appreciate this book, which does a great job of normalizing feelings related to shame and guilt and reinforcing that it is okay to tell what has happened. Makes it clear that most perpetrators are adults who are close to victimized children by telling the story of a girl who is victimized by her step-grandfather and discloses to her teacher. Used in session as a therapeutic story.

» **Kids Going to Court: A Story and Activities That Prepare Children for Court by Tara Morrall, Sandy Cameron & Luanne Marten (book)**

Useful for children, teens, and parents who need to prepare for the court process. Explains what to expect, normalizes anxious feelings.

» **Let's Talk About Taking Care of You: An Educational Book About Body Safety by Lori Stauffer & Esther Deblinger (book—order from [hopeforfamilies.com](http://hopeforfamilies.com))**

Fun book! Solid educational information about safety, for professionals, children, and families.

» **Loving Touches: A Book for Children about Positive, Caring Kinds of Touching by Lory Freeman (book)**

For younger children, this short story may help them to develop coping skills in response to anxiety and fears. Parents who participate in treatment with their children may find it helpful as well. It is appropriate for children who have not experienced abuse as well as those who have.

» **My Book Full of Feelings: How to Control and React to the Size of Your Emotions by Amy Jaffe and Luci Gardner (book)**

Explains how to control and express feelings in appropriate ways. Useful for young children, teens, and parents as well. In workbook format, fully interactive. Especially helpful for those who may have challenges in identifying feelings, such as children with ADHD or Asperger Syndrome. Good to use in sessions with children.

» **My Very Own Book About Me! by Jo Stowee (book)**

A workbook that has been around a while but is still helpful for kids to slowly work up to talking about their abuse. It introduces all their senses and gives them a safe way to discuss their perceptions. The lists are a useful tool for therapists to use with child clients.

» **Peaceful Piggy Meditation by Kerry Lee MacLean (book)**

Nice book to help children understand relaxation and help them learn the skills to manage anxiety.

» **Please Tell! A Child's Story About Sexual Abuse by Jessie Ottenveller (book)**

Wonderful book, very useful in helping kids heal and tell about sexual abuse. Recommended for children approximately ages four to eight, it tells the story of abuse and recovery with words and pictures from a nine-year-old.

» **A Place for Starr: A Story of Hope for Children Experiencing Family Violence by Howard Schor (book)**

Beautiful pictures that engage young readers and may even be used as a catalyst for the therapist or child to tell an original story. Parents may find it illuminates children's thought processes and helps them to "think like a child" again.

» **The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse by Sandy Kleven (book)**

For children four to seven, this book is a favorite with therapists and child interviewers. Good for children who have been sexually abused, to let them know others have had similar experiences, but should be pre-screened by a therapist or parent to edit appropriately for the individual child.

» **Self-Image for Children by Effective Learning Systems (CD available from [www.efflearn.com](http://www.efflearn.com))**

For children under the age of eight, this is a soothing relaxation CD that helps kids feel better about themselves. It is especially useful for traumatized children who have trouble sleeping.

» **Something Happened and I'm Scared To Tell: A Book for Young Victims of Abuse by Patricia Kehoe (book)**

For children about five or six years old. May be used in session to help children to understand the feelings they have identified regarding their abuse. The therapist may wish to edit the story, and should be alert to the possibility that it may create some confusion about why perpetrators abuse.

» **Sometimes I Worry Too Much, But Now I Know How to Stop**  
**by Dawn Huebner & Robin Morris (book)**

Appropriate for ages five to ten. Assists clients in identifying ways to cope with anxiety.

» **A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma** by Margaret Holmes, Sasha Mudlaff & Cary Pillo (book)

Good tool for therapists to use in treatment sessions or for child interviews. For young children who have experienced a traumatic event, this is an excellent resource because it provides information that is not leading, allows children to share their own stories, and helps them understand that other children have had similar feelings or experiences. One clinician has declared this “my all-time favorite in working with kids.”

» **A Very Touching Book...for Little People and for Big People**  
**by Jan Hindman & Tom Novak (book)**

Introduces the topic of good touch and bad touch in a readable manner. It should be used with the supervision of a knowledgeable adult because it may be a bit leading about who abuses children. There is a drawing of a child taking a shower with a grandparent that can be disturbing if that's what happened with the abuse. It's important for parents to review the book first to make sure they are ready for what might come up.

» **When I Feel Scared** by Cornelia Spelman & Kathy Parkinson  
**(book – part of a series of “The Way I Feel” books)**

Appropriate for three and four year olds. Recommended for parents who want a resource to help children understand their feeling, this book contains an introduction for adults to help them present the material effectively. The book uses the story of a little bear to help children understand about fear and comfort. Other books in the series: *When I Feel Angry* helps children learn healthy ways to express anger safely, and may be used within a therapy session. *When I Feel Good About Myself* assists younger children with self-esteem and positive feelings.

**» When Sophie Gets Angry—Really, Really Angry... by Molly Bang (book)**

Using outstanding illustrations to depict moods, this book may be recommended for home use or used in a therapy session focusing on working through anger. It is appropriate for children ages two to seven, and provides ideas for self-calming.

**» Your Very Own TF-CBT Workbook by Alison Hendricks, Judith Cohen, Anthony Mannarino & Esther Deblinger (book—available from [www.healthcare.uiowa.edu/icmh/child/TF-CBT.htm](http://www.healthcare.uiowa.edu/icmh/child/TF-CBT.htm))**

Workbook for children who have experienced trauma to learn tools and principles for recovery. Helps children process trauma and also helps parents know what their children are learning. Useful for training clinicians who are learning TF-CBT principles. Includes exercises to incorporate in session or take home and finish.





## INTENDED AUDIENCE: Adolescent Clients Who Have Been Sexually Abused

» **Back on Track: Boys Dealing with Sexual Abuse by Leslie Bailey & Mindy Loiselle (book)**

Useful for boys who are ten and up. Great insight for parents and clinicians on the issues faced by male survivors. Assists boys with working through sexual abuse from the male perspective.

» **Boundaries: A Guide for Teens – Spiritual Version by Val Peter and Tom Dowd (book)**

Great for teaching boundaries for teens as well as parents and teachers. This book, in journal format, is for teens who are comfortable with a religious approach.

» **A Bright Red Scream: Self–Mutilation and the Language of Pain by Marilee Strong (book)**

Detailed review of information about cutting by a journalist who really did her homework. Some parents may find this useful. It may be helpful to read parts of it to clients who find that reading the entire book is too triggering. Includes information that really helps abused individuals make sense of their experiences.

» **Changing Bodies, Changing Lives by Ruth Bell Alexander (book)**

Nice resource to help teens understand changes in their bodies and reproductive issues, as well as relationship concerns. Also provides some information about community resources such as Planned Parenthood, pregnancy, and healthcare options.

» **Healthy Sex (website)**

[www.healthysex.com](http://www.healthysex.com)

Therapists may want to select some material from this website to use with teen clients, or suggest the website as a resource for mature teens (it is quite explicit). Resources include information about reclaiming a healthy sex life after abuse and recognizing the difference between loving, consensual sex and coercion or abuse. Wendy Maltz, a therapist, is the creator of this website.

» **How Long Does It Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families by Cynthia Mather (book)**

A guide to sexual abuse that is comprehensive but still readable and offers a message of hope.

» **If I Tell by Susan Marcy–Webster (book)**

While parts of this book are a bit outdated, it still contains good information about sexual assault. It may be useful for parents and teachers as well as teens.

» **In Their Own Words: A Sexual Abuse Workbook for Teenage Girls by Lulie Munson, Karen Riskin & Child Welfare League of America (book)**

Normalizes symptoms of hurt, fear, frustration, and anger, making girls feel less like outcasts as they deal with healing. Therapists can use the exercises (either in sessions or as homework) for girls who respond well to a structured approach.

» **It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse by William Lee Carter (book)**

For working through sexual abuse. Emphasizes returning to good emotional health. Includes quotes from teen survivors that point out problems common in abuse survivors, in a nonjudgmental way. Helpful in therapy sessions or for assigned homework.

» **Love is Respect (website)**

[www.loveisrespect.org](http://www.loveisrespect.org)

Sponsored by the Liz Claiborne Foundation, this site offers the National Teen Dating Abuse Helpline and a variety of resources to help teens understand the difference between healthy relationships and abusive ones. Trained peer advocates are available for live chat. One feature of the site, *The Love Campaign*, highlights positive aspects of relationships via attention-grabbing graphics and video.

» **My Body, My Self: For Boys by Lynda Madaras & Area Madaras (book)**

» **My Body, My Self: For Girls by Lynda Madaras & Area Madaras (book)**

These books, written by a mother/daughter team, are useful for any child approaching or undergoing puberty, and especially for survivors of abuse who may have many questions about what is normal. Highly recommended for parents to read as preparation for talking to their children about the bodily changes and experiences that accompany puberty.

» **Our Guys: The Glen Ridge Rape and the Secret Life of the Perfect Suburb by Bernard Lefkowitz (book)**

Well-researched, amazing look into a community that supported a group of rapists and abandoned the victim. Wedged in the center is a list of the myths about rape, which is a great resource for victims to see. As long and painful as this book is, it's almost impossible to put down. Useful for parents, community members, and professionals. One therapist says, "I quote it, lend it, and use it in presentations."

» **Pretty Tough Stuff, Dude! A Post Traumatic Stress Disorder Workbook for Children by Carolyn Cunningham & Kee MacFarlane (book—available from [www.safersociety.org](http://www.safersociety.org))**

Useful for both children and teens who are experiencing posttraumatic stress disorder. Parents and teachers can also learn from the content.

» **Stopping the Pain: A Workbook for Teens Who Cut & Self-Injure by Lawrence Shapiro (book)**

Effective in assisting teens who suffer from an addiction to cutting. It helps them learn to stop their urge to cut and find other ways to cope. Parents will also find it helpful.

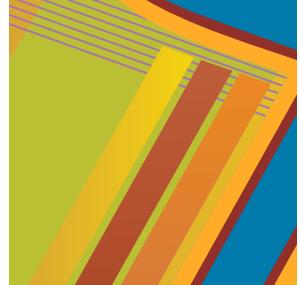
» **A Thin Line (website)**

<http://www.athinline.org/videos/17-sexting-in-america-part-1>

Sponsored by MTV, this site contains videos and interactive activities to help teens think through how much information is "too much information" to post online. Some of the activities would be suitable for teen groups.







**INTENDED AUDIENCE:**  
Parents and Caregivers of Children  
Who Have Been Sexually Abused

**Note:** Many of the resources in the lists for professionals, children, and teens will also be useful for parents and are described as such.

- » **Becoming the Parent You Want To Be: A Sourcebook of Strategies for the First Five Years by Laura Davis & Janis Keyser (book)**  
A great “how-to” book. Parents can flip to a section about the problem they are facing and get tailored information about that issue. Useful for clinicians and teachers as well.
- » **Child Abuse: A Global Crisis by Times and Season (video)**  
Provides a global perspective and increases awareness of the issue of child abuse. A community education tool as well.
- » **Child Centered Residential Schedules by Spokane County Bar Association (book-available from Spokane County Bar Association, ATTN: C.C.R.S., 116 West Broadway Avenue, MS ANX-4, Spokane, WA 99260-0030 or 509-477-6032)**  
Detailed descriptions of developmental stages and needs of children, for use in divorce and placement decisions. Put together by people knowledgeable in the field of attachment. Excellent information for parents, and imperative for therapists who deal with children of divorce.
- » **Children and Trauma: A Guide for Parents and Professionals by Cynthia Monahon (book)**  
Helpful and an easy read, especially for parents who need it during the most stressful times of dealing with trauma.
- » **Close to Home: Victims of Childhood Sex Abuse by Vanessa Roth & Alexandra Dickson (DVD)**  
Provides an understanding of the trauma of child sexual abuse. Difficult to watch, as it provides in-depth stories of children betrayed by adults in their lives.

- » **Connections Workbook by Jill Levenson & John Morin (book)**  
Intended to be used in conjunction with the Connections curriculum listed under “Professionals,” but also provides some useful information for parents whose partners are the abusers.
- » **EMDR and Your Child by Carol Boulware (website)**  
[http://www.psychtherapist.net/children.html](http://www.psychotherapist.net/children.html)  
While this is the website of an individual psychotherapist, it contains excellent information to help parents understand what EMDR consists of and how it can help their children.
- » **EMDR: The Breakthrough “Eye Movement” Therapy for Overcoming Anxiety, Stress, and Trauma by Francine Shapiro & Margot Silk Forrest (book)**  
Excellent explanation of EMDR and how it is used with sexual abuse and other trauma survivors. Helpful for parents and for some adolescent clients, to provide information before EMDR is used in therapy.
- » **Healing the Harm Done: A Parent’s Guide to Helping Your Child Overcome the Effects of Sexual Abuse [Recuperarse Del Daño – Spanish edition – included under the same cover] by Jennifer Y. Levy-Peck (book)**  
Written in question-and-answer format by a psychologist. Provides specific suggestions for parents to help them deal with children’s sleep problems, fears and anxieties, sexualized behaviors, and other concerns. Also helps parents to understand their own reactions and care for themselves. Short enough not to overwhelm parents in crisis.
- » **Love and Logic by Foster Cline and Jim Fay (book series– each with a specific focus: Teens, Early Childhood, Discipline, Attention & Behavior Skills, Kids with Special Needs, etc.)**  
Highly recommended for parents. Especially helpful when parents feel sorry for their abused children and have a hard time setting limits. Skills may also be taught in a group setting.

**» The Missing Voice: Writing by Mothers of Incest Victims by Sandi Ashley (book)**

Collection of writings by women in varied circumstances about their experience of the abuse and accompanying turmoil.

**» My Body, My Self: For Boys by Lynda Madaras & Area Madaras (book)**

**» My Body, My Self: For Girls by Lynda Madaras & Area Madaras (book)**

These books, written by a mother/daughter team, are useful for any child approaching or undergoing puberty, and especially for survivors of abuse who may have many questions about what is normal. Highly recommended for parents to read as preparation for talking to their children about the bodily changes and experiences that accompany puberty.

**» The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience by Martin Seligman (book)**

Martin Seligman's research and ideas on how to create optimism in children. Since pessimism has been linked with depression and abused kids are prone to pessimism, this is an important aspect of healing. Clear guidance to help parents who may be feeling hopeless themselves. Clinicians may want to use the concepts from the book in therapy sessions with parents.

**» Parenting From the Inside Out by Daniel Siegel & Mary Hartzell (book)**

Highly recommended for parents and clinicians. Great book, easy to read and understand. According to the authors, self-reflective skills in parents are the single best predictor of healthy attachment in their children. Shows parents how to nurture those skills in order to create a solid environment for children to grow and bounce back from trauma.

**» Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane) by Gavin de Becker (book)**

An essential resource for every parent to help safeguard children, and especially useful for parents of victimized kids who struggle with determining reasonable protection strategies. De Becker provides clear, accessible information on the true risks for kids and what parents can do to protect them. He helps parents understand the grooming process, where the true dangers to children originate, and how to use intuition as a protective tool.

**» Raising An Emotionally Intelligent Child by John Gottman, Joan Declaire & Daniel Goleman (book)**

Perfect resource for parents who do not understand emotions themselves but want to create an environment for their children to be able to identify and deal with feelings. Parents should be warned that the tests at the beginning of the book may be discouraging, because no one does well on them. One criticism: this book does not give shame its due, which is especially critical for helping children who have been abused.

**» Reach for the Rainbow: Advanced Healing for Survivors of Sexual Abuse by Lynne D. Finney (book)**

Contrary to the title, this is most helpful for families in the early stages of abuse recovery. It does offer some excellent information about the recovery process.

**» Secrets, Lies, Betrayals: The Body/Mind Connection by Maggie Scarf (book)**

Educes parents about the betrayal aspect of abuse. Many people focus on the actual physical acts involved in abuse; this book does a great job of helping people to see the bigger picture.

**» Setting Limits with Your Strong-Willed Child: Eliminating Conflict by Establishing Clear, Firm, and Respectful Boundaries by Robert MacKenzie (book)**

Describes how to set limits without creating shame or power struggles. A readable source of information for parents who are having trouble setting limits with their children because they feel sorry for them or are distracted by all the shame, legal entanglements, and other aspects of the aftermath of abuse.

**» Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror by Judith Herman (book)**

Dr. Herman is extremely knowledgeable. Comprehensive study of the psychological impact of trauma experienced by severely abused children and adults, as well as people who have combat experiences. Addresses chronic abuse as well as single horrific events.

**» Understanding Child Sexual Abuse: Education, Prevention, and Recovery by the American Psychological Association (online report)**

<http://www.apa.org/pubs/info/brochures/sex-abuse.aspx>

Clear overview that is helpful for parents, community members, and beginning professionals.

**» Understanding Children's Sexual Behavior: What's Natural and Healthy by Toni Cavanagh Johnson (book)**

Very useful for helping not only clinicians but also parents and others such as teachers understand normal sexual behavior of children. Helps in distinguishing expected behaviors from those that are worrisome.

**» When Love Is Not Enough: A Guide to Parenting Children with RAD by Nancy Thomas (book)**

Nancy Thomas has developed a successful approach to parenting severely disturbed children, helping them to develop a conscience and the ability to attach. This book covers her approach in a clear and usable way. Very readable and engaging.







