



## Reading list

for women survivors of sexual violence and  
their partners / supporters

### Self Help books

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**Outgrowing the Pain:** A Book for and About Adults Abused as Children, Eliana Gil ISBN-13: 978-0440500063

A small book outlining definitions, ways of coping and the effects of childhood abuse from the survivor's perspective

**The Courage to Heal:** A Guide For Women Survivors of Child Sexual Abuse  
ISBN-13: 978-0091884208

**The Courage to Heal workbook:** A Guide for Women and Men Survivors of Child Sexual Abuse, Laura Davis & Ellen Bass ISBN-13: 978-0060964375

A companion book to *The Courage to Heal* with some good information and many writing exercises to work through

**Beginning to heal:** A Guide for Female Survivors of Child Sexual Abuse  
ISBN-13: 978-0091823382

both by Ellen Bass & Laura Davis

Larger book plus shorter, more accessible version about sexual abuse, effects and recovery. Many extracts of women's life stories, plus useful exercises.

**Strong at the broken places:** Overcoming the Trauma of Childhood Abuse, Linda Sanford  
ISBN-13: 978-1853813740

A book largely based on in-depth interviews with survivors of childhood abuse from a child-centred perspective

**Recovery of Your Inner Child,** Lucia Capacchione ISBN-13: 978-0671701352

A useful book explaining the theory of the inner child with many useful exercises

**Quest for respect: A Healing Guide for Survivors of Rape**, Linda Braswell

ISBN-13: 978-0934793209

Small book on effects of rape and recovery process from woman's perspective

**Chain Chain Change: For Black Women Dealing with Physical and Emotional Abuse**,

Evelyn White ISBN-13: 978-1878067609

Small book for black women dealing with physical and emotional abuse

**Breaking Through: Women Surviving Male Violence**, various (pub. Women's Aid Federation England) ISBN-13: 978-0907817307

Small book on effects of male violence towards women from a woman's perspective

**Sexual violence: The reality for Women**, Savi Hensman ISBN-13: 978-0704344365

Accessible and supportive handbook for women who have been subjected to sexual violence, with information and advice

**Flashbacks: Rape Crisis Tyneside and Northumberland** (available from [RCTN](#))

Booklet explaining flashbacks and looking at ways of coping with them for women survivors of rape, sexual assault and/or childhood sexual abuse

**The Survivor's Guide to Sex: How to Have a Great Sex Life Even If You've Been Sexually Abused**, Staci Haines ISBN-13: 978-1573440790

An encouraging, sex-positive guide for women who have survived sexual assault

## Self Help books for Young Women

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**Too Close for Comfort: A book about teenagers who have been sexually abused within their families**, Joy Hayward & David Carlyle ISBN-13: 978-1855030749

Small book for young women based on real life stories with clear explanations of sexual abuse, its effects and ways forward

**Out In The Open: Guide for Young People Who Have Been Sexually Abused**, Ouaine Bain & Maureen Saunders ISBN-13: 978-1853811845

Small book on the issues of sexual abuse with many examples of girls' experiences and helpful suggestions

## Women Survivors' Own Stories

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**My Father's House:** A Memoir of Incest and of Healing, Sylvia Fraser  
ISBN-13: 978-0860681816

**Don't:** A Woman's Word, Elly Danica ISBN-13: 978-0771025495

**Surviving the Silence:** Black women's stories of rape, Charlotte Pierce-Baker  
ISBN-13: 978-0393320459

**Cry hard and swim:** The Story of an Incest Survivor, Jacqueline Spring  
ISBN-13: 978-0860688136

**The Memory Bird,** Eds. Caroline Malone, Linda Farthing & Lorraine Marce  
ISBN-13: 978-1853818592

A collection of contributions from survivors of sexual abuse addressing themes such as anger, pain, confrontation, and responsibility. A testament to survivors healing, hope and strength.

## Books for Non-abusing Parents and Carers

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**When your Child has been Molested:** A Parents' Guide to Healing and Recovery:  
Kathryn Brohl & Joyce Case Potter ISBN-13: 978-0787971038

Outlines understanding the child's reality, how to help with the investigations, the effects of disclosure on the whole family and the process of recovery

**I'm strong, I'm good,** Sue Warlock, Mosaic Writers Group ISBN-13: 978-0952934301  
£3.50 from Barnardo's Orchard / Mosaic Project, 75 Osborne Road, Newcastle upon Tyne  
NE2 2AN Tel: 0191 212 0237 / Email: [mosaic.project@barnardos.org.uk](mailto:mosaic.project@barnardos.org.uk)

Book written by mothers for mothers surviving the sexual abuse of their children by their partners

## Books for Partners and Supporters

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**Allies in Healing:** When the Person You Love was Sexually Abused as a Child, Laura Davis  
ISBN-13: 978-0060968830

Practical advice and encouragement for partners and supporters of survivors of sexual abuse

**Ghosts in the Bedroom:** Guide for Partners of Incest Survivors, Ken Graber ISBN-13: 978-1558741164

Outlines issues and ways of supporting partners of sexual abuse survivors

**Outgrowing the Pain:** A Book for Spouses and Partners of Adults Abused as Children, Eliana Gil ISBN-13: 978-0440503729

A step-by-step plan for overcoming obstacles together

**The Courage to Heal:** A Guide For Women Survivors of Child Sexual Abuse, Ellen Bass & Laura Davis ISBN-13: 978-0091884208

Has chapters on supporting survivors of sexual abuse as family members, partners and counsellors

**Flashbacks:** Rape Crisis Tyneside and Northumberland (available from [RCTN](#))

Booklet for partners and supporters of women who have experienced rape, sexual assault and/or childhood sexual abuse explaining flashbacks and looking at ways of being supportive

## Rape Crisis Tyneside and Northumberland

Tel: 0191 222 0272 (Admin)

General enquiries: [enquiries@rctn.org.uk](mailto:enquiries@rctn.org.uk)

Website: [www.rctn.org.uk](http://www.rctn.org.uk)

Telephone Helpline: 0800 035 2794 (Tues, Wed & Thurs, 6 pm-8.30 pm | Fri, 11 am-2 pm)

Email Support: [emailsupport@rctn.org.uk](mailto:emailsupport@rctn.org.uk)

Registered charity: 1138149

Company limited by guarantee: 7285969

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