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# Treating The Trauma Of Rape Cognitive Behavioral Therapy For Ptsd Treatment Manuals For Practitioners

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Blood Meridian

The Trauma of Sexual Assault

Trauma and Literature

One Hour in Paris

Cognitive-Behavioral Therapy for PTSD

Trauma and Recovery

Healing the Wounded Heart

Life, Reinvented

Cognitive Behaviour Therapy for Children and Families

Healing Sexually Betrayed Men and Boys

Treating the Trauma of Rape

International Handbook of Traumatic Stress Syndromes

I Have No Mouth & I Must Scream

Psychotraumatology

Adoption, Identity, and Kinship

Reclaiming your life after rape : a cognitive-behavioral therapy for posttraumatic stress disorder ; client workbook

Coping With Date Rape and Acquaintance Rape

Prolonged Exposure Therapy for PTSD

Surviving Sexual Violence

Want

Red, White & Royal Blue

Transforming Trauma

Handbook of Sexual Assault and Sexual Assault Prevention

The Rape Recovery Handbook  
Trauma and Posttraumatic Stress Disorder  
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Recovering From Rape  
Working with the Trauma of Rape and Sexual Violence  
Parable of the Sower  
Resurrection After Rape  
Recovering From Rape

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**FARRELL BECKER**

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**Blood Meridian** Cambridge University  
Press

Victims of sexual assault experience their  
trauma in different ways, and often one  
path to recovery and healing is right for

one person, but not right for another.  
While there are some general mental  
health effects of sexual violence, this book  
outlines and describes the impact of  
particular types of sexual violation.  
Whether the survivor has experienced  
childhood sexual abuse, sexual assault  
during adulthood, marital rape, sexual  
harassment, sex trafficking, or sexual  
violence within the military, they will find  
aspects of her experience in these pages.

Once survivors understand the ways in  
which they have been affected, they are  
introduced to various pathways to  
surviving sexual violence and moving  
forward. The chapters provide case  
examples and specific activities which give  
a fuller description of the ways survivors  
can make use of the particular  
approaches, which include mind-body  
practices, counseling, group therapies,  
self-defense training, and others. Anyone

who has been a victim of sexual violence, or knows and cares about someone who has, will find relief in these pages, which offer practical approaches to finding balance and healing.

The Trauma of Sexual Assault RAR Publishing

Presents a guide to coping with rape that includes how to create a plan for recovery, build a supportive network, deal with conflicting emotions, and encourage the reconstruction of the event in order to weaken its power over the survivor.

**Trauma and Literature** Pergamon

The psycho-social needs of victims of rape and sexual assault are increasingly recognised and there is a need for a critical synthesis of knowledge and practice to support the development of training and best practice in the mental health and sexual health professions. The Trauma of Sexual Assault provides an understanding of the theoretical underpinning of the wide range of clinical problems that can follow sexual assault. Focusing on adult victims of sexual assault, this book brings together research findings, theoretical perspectives and implications for treatment, longer term

management, and future policy. \* The first text to consider the psychological impact of sexual assault on women and men \* Incorporates a comprehensive flow-through model of psychological and social management from the initial presentation of the assaulted person onwards \* A much needed reference, accessible to a wide range of professionals Part of the Wiley Series in Clinical Psychology  
One Hour in Paris University of Chicago Press

As a concept, 'trauma' has attracted a great deal of interest in literary studies. A key term in psychoanalytic approaches to literary study, trauma theory represents a critical approach that enables new modes of reading and of listening. It is a leading concept of our time, applicable to individuals, cultures, and nations. This book traces how trauma theory has come to constitute a discrete but influential approach within literary criticism in recent decades. It offers an overview of the genesis and growth of literary trauma theory, recording the evolution of the concept of trauma in relation to literary studies. In twenty-one essays, covering the origins, development, and applications

of trauma in literary studies, *Trauma and Literature* addresses the relevance and impact this concept has in the field.

Cognitive-Behavioral Therapy for PTSD Guilford Press

A top-selling, best-reviewed book about women's recovery from rape trauma, "Resurrection After Rape" is an ideal resource for counselors, treatment centers, college course texts, and survivors of rape.

*Trauma and Recovery* SAGE

Explains why date rape is not often reported, offers advice on rape prevention, and discusses men's attitudes toward women, sexual stereotypes, and rape trauma.

Healing the Wounded Heart SAGE Publications

A powerful memoir, Karyn L. Freedman's *One Hour in Paris* is a harrowing yet inspirational journey through suffering and recovery both personal and global. On a Paris night in 1990 when Karyn L. Freedman was just twenty-two, she was brutally raped. In the wake of the violent encounter, she found herself in a French courtroom, a Toronto trauma center, and a rape clinic in Africa. Her life was forever

changed. At a time when as many as one in three women in the world have been victims of sexual assault and when many women are still ashamed to come forward, Freedman's book is a moving and essential look at how survivors cope and persevere. At once deeply intimate and terrifyingly universal, *One Hour in Paris* weaves together Freedman's personal experience with philosophical, neuroscientific, and psychological insights on what it means to live in a traumatized body. Using her philosopher's background, she studies the history of psychological trauma, drawing on theories of post-traumatic stress disorder and neuroplasticity to show how recovery from horrific experiences is possible. Through frank discussions of sex and intimacy, she explores the consequences of sexual violence for love and relationships, illustrating the steep personal cost and the obstacles faced by individual survivors in its aftermath. Freedman's book is an urgent call to face this fundamental social problem head-on, arguing that we cannot continue to ignore the fact that sexual violence against women is rooted in gender inequalities that exist

worldwide—and must be addressed. *One Hour in Paris* is essential reading for sexual violence survivors and an invaluable resource for therapists, mental health professionals, and family members and friends of victims.

*Life, Reinvented* New Harbinger Publications

Frank Ochberg - one of the pioneers in the field - has brought together nationally and internationally recognized experts who have treated thousands of victims in such subspecialty areas as rape, incest and battering, as well as Vietnam veterans and refugees. They provide a wealth of knowledge about Post-Traumatic Therapy (PTT) within these populations. PTT is not just a series of techniques but a clinical philosophy that requires empathic understanding of the victim, collaboration between therapist and client, and recognition of empowerment as a therapeutic tool. PTT centers on stress and coping, focuses on the strengths of the victim, and is integrative with respect to biological, psychological and social fears.

**Cognitive Behaviour Therapy for Children and Families** Basic Books

\* Instant NEW YORK TIMES and USA

TODAY bestseller \*\* GOODREADS CHOICE AWARD WINNER for BEST DEBUT and BEST ROMANCE of 2019 \*\* BEST BOOK OF THE YEAR\* for VOGUE, NPR, VANITY FAIR, and more! \* What happens when America's First Son falls in love with the Prince of Wales? When his mother became President, Alex Claremont-Diaz was promptly cast as the American equivalent of a young royal. Handsome, charismatic, genius—his image is pure millennial-marketing gold for the White House. There's only one problem: Alex has a beef with the actual prince, Henry, across the pond. And when the tabloids get hold of a photo involving an Alex-Henry altercation, U.S./British relations take a turn for the worse. Heads of family, state, and other handlers devise a plan for damage control: staging a truce between the two rivals. What at first begins as a fake, Instagramable friendship grows deeper, and more dangerous, than either Alex or Henry could have imagined. Soon Alex finds himself hurtling into a secret romance with a surprisingly unstuffy Henry that could derail the campaign and upend two nations and begs the question: Can love save the world after all? Where do we

find the courage, and the power, to be the people we are meant to be? And how can we learn to let our true colors shine through? Casey McQuiston's *Red, White & Royal Blue* proves: true love isn't always diplomatic. "I took this with me wherever I went and stole every second I had to read! Absorbing, hilarious, tender, sexy—this book had everything I crave. I'm jealous of all the readers out there who still get to experience *Red, White & Royal Blue* for the first time!" - Christina Lauren, New York Times bestselling author of *The Unhoneymooners* "*Red, White & Royal Blue* is outrageously fun. It is romantic, sexy, witty, and thrilling. I loved every second." - Taylor Jenkins Reid, New York Times bestselling author of *Daisy Jones & The Six*

*Healing Sexually Betrayed Men and Boys*  
Springer Science & Business Media

The nosological roots of post-traumatic stress disorder (PTSD) may be traced back to the American Psychiatric Association's DSM-I entry of gross stress reaction, as published in 1952. Yet the origins of the current enthusiasm with regard to post-traumatic stress can be traced back to 1980, which marked the emergence of the

term post-traumatic stress disorder in the DSM III. This reflected the American Psychiatric Association's acknowledgment of post-traumatic stress as a discrete, phenomenologically unique, and reliable psychopathological entity at a time in American history when such recognition had important social, political, and psychiatric implications. Clearly, prior to DSM-I the lack of a generally accepted terminology did little to augment the disabling effects that psychological traumatization could engender. Nor did the subsequent provision of an official diagnostic label alone render substantial ameliorative qualities. Nevertheless, the post Vietnam DSM-III recognition of PTSD did herald a dramatic increase in research and clinical discovery. The American Red Cross acknowledged the need to establish disaster mental health services, the American Psychological Association urged its members to form disaster mental health networks, and the Veterans Administration established a national study center for PTSD.

### **Treating the Trauma of Rape**

Macmillan

If you have been sexually assaulted, you

are probably experiencing a mix of fear, anger, and depression. If you are a relative, friend, or lover of someone who has been assaulted, you too may be deeply affected by the incident and by the survivor's reaction to it. However, working together, survivors and their loved ones can recover and may even be able to turn the recovery into an opportunity for positive change and growth. This comprehensive handbook offers emotional support and practical guidance in overcoming the trauma of rape. It explains what to expect at the police station, at the hospital, and, if necessary, in court, and it helps readers learn the most effective ways of dealing with their feelings immediately following an assault, during the subsequent few months, and beyond. The experiences of survivors recounted throughout the book reassure readers that others have pulled through. Dr. Ledray helps survivors realize that no matter what they did - wore a low-cut blouse, accepted a ride from a stranger, invited an acquaintance home - they did not deserve to be raped. She guides them from guilt or disbelief through bitterness and despair to the decision to take back control of their

lives.

**International Handbook of Traumatic Stress Syndromes** Open Road Media

Seven stunning stories of speculative fiction by the author of *A Boy and His Dog*. In a post-apocalyptic world, four men and one woman are all that remain of the human race, brought to near extinction by an artificial intelligence. Programmed to wage war on behalf of its creators, the AI became self-aware and turned against humanity. The five survivors are prisoners, kept alive and subjected to brutal torture by the hateful and sadistic machine in an endless cycle of violence. This story and six more groundbreaking and inventive tales that probe the depths of mortal experience prove why Grand Master of Science Fiction Harlan Ellison has earned the many accolades to his credit and remains one of the most original voices in American literature. *I Have No Mouth and I Must Scream* also includes "Big Sam Was My Friend," "Eyes of Dust," "World of the Myth," "Lonelyache," Hugo Award finalist "Delusion for a Dragon Slayer," and Hugo and Nebula Award finalist "Pretty Maggie Moneyeyes."

*I Have No Mouth & I Must Scream* Springer

Nature

Inadequate responses to victims of rape or sexual violence can lead to further psychological trauma which damages their chances of recovery. Addressing key issues for people working with victims of sexual violence, this resource offers the skills, knowledge and insight to help survivors as they move forward with their lives.

**Psychotraumatology** Springer

The premise of this book is that those who do not recognize an internalized perpetrator when they hear one will often be frustrated by the tenacity of the survivor's self blame. Primarily oriented towards treating adult survivors, this book will also be useful for treating sex offenders. Salter also describes the steps of therapy for survivors and proposes that trauma can be transformed rather than just endured.

*Adoption, Identity, and Kinship* St. Martin's Griffin

In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A "stunning achievement" that remains a "classic for our generation." (Bessel van

der Kolk, M.D., author of *The Body Keeps the Score*). *Trauma and Recovery* is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. Hailed by the *New York Times* as "one of the most important psychiatry works to be published since Freud," *Trauma and Recovery* is essential reading for anyone who seeks to understand how we heal and are healed.

[Reclaiming your life after rape : a cognitive-behavioral therapy for posttraumatic stress disorder ; client workbook](#) Springer Science & Business Media

After reviewing the relevant treatment literature, the authors detail how to assess and treat PTSD using a cognitive-behavioral approach. Complete

instructions are given for planning treatment, as well as for introducing the patient to the various interventions. Nine exposure and stress management techniques are then detailed, including imaginal exposure (trauma reliving), in vivo exposure, relaxation training, thought-stopping, cognitive restructuring, covert modeling, and role-playing. Enhancing the book's clinical utility are numerous case examples illustrating how to implement the techniques, as well as explanations of how to cope with common problems and complications in treatment. The final chapter presents detailed outlines of three suggested treatment programs.

Coping With Date Rape and Acquaintance Rape Routledge

"Peters takes readers on her own personal journey from trauma to reconnecting with her body, emotions, and eventually her own desire and sexuality." —Xanet Paillet, bestselling author of *Living an Orgasmic Life* We know, increasingly, how common and devastating sexual violence is for women, but we don't always talk about how survivors can recover from the trauma and return to desire, sexuality, trust, and pleasure. *Want* is the story of

how Julie Peters did just that—and how you can, too. In the years after the assault, Julie was in what she calls the fog of trauma: the colorless, tasteless experience of barely getting through the day. No one—not counsellors, support groups, or other survivors—could give her any advice about how to find the desire that could bring her back to joy, intimacy, and connection. She had to make it up on her own. In *Want*, Julie tells the story of getting from the devastation of trauma to living a full life in eight sometimes challenging, often bumbling, and occasionally delightful steps. Your loved ones may not know how to support you, but they can learn more about your experiences and how to walk alongside you through this book, just as you can learn how to recover from the trauma you've experienced. *Want* offers a window into one person's experience of recovery—plus the happy ending we all need to know is possible after trauma. "With unwavering honesty, penetrating insight, warmth, humor, and aplomb, she lays out strategies for a tangible, nourishing, and vitally ferocious self-love." —Jeremy Radin, poet, author of *Dear Sal*

Prolonged Exposure Therapy for PTSD Baker Books

Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you've overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychotherapist and grounded in cutting-edge research, *Reclaiming Pleasure* picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma Move beyond feelings of shame Reclaim pleasure and reignite passion in your life Surviving is merely the first step in the process of recovery from sexual trauma. With this

sex-positive and empowering guide, you are invited to take your recovery to the next level. You'll feel emboldened by the desire for better sex, healthier relationships, and a more connected, pleasurable life.

*Surviving Sexual Violence* New Harbinger Publications

First published in 1989, Dan Allender's *The Wounded Heart* has helped hundreds of thousands of people come to terms with sexual abuse in their past. Now, more than twenty-five years later, Allender has written a brand-new book on the subject that takes into account recent discoveries about the lasting physical, emotional, relational, and spiritual ramifications of sexual abuse. With great compassion Allender offers hope for victims of rape, date rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, exposing the raw

wounds that are left behind and clearing the path toward wholeness and healing. Never minimizing victims' pain or offering pat spiritual answers that don't truly address the problem, he instead calls evil evil and lights the way to renewed joy. Counselors, pastors, and friends of those who have suffered sexual harm will find in this book the deep spiritual guidance they need to effectively minister to the sexually broken around them. Victims themselves will find here a sympathetic friend to walk alongside them on the road to healing.

**Want** Guilford Publications

This timely handbook provides in-depth overviews of the myriad and multi-faceted issues surrounding sexual assault and its pervasiveness in today's culture. Drawing for multiple viewpoints and experts, the book is divided into seven comprehensive sections, covering such topics as risk factors, varying theoretical frameworks, prevention and intervention, and special

populations. Within these sections the authors provide historical background as well as the latest research, and offer treatment outcomes and potentials. Selected topics covered in this book include: Feminist theories of sexual assault Social and economic factors surrounding sexual violence Mental, physiological, physical, and functional health concerns of victims, including PTSD Major categories of sexual offenders Treatment of sexual assault survivors in the LGBTQ+ community Procedural processes related to sexual assault investigation and adjudication within the criminal justice system *The Handbook of Sexual Assault and Sexual Assault Prevention* is a vital book that will appeal to a broad spectrum of students, researchers, practitioners, and clinicians in the fields of psychology, psychiatry, community mental health, and sociology.

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