

Recommended reading list: Recovery and self-help

Please note: These items are all available to be borrowed at the DVRCV library (last updated: 15 August 2011).

Abrahams, Hilary. 2010. *Rebuilding Lives After Domestic Violence: Understanding Long-term Outcomes*. Jessica Kingsley Publishers (2010), Edition: 1, Paperback, 176 pages

Abrahams, Hilary. 2007. *Supporting Women After Domestic Violence: Loss, Trauma and Recovery*. Jessica Kingsley Publishers (2007), Edition: 1, Paperback, 160 pages

Bass, Ellen. 1990. *The courage to heal : a guide for women survivors of child sexual abuse*. London Cedar 1990.

Capacchione, Lucia. 2006. *The Art of Emotional Healing*. Shambhala (2006), Edition: 1, Paperback, 272 pages

Cori, Jasmin Lee. 2008. *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life*. Da Capo Press (2008), Paperback, 288 pages

Dalpia, Christina M. 2008. *Breaking Free, Starting Over: Parenting in the Aftermath of Family Violence*. Praeger Paperback (2008), Paperback, 248 pages

Domar, Alice D. 2001. *Self-Nurture: Learning to Care for Yourself As Effectively As You Care for Everyone Else*. Penguin (Non-Classics) (2001), Paperback, 320 pages

Dugan, Meg Kennedy. 2000. *It's My Life Now : Starting Over After an Abusive Relationship or Domestic Violence*. Routledge (2000), Edition: 1, Paperback, 272 pages

Duncan, Karen A. 2004. *Healing from the Trauma of Childhood Sexual Abuse: The Journey for Women*. Praeger Publishers (2004), Hardcover, 264 pages

Engel, Beverly. 1994. *Encouragements for the Emotionally Abused Woman: Wisdom and Hope for Women At Any Stage of Emotional Abuse Recovery*. Ballantine Books (1994), Paperback, 223 pages

Green, Lilian. 1992. *Ordinary Wonders: Living Recovery from Sexual Abuse*. Canadian Scholars Press (1992), Edition: 1st, Paperback, 264 pages

Hennekens, Candace A. 1991. *Healing Your Life: Recovery from Domestic Abuse*. Prowriting Services & Pr (1991), Paperback, 106 pages

Hertica, Michael. 2001. *Growing Free: A Manual for Survivors of Domestic Violence*. Routledge (2001), Edition: 1, Paperback, 76 pages

Kirkwood, Catherine. 1993. *Leaving Abusive Partners: From the Scars of Survival to the Wisdom for Change*. Sage Publications Ltd (1993), Paperback, 192 pages

Kolk, Bessel A. van der. 2006. *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*. The Guilford Press (2006), Edition: 1, Paperback, 596 pages

Kubany, Edward S. 2004. *Healing the Trauma of Domestic Violence: A Workbook for Women (New Harbinger Self-Help Workbook)*. New Harbinger Publications (2004), Edition: 1, Paperback, 240 pages

Kubany, Ph. D. Edward S. 2008. *Treating PTSD in Battered Women: A Step-by-step Manual for Therapists & Counselors*. New Harbinger Publications (2008), Edition: 1, Hardcover, 344 pages

Lerner, Harriet. 2005. *The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self*. Harper Paperbacks (2005), Paperback, 256 pages

Levine, Peter. 1997. *Waking the Tiger : Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences*. North Atlantic Books (1997), Paperback, 288 pages

Maltz, Wendy. 2001. *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Revised Edition)*. Collins Living (2001), Edition: Revised, Paperback, 368 pages

Matsakis, Aphrodite. 1996. *I Can't Get over It: A Handbook for Trauma Survivors*. New Harbinger Publications (1996), Edition: 2, Paperback, 416 pages

Matsakis, Aphrodite. 1999. *Survivor guilt : a self-help guide*. Oakland CA: New Harbinger Publications.

Miller, Alice. 1990. *The Untouched Key: Tracing Trauma in Creativity and Destructiveness*. Virago Press Ltd (1990), Paperback, 184 pages

Perry, Bruce. 2008. *Creative Interventions with Traumatized Children*. The Guilford Press (2008), Edition: 1, Hardcover, 332 pages

Kim Anderson. 2009. *Enhancing Resilience in Survivors of Family Violence*. Springer Publishing Company (2009), Edition: 1, Paperback, 264 pages

Stephanie Dillon. 2001. *The Woman's Guide to Total Self-Esteem: The Eight Secrets You Need to Know*. New Harbinger Publications (2001), Paperback, 180 pages

Dena Rosenbloom. 1999. *Life After Trauma: A Workbook for Healing*. The Guilford Press (1999), Edition: 1st, Paperback, 352 pages

Rankin, Barry M. Cohen; Mary-Michola Barnes; Anita B. 1995. *Managing Traumatic Stress Through Art: Drawing from the Center*. Sidran Press (1995), Edition: 1, Paperback, 192 pages

Rothschild, Babette. 2003. *The Body Remembers Casebook: Unifying Methods and Models in the Treatment of Trauma and PTSD*. W.W. Norton & Co. (2003), Edition: 1, Paperback, 224 pages