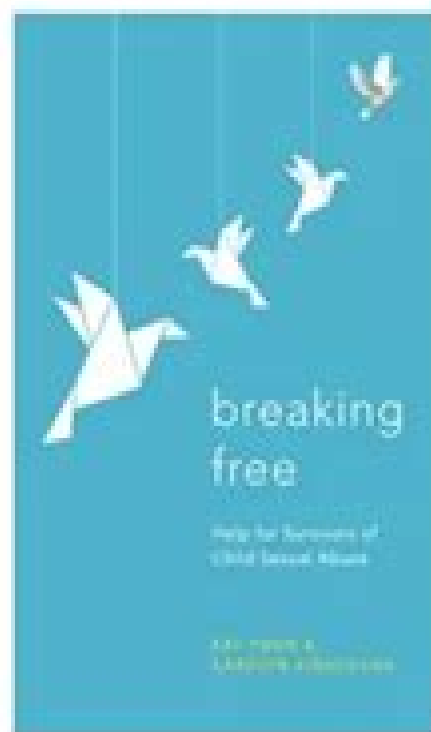


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Breaking Free Help For Survivors Of Child Sexual Abuse

Jackie Ganley



Breaking Free Help For Survivors Of Child Sexual Abuse:

Breaking Free Carolyn Ainscough, Kay Toon, 1993 This self help book is for both male and female adult survivors of child sexual abuse The book examines the effects of abuse such as depression low self esteem eating disorders which affect 50% of female survivors and fear of sexual relationships It addresses questions survivors often ask such as Why Me and Why Didn't I Tell the issues of self blame and guilt and the often conflicting feelings survivors have towards their abusers Exercises encourage the reader to face up to buried feelings seek help and to link early traumatic experiences with problems reoccurring in his or her life as an adult The book shows that it is possible to overcome problems **Breaking Free**

Workbook Carolyn Ainscough, Kay Toon, 2000 A workbook for survivors of sexual abuse to use alongside Breaking Free or on its own With emphasis on practical exercises the workbook is designed to help the reader explore and cope with the problems that child sexual abuse often causes *Breaking Free* Kay Toon, 2022-08-18 This book will be enormously helpful

to those who have endured sexual abuse Nursing Times This classic book has helped many thousands of people to manage the impact that childhood sexual abuse has had on their lives The positive and optimistic approach continues to empower survivors to break free from the past Now with significantly updated resource and further help sections this latest edition by clinical psychologist Kay Toon acknowledges the types of abuse that have come to light more recently such as street exploitation and abuse by celebrities politicians and football coaches as well as the use of digital technology to groom children and young people Breaking Free is regularly recommended by counsellors by media agony aunts and psychotherapists A Department of Health project provided copies of Breaking Free and the Breaking Free Workbook to NHS Mental Health Provider Trusts It is ideal both for those seeking therapeutic support and for those providing such support The voice of the cowed betrayed and helpless sexually abused child speaks powerfully throughout this book British Journal of Psychiatry The way the book instils hope is inspiring Journal of Social Work Practice *Breaking Free Workbook* Kay

Toon, 2020-08-06 As a survivor of sexual abuse in childhood you may find that its effects continue to haunt you bringing guilt and shame perhaps depression and anxiety eating disorders troubled relationships and sexual difficulties But although you can't alter the past you can change the present and the future Breaking Free by Kay Toon and Carolyn Ainscough draws on their nationally recognized and pioneering work as clinical psychologists giving a voice to the Survivors of child sexual abuse It uses their courage and experiences to help other survivors face their past and take steps towards a better future This new edition of the accompanying workbook now refers to types of abuse that have come to light more recently such as street exploitation and abuse by celebrities politicians and football coaches as well as the use of digital technology to groom children and young people Practical exercises work step by step on the problems that result from being sexually abused as a child They are designed to present survivors with different ways to think about the past and to arm you with new strategies to move on from the problems that disrupt the present and look forward to the future Exercises like these can be very

beneficial but they can also be painful They can bring up strong feelings so at every stage your safety and well being are the first concern and the book includes essential coping strategies for getting the level of support you need This practical book will be enormously useful for survivors of sexual abuse and may also help those who have been abused emotionally or physically Therapists will also find it a useful resource to use with clients and both this book and Breaking Free are regularly recommended by professionals in the NHS and also in the media

Survivors of Childhood Sexual Abuse and Midwifery Practice Lis Garratt,2018-11-05 Many midwives will care for women who are survivors of childhood sexual abuse CSA whether these women disclose this or not Pregnant and birthing women commonly experience their bodies becoming public property a variety of sometimes intimate medical procedures and limited choices on where and how care is provided For CSA survivors who have suffered loss of ownership over their bodies as children and may experience recurring feelings of powerlessness and loss of control these factors can combine with impersonal and medicalised settings and practices to deeply traumatic effect Sexual abuse is all about power not sex interviewee Many midwives also experience powerlessness and loss of control as professionals as a result of these same settings and practices and those midwives who are themselves CSA survivors bring a particularly acute awareness of this and of the needs of survivor mothers This unique study sets out to gain a deeper understanding of the needs of these mothers by exploring them alongside the parallel experiences of survivor midwives It explores the insights and reflections they together bring to midwifery and the positive results of more collaborative personal communicative and ultimately empowering practices for all involved The significance of this book is far wider than its immediate subject for it offers us the opportunity to rethink our professional coping strategies If we seek to make all our professional relationships ones of equality and opportunities for growth as would benefit someone who has suffered abuse then we can all grow and flourish from the Foreword by Mavis Kirkham

Contesting Stories of Childhood Sexual Abuse J. Woodiwiss,2009-08-26 Located within a burgeoning therapeutic self help culture this book explores stories of childhood sexual abuse recovered memories and multiple personalities and explodes the myths surrounding women who without memories redefine themselves as victims

Counselling Adult Survivors of Childhood Abuse:From Hurting To Healing Zoe Pool,Michael Jacobs,2017-10-16 Childhood abuse in all its forms is a major social and psychological problem in the UK and globally Without effective help survivors struggle with enduring anguish and self harming behaviours that affect all aspects of their lives and relationships In their new book Zo Pool and Michael Jacobs seek to increase our understanding of the therapeutic needs of adult survivors of childhood abuse They describe the therapeutic services offered by a dedicated counselling agency founded by the late Moira Walker Here relationships between therapist and client and client and all parts of themselves are prioritized Throughout this text survivor and practitioner perspectives are integrated with current research Pool and Jacobs explore the impact that working with survivors of traumatic adverse childhood experiences can have on therapists including vicarious trauma and consider what is needed to sufficiently support

practitioners Survivors and those close to them will find this book supportive and validating helpful and informative The many practitioners in the voluntary sector health and social care and in private practice who work with survivors to alleviate their distress will find much to assist in this much needed book which combines practice and theory skillfully and thoughtfully This is a seminal book It is clearly and transparently written with a warm relational heart shining through the sensible and straightforward language It is an intrinsic celebration of Moira Walker s legacy as well as a continuation of it Professor Michael Jacobs and Zoe Pool and their talented hardworking contributors are to be deeply congratulated Valerie Sinason Founder of the Clinic for Dissociative studies a child psychotherapist and adult psychoanalyst poet and writer The stated hope of this book to affirm and inspire the work of counsellors in the area of abuse is absolutely fulfilled A thorough explanation of the needs of clients is outlined based on a clear summary of the impact of abuse The therapeutic relationship and possibility of longer term therapy are found to be key factors in good outcomes Awareness of and ways of working with disassociation and taking into account attachment issues are not ignored and honest learning from practice is documented Readers will gain insight and inspiration from the learning shared especially in regard to setting up an agency the impact of counselling in this area the judicial and legal process and supervision Tanya Orr Chair of tag This book is an inspirational account of how voluntary counselling organisations can help survivors of Childhood Sexual Abuse CSA to recover and heal from trauma and abuse It is a welcome and timely book given the increase in the number of disclosures from survivors of CSA and who need therapeutic support and yet have difficulty accessing service provision This has created a desperate need for specialist counselling services that can address the specific needs of survivors of CSA and provide longer term therapeutic support This book will be invaluable to anyone working in such agencies to understand how they can help survivors to heal through one to one counselling and group work and how to navigate and face the challenges of the criminal justice system The book is a must for all those practitioners voluntary counsellors supervisors and support staff in voluntary agencies who provide much needed support to survivors of CSA Christiane Sanderson Senior Lecturer in Psychology University of Roehampton UK *Counselling Skills for Working with Trauma* Christiane Sanderson,2013-09-21 This is a practical guide to counselling survivors of child abuse neglect sexual violence sexual trafficking religious sexual abuse and torture Written in an accessible style it provides a comprehensive introduction to complex trauma and practical advice on how to work with it manage trauma symptoms and encourage post traumatic growth *The SAGE Handbook of Counselling and Psychotherapy* Colin Feltham,Ian Horton,2012-01-20 Electronic Inspection Copy available for instructors here At about 700 pages and with contributions from more than 100 authors the editors have shown considerable skill not to mention application in sculpting a text that is economically delivered and lucid in its writing Dave Mearns Professor Emeritus University of Strathclyde Glasgow The field of counselling and psychotherapy moves on but The Sage Handbook of Counselling and Psychotherapy keeps up Professor Sue Wheeler Director of the Doctoral Programme Institute of Lifelong

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The Long Journey Home Andrew J. Schmutzer, 2011-10-01 Maybe the only thing new about sexual abuse is quality discussion from several professions psychology theology and pastoral care Here are the insights of over two dozen psychologists theologians and those in pastoral care all targeting the issue of sexual abuse Designed as a resource for Christian educators therapists pastors social workers group leaders and survivors The Long Journey Home combines current research in mental health with rich theological reflection global concern with fervent pastoral wisdom for the local faith community Whether you are a counselor professor pastor or spouse of a survivor you hold in your hand a fresh resource of information and advocacy for those suffering from the devastating effects of sexual abuse and rape The breadth of material biblical insight discussion questions and helpful resources gathered here just may be the tool of a generation

Becoming a Parent Jackie Ganley, 2005-01-14 An emotional survival guide to pregnancy and childbirth Like the other volumes in the Family Matters series this authoritative new book provides expert advice to ordinary people struggling with everyday challenges in this case the emotional trials of new mothers Enduring the stresses of pregnancy and giving birth are only half of what it takes to become a parent The other half involves adjusting emotionally to the reality of a newborn With tips on getting outside help and discussion points useful in self therapy *Becoming a Parent* offers real life solutions based on actual cases to every sort of difficulty new parents might expect Jackie Ganley London UK works for Britain s National Health Service

The Complete Overcoming Series Peter Cooper, 2012-11-01 The complete set of self help guides from the popular Overcoming series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties Each guide comprises a step by

step self help programme based on CBT and contains Useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep recovery going Further resources The Complete Overcoming Series contains 31 titles Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child s Fears Worries Overcoming Your Child s Shyness and Social Anxiety Overcoming You Smoking Habit

Creating a Safe Place NCH Children and Families Project,2001-06-15 Highlighting the importance of a safe place as the foundation of the healing process for those affected by child sexual abuse this practical book details the factors that contribute to a secure therapeutic climate where recovery can take place *The Complete Guide to Overcoming depression, low mood and other related problems (ebook bundle)* Colin Espie,Jan Scott,Melanie Fennell,Paul Gilbert,William Davies,2013-01-17 This exclusive ebook bundle comprises five practical self help programmes based on cognitive behavioural therapy CBT from the bestselling Overcoming series Perfect for anyone experiencing problems with low mood or depression and associated problems such as low self esteem anger or sleep problems This is also the perfect resource for therapists Each book includes Case studies Practical exercises Monitoring sheets Overcoming Depression 3rd edition If you suffer from depression you are far from alone Depression is very common affecting over 300 million people around the world Written by Professor Paul Gilbert OBE internationally recognised for his work on depression this highly acclaimed self help book has been of benefit to thousands of people including sufferers their friends and families and those working in the medical profession This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression particularly the importance of developing compassionate ways of thinking behaving and feeling Overcoming Mood Swings Most people know what it is like to experience high or low spirits For some individuals however emotional extremes can seriously disrupt their lives either because they happen too frequently or because the mood swings are intense and are accompanied by other symptoms of depression or mania often referred to as bipolar disorder This practical self help guide provides background information on depression and mania and offers tried and tested techniques that will help the reader identify and manage their mood more effectively and achieve a more stable emotional state Overcoming Low Self Esteem A self help classic winning acclaim for its practical and user friendly approach

and now recommended on the National Health Service's self help scheme known as Books on Prescription This book will aid readers to understand what has caused their low self esteem and with this knowledge break out of the vicious circle of negative self image learn the art of self acceptance and alter their lives for the better Overcoming Anger and Irritability An invaluable self help guide to managing a widespread behavioural problem This is a practical self help programme for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability and flashes of bad temper It will help the reader understand why such behaviour occurs and what can be done to prevent it Overcoming Insomnia Extensive research conducted over 25 years has established Cognitive Behavioural Therapy CBT as the treatment of choice for insomnia For the first time proven CBT principles have been brought together by a world renowned expert on insomnia in a comprehensive self help manual In a clear step by step approach new patterns of relaxation sleeping and waking are quickly learnt Based on clinically proven techniques

Therapy for Eating Disorders Sara Gilbert, 2013-12-16 This updated edition provides an excellent overview of the diagnosis prevalence and causes of eating disorders as well as a handbook for the application of evidence based interventions A must buy for eating disorder services and individual practitioners Sally Savage Clinical Lead for Northamptonshire NHS Eating Disorders Lifespan Service Affecting thousands of people every year with potentially devastating consequences anorexia bulimia and binge eating disorders are becoming increasingly evident in today's fast paced high pressured society Drawing on over 20 years experience as a practitioner Sara Gilbert takes the reader through the complexities of working with eating disorders drawing on practical cognitive behavioural and educational approaches to theory assessment treatment and practice Packed full of new resources for both qualified professionals and trainees this new edition includes A summary of new research on the causes of eating disorders dual diagnosis and co morbidity New content on the best treatment for eating disorders and preparing clients for treatment An updated chapter examining the effects of nutrition on physical and psychological well being New content on working with complexity and risk A fully updated reference section This is a vital resource for practitioners in the mental health field including psychotherapists psychologists counsellors psychiatrists mental health nurses and dieticians Sara Gilbert is a chartered clinical psychologist whose specialist interest in the field of eating disorders spans 20 years She has worked for 12 years as a clinical lead in an eating disorder service in the NHS and is now in private practice

Explorations in Family Nursing Dorothy Whyte, 2002-09-11 This book examines the theory behind family nursing and the value it serves to patients both in the community and in hospitals Widely applied as a systematic strategy in a whole range of cases it strengthens the level of care available

Human Growth and Development John Sudbery, Andrew Whittaker, 2018-07-17 Social workers work with people at all stages of life tackling a multitude of personal social health welfare legal and educational issues As a result all social work students need to understand human growth and development throughout the lifespan This fully revised and expanded second edition of this introductory text for social

workers provides a knowledge base about human development from conception to death. It is designed to encourage understanding of a wide range of experiences from the developmental trajectories of children in care to adult mental distress and the experiences of people with dementia to bereavement. Using engaging narratives to illustrate each topic, the authors clearly introduce and analyse different theoretical approaches and link them to real life situations faced by social workers. Packed with case studies, this student friendly book includes overviews, summaries, questions and further reading in each chapter as well as a 'Taking it further' section providing greater depth on key theoretical issues. A reference section contains a glossary and overviews of the principal theories discussed throughout the book. It is an essential read for all social work students.

Helping Children and Young People who Self-harm Tim McDougall, Marie Armstrong, Gemma Trainor, 2010-07-12

Every year thousands of children and young people attend emergency departments with problems resulting from self-harm. More still come to the attention of CAMHS teams, school nurses and other community based services. *Helping Children and Young People who Self-harm* provides clear and practical guidance for health professionals and other members of the children's workforce who are confronted by this complex and difficult area. Providing accessible evidence based advice, this textbook looks at what we mean by self-harm and its prevalence, the legal background, what works for young people who self-harm, what children and young people think about self-harm, assessment and interventions for self-harm, prevention of self-harm, service provision and care pathways. Essential for all those working with children and young people, this textbook contains a glossary of terms, practical strategies and case studies.

Back to Life, Back to Normality 2 Douglas

Turkington, Helen M. Spencer, 2018-11-29. This important new book offers techniques for carers to help their family member with schizophrenia on to a recovery trajectory.

A Handbook of Research Methods for Clinical and Health

Psychology Jeremy Miles, Paul Gilbert, 2005. Though psychology as a discipline has grown enormously in popularity in recent years, compulsory courses in research methods and statistics are seldom embarked upon with any great enthusiasm within the undergraduate and postgraduate communities. Many postgraduate and PhD students start their research ill equipped to design effective experiments and to properly analyse their results. This lack of knowledge also limits their ability to critically assess and evaluate research done by others. This book is a practical guide to carrying out research in health psychology and clinical psychology. It bridges the gap between undergraduate and postgraduate study. As well as describing the various techniques and methods available to students, it provides them with a proper understanding of what a specific technique does, going beyond the introductory descriptions typical of most undergraduate methods books. The book describes both quantitative and qualitative approaches to data collection, providing valuable advice on methods ranging from psychometric testing to discourse analysis. For both undergraduate and postgraduate students, the book will be essential in making them aware of the full range of techniques available, helping them to design scientifically rigorous experiments and effectively analyse their results.

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Table of Contents Breaking Free Help For Survivors Of Child Sexual Abuse

1. Understanding the eBook Breaking Free Help For Survivors Of Child Sexual Abuse
 - The Rise of Digital Reading Breaking Free Help For Survivors Of Child Sexual Abuse
 - Advantages of eBooks Over Traditional Books
2. Identifying Breaking Free Help For Survivors Of Child Sexual Abuse
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Breaking Free Help For Survivors Of Child Sexual Abuse
 - User-Friendly Interface
4. Exploring eBook Recommendations from Breaking Free Help For Survivors Of Child Sexual Abuse
 - Personalized Recommendations
 - Breaking Free Help For Survivors Of Child Sexual Abuse User Reviews and Ratings

- Breaking Free Help For Survivors Of Child Sexual Abuse and Bestseller Lists
- 5. Accessing Breaking Free Help For Survivors Of Child Sexual Abuse Free and Paid eBooks
 - Breaking Free Help For Survivors Of Child Sexual Abuse Public Domain eBooks
 - Breaking Free Help For Survivors Of Child Sexual Abuse eBook Subscription Services
 - Breaking Free Help For Survivors Of Child Sexual Abuse Budget-Friendly Options
- 6. Navigating Breaking Free Help For Survivors Of Child Sexual Abuse eBook Formats
 - ePub, PDF, MOBI, and More
 - Breaking Free Help For Survivors Of Child Sexual Abuse Compatibility with Devices
 - Breaking Free Help For Survivors Of Child Sexual Abuse Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Breaking Free Help For Survivors Of Child Sexual Abuse
 - Highlighting and Note-Taking Breaking Free Help For Survivors Of Child Sexual Abuse
 - Interactive Elements Breaking Free Help For Survivors Of Child Sexual Abuse
- 8. Staying Engaged with Breaking Free Help For Survivors Of Child Sexual Abuse
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Breaking Free Help For Survivors Of Child Sexual Abuse
- 9. Balancing eBooks and Physical Books Breaking Free Help For Survivors Of Child Sexual Abuse
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Breaking Free Help For Survivors Of Child Sexual Abuse
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Breaking Free Help For Survivors Of Child Sexual Abuse
 - Setting Reading Goals Breaking Free Help For Survivors Of Child Sexual Abuse
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Breaking Free Help For Survivors Of Child Sexual Abuse
 - Fact-Checking eBook Content of Breaking Free Help For Survivors Of Child Sexual Abuse
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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