

## Borrowers Club Update - from the Victim Support Service Resource Centre – December 2017

### *What's new in self- help and professional resources*

To borrow these, visit us at **33 Franklin Street** Adelaide or email [librarian@victimsa.org](mailto:librarian@victimsa.org)

You can also search the **online catalogue** on the VSS website at <http://www.victimsa.org/get-resources#get-resources>

**Ebooks** – view and read our free ebooks at <http://vss.wheelers.co/>

The 'Support' section at <https://vss.wheelers.co/help> shows how to download a free program to read the pdf ebooks. No program is needed for the epub ebooks.

Forgot your ebook password? - Email Alison at [librarian@victimsa.org](mailto:librarian@victimsa.org)

We welcome your comments on the Resource Centre and its service! – email [librarian@victimsa.org](mailto:librarian@victimsa.org)



***We wish you  
a safe and happy Festive season  
and best wishes for the New Year!***  
***Alison (librarian) and Jenny and Julie (volunteers)***

### **EBooks**

Access **all our eBooks** on your computer or smartphone at <http://vss.wheelers.co/>

### **New Self Help Books**

#### ***The whole brain child : 12 [twelve] revolutionary strategies to nurture your child's developing mind.*** Siegel, Daniel. 2012.

In this practical book, Daniel J. Siegel, neuropsychiatrist and parenting expert Tina Payne Bryson offer a new approach to child rearing with 12 key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child's brain is wired and how it matures. Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations that will help you explain these concepts to your child, you can learn how to cultivate healthy emotional and intellectual development so your children can lead balanced and meaningful lives. **Ct43**

#### ***The Whole-Brain Child Workbook : Practical Exercises, Worksheets and Activities to Nurture Developing Minds.*** Siegel, Daniel J. 2015.

A Personalized Workbook to Help You Deepen, Reflect On, and Apply Whole-Brain Principles. The Whole-Brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts -- and bring them to life for themselves and for their children. Dozens of clear, practical and age-specific exercises and activities for parents, grandparents and care-givers to guide calmer, happier children, aged 4-7, & 8-10. **Ct42**

**Option B : Facing adversity, building resilience, and finding joy.** Sandberg, Sheryl. 2017. A powerful, inspiring, and practical book about building resilience and moving forward after life's inevitable setbacks. Resilience comes from deep within us and from support outside us. Even after the most devastating events, it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives. Option B illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead. **Se165**

## Self Help Online Links

### **Looking after yourself and each other this holiday season**

*Psychological Health Care, 2017*

<https://www.psychologicalhealthcare.com.au/blog/looking-after-yourself-and-others-mental-health-christmas/>

Some helpful suggestions for caring for yourself and others during the festive season.

### **24Legal : [twenty-four legal]** Legal Services Commission. 2017.

<http://24legal.lsc.sa.gov.au/>

24Legal is a new Legal Services Commission digital service that helps South Australians access legal information at any hour of the day or night. It can be particularly helpful for people who need assistance with a legal matter outside business hours. **Online La47**

### **eSafetyWomen : Empowering women to take control online.** Office of the Children's eSafety Commissioner. 2017.

<https://www.esafety.gov.au/women>

The eSafetyWomen resources aim to help Australian women manage technology risks and abuse by giving them the tools they need to be confident when online. Safe access to technology enables women to stay connected to their family and friends, engage with the world, and get information and support.

This initiative of the Office of the Children's eSafety Commissioner forms part of the Australian Government's Women's Safety Package to Stop the Violence. **Online Dv92**

### **I need help with** Office for Women SA. 2017.

<http://officeforwomen.sa.gov.au/womens-information-service/find-information-online>

The South Australian Office for Women website now has a section titled 'I need help with...' dedicated to providing women with information. The information and links are grouped into 19 subject areas including finance, health and legal information, assistance with online privacy, and protecting personal information. Women seeking further information are encouraged to contact the Women's Information Service by visiting 101 Grenfell Street, Adelaide or phoning (08) 8303 0590 or toll free 1800 188 158 - weekdays between 9am-5pm. **Online Se06**

### **National Child Traumatic Stress Network Resources for Parents and Caregivers (U.S.)**

*National Child Traumatic Stress Network. 2017.*

<http://www.nctsn.org/resources/audiences/parents-caregivers>

Parents and carers play an important role in helping their children/teenagers recover from traumatic events. This American website provides clear information to assist in supporting them. Information includes: Definitions of trauma, traumatic events, and traumatic stress, Answers to commonly asked questions about child traumatic stress, Signs and symptoms, Suggestions for ways to cope, Scientifically proven practices that can assist families in helping children recover from child traumatic stress, and links to further resources. **Online Cp60**

### **Recovery** Phoenix Australia. 2017.

<http://phoenixaustralia.org/recovery/>

This website contains information about how people react to and recover from trauma. You can find out how to help yourself or support someone else (including children) after trauma. You can also find out about the best treatment options for people who are having trouble recovering from the effects of trauma. There are downloadable fact sheets and other resources, videos, and stories of people who have lived through a traumatic experience. **Online Se07**

**Smiling Mind [website]** Smiling Mind. 2017.

<https://smilingmind.com.au>

Smiling Mind is an Australian not-for-profit organisation that works to provide children and adults with the mindfulness tools needed to develop a healthy mind. The website features a free downloadable meditation app. Looking after our mental health is just as important as our physical health but like anything new it takes practise. So start with just 10 minutes a day. **Online Se05**

## New Books for Professionals

**The Body Remembers Volume 2 : Revolutionizing Trauma Treatment.** Rothschild, Babette. 2017.

This new book is grounded in the belief that the most important goal for any trauma treatment is to improve the quality of life of the client. Therefore, the first prerequisite is that the client be reliably stable and feel safe in his or her daily life as well as the therapy situation. The work empowers both therapists and clients by expanding trauma treatment options. For clients who prefer not to review memories, or are unable to do so safely, new and expanded strategies and principles for trauma recovery are presented. And for those who wish to avail themselves of more typical trauma memory work, tools to make trauma memory resolution even safer are included.

**Tr133**

## Professional Online Links

**Child Protection, a fresh start : Government of South Australia's response to the Child Protection Systems Royal Commission report 'The life they deserve'** South Australia. Attorney-General's Department. 2016.

<https://www.childprotection.sa.gov.au/sites/g/files/net916/f/a-fresh-start.pdf>

This paper presents the Government of South Australia's response to the Royal Commission's findings and its recommendations to improve the practices and procedures of the child protection system. The Government is committed to reorienting and building better systems to protect children, improve parenting, and support carers, and has already accepted and begun implementing 42 of the recommendations, including launching the new Department for Child Protection on 1 November 2016. **Online Cp62**

**Child sexual abuse in the Catholic Church : an interpretive review of the literature and public inquiry reports.** Cahill, Desmond; Wilkinson, Peter J. Centre for Global Research (RMIT). 2017.

<https://www.rmit.edu.au/content/dam/rmit/documents/news/church-abuse/child-sex-abuse-and-the-catholic-church.pdf>

This research reviews the literature concerning child sexual abuse in the Catholic Church in Australia and elsewhere, including 26 key international and Australian inquiry reports. **Online In12**

**The life they deserve : Child Protection Systems Royal Commission Report.** Nyland, Margaret. Child Protection Systems Royal Commission (South Australia). 2016.

<https://www.agd.sa.gov.au/projects-and-consultations/projects-archive/child-protection-systems-royal-commission>

This paper presents the Royal Commission's findings and its recommendations to improve the practices and procedures of the South Australian child protection system, including recommending establishing a separate department. The Royal Commission was set up following reports of child sexual abuse of children in South Australian state care. **Online Cp63**

**Seeking help for domestic violence : Exploring rural women's coping experiences: Key findings and future directions paper.** Wendt, Sarah; Chung, Donna. Australia's National Research Organisation for Women's Safety Limited (ANROWS). 2017.  
[https://d2c0ikyv46o3b1.cloudfront.net/anrows.org.au/RP.14.04\\_Rural\\_Compass\\_FINAL\\_1709.pdf](https://d2c0ikyv46o3b1.cloudfront.net/anrows.org.au/RP.14.04_Rural_Compass_FINAL_1709.pdf)  
This study engaged with five different types of social and geographical locations at sites in South Australia and Western Australia. It explores how isolation affects different women's abilities to seek assistance and cope with experiences of domestic violence. **Online Dv93**

**Seeking help for domestic violence : Exploring rural women's coping experiences: final report.** Wendt, Sarah; Chung, Donna. Australia's National Research Organisation for Women's Safety Limited (ANROWS). 2017.  
[https://d2c0ikyv46o3b1.cloudfront.net/anrows.org.au/RP.14.04\\_RWR\\_Horizons-FINAL-1709.pdf](https://d2c0ikyv46o3b1.cloudfront.net/anrows.org.au/RP.14.04_RWR_Horizons-FINAL-1709.pdf)  
This study engaged with five different types of social and geographical locations at sites in South Australia and Western Australia. It explores how isolation affects different women's abilities to seek assistance and cope with experiences of domestic violence. **Online Dv93.2**

**The social dynamics and impacts of institutional child sexual abuse** Kenny, D.T. 2017.  
[https://www.researchgate.net/profile/Dianna\\_Kenny/publication/320512545\\_The\\_social\\_dynamics\\_and\\_impacts\\_of\\_institutional\\_child\\_sexual\\_abuse/links/59e952c90f7e9bc89b9fb94b/The-social-dynamics-and-impacts-of-institutional-child-sexual-abuse.pdf](https://www.researchgate.net/profile/Dianna_Kenny/publication/320512545_The_social_dynamics_and_impacts_of_institutional_child_sexual_abuse/links/59e952c90f7e9bc89b9fb94b/The-social-dynamics-and-impacts-of-institutional-child-sexual-abuse.pdf)  
This article examines how institutional characteristics have enabled the institutional sexual abuse of children, drawing on the work of the Royal Commission into Institutional Responses to Child Sexual Abuse. Although many institutions were identified during the Royal Commission, the Catholic Church is the institutional example used in this discussion. **Online In13**

**Voices : what children have told us - Child protection.** Royal Commission into the Protection and Detention of Children in the Northern Territory. 2017.  
<https://childdetentionnt.royalcommission.gov.au/Documents/voices-what-children-have-told-us.pdf> This publication outlines children's views of the Northern Territory child protection system, using their own words. Trigger warning: some readers may find these stories disturbing and challenging. **Online Cp64**

**Women's Safety Services SA [website] : Where all women and their children have a right to a life free of violence.** Women's Safety Services SA. 2017.  
<http://womenssafetyervices.com.au/index.php>  
All women and their children have the right to a life free of violence. Women's Safety Services SA support women and their children who are living with or escaping domestic or family violence, and provide a range of programs and assistance. This website includes contact information for accessing help and links to a number of South Australian programs. **Online Dv91**

**Our Crime Victim e-news alert will be emailed again next month.  
It brings you links to up-to-date reports & research on crime & justice issues.  
If you would like to receive it, email: [e-news@victimsa.org](mailto:e-news@victimsa.org)**

**See the latest edition for [November-December 2017](#)**