

## Borrowers Club Update - from the Victim Support Service Resource Centre – July 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)

### *News from Alison (librarian) and Jenny and Julie (volunteers):*

Thank-you to everyone who completed the Borrower Survey early this year. You provided several valuable suggestions for improving the service. For example, we have now purchased some new books specifically for parents supporting children after child sexual abuse.

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

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

#### **Self Help CD**

***Panic Attacks : What they are, why they happen, what you can do about them.*** Ingham, Christine. 2000.

This CD includes information about panic attacks, what they are, why they happen and what you can do about them. **CD Se71**

#### **Self Help DVD**

***Panic Anxiety Management Workshop [parts 1 and 2] : with Bronwyn Fox.*** Fox, Bronwyn. 2001.

This 4 DVD set is a recording of Bronwyn's workshop for people who experience anxiety, panic attacks and agoraphobia. **DVD Fe01**

#### **Parent and Child Readers**

***Helping your child recover from sexual abuse*** Adams, Caren; Fay, Jennifer. 1992.

Helping your Child Recover from Sexual Abuse offers practical guidance for parents who courageously face the days and months after a child's abuse. Written in a positive style, it discusses each stage of a child's recovery. Information for parents appears on the left-hand pages; sample conversations and activities for parent and child together are on the right-hand pages. This book presents the collective wisdom of numerous parents who have been through this experience. **Cs99**

***Parenting a child affected by sexual abuse*** Youell, Bidy. 2016.

This book looks at sexual abuse and its effects on children at different age levels. It contains moving accounts of the experiences of victims of abuse, foster carers and adopters. It also describes what it is like to parent a child who has been sexually abused, and offers advice on how the adoptive family can support recovery and healthy development. **Cs100**

***Protecting & Parenting Sexually Abused Children : Tools for parents and caregivers.***

*Rick Morris. 2006.*

Sexually abused children require special insight from his/her parent/caregiver. Many parents have reported unusual behaviors of their child who has been sexually abused. This book will assist any caregiver in better understanding behaviors of children who have been sexually abused. When child sexual abuse is identified parents often experience a storm of emotions. Many feel as if they have no one who understands what they are going through. In addition, they certainly aren't going to talk about it at work, grocery store, or the sports field with other parents. It begins to feel like a dark cloud is stalking. You are to be commended because you have the courage to do something. Many episodes of sexual abuse go unreported each year, be thankful your child will no longer feel the need to carry his/her emotional backpack of secrets any longer. This book was written to assist the parent in providing a safe, healthy, and loving home in which the reality of sexual abuse has entered. There is hope. It will get better. You can be the leader of your child's team to provide the security and protection that he/she needs and deserves. **Cs102**

## New Self Help Books

***Blame Changer : Understanding domestic violence.*** O'Brien, Carmel. 2016.

This book provides a thoughtful explanation of the ways in which women's lives are impacted by family violence. It helps to clarify many of the myths and misconceptions about the nature and dynamics of family violence informed by women's lived experiences. **Dv105**

***BRAIN2BRAIN Brain to Brain : Enacting Client Change Through the Persuasive Power of Neuroscience.*** Arden, John. 2015.

Overcome resistance and fully engage clients by bringing neuroscience into treatment. Brain2brain applies the popular topic of neuroscience in mental health to everyday practice, showing therapists how to teach their clients brain-based strategies for making changes and improving their lives. Cutting-edge findings in neuroscience are translated into language that clients will understand, and sidebars provide therapists more detailed information relating to particular disorders. With a holistic approach that incorporates mental, spiritual, and physical skills, knowledge, and exercises, this book provides a clear, complete resource for incorporating neuroscience into therapy. **Tr102**

***Healing the fragmented selves of trauma survivors : Overcoming internal self-alienation.*** Fisher, Janina. 2017.

This book integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Janina Fisher emphasizes "resolution"-a transformation in the relationship to one's self, replacing shame, self-loathing, and assumptions of guilt, with compassionate acceptance. **Tr122**

***It didn't start with you : how inherited family trauma shapes who we are and how to end the cycle.*** Wolyynn, Mark. 2016.

A groundbreaking approach to transforming traumatic legacies passed down in families over generations, by an acclaimed expert in the field. It Didn't Start with You offers a pragmatic guide to his method, the Core Language Approach. Diagnostic self-inventories provide a way to uncover the fears and anxieties conveyed through everyday words, behaviors, and physical symptoms. Techniques for developing a genogram or extended family tree create a map of experiences going back through the generations. And visualization, active imagination, and direct dialogue create pathways to reconnection, integration, and reclaiming life and health. **Tr95**

***Loving someone with PTSD [post traumatic stress disorder] : A practical guide to understanding and connecting with your partner after trauma.*** Matsakis, Aphrodite. 2013. With this informative and practical book, you will increase your understanding of the signs and symptoms of PTSD, improve your communication skills with your loved one, set realistic expectations, and work to create a healthy environment for the both of you. In addition, you will learn to manage your own grief, helplessness, and fear regarding your partner's condition. **Tr121**

***Man's search for meaning*** Frankl, Viktor E. 2006. Psychiatrist Viktor Frankl's memoir has riveted generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Between 1942 and 1945 Frankl labored in four different camps, including Auschwitz, while his family perished. Based on his own experience and the experiences of others he treated later in his practice, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Frankl's theory holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful. **Py59**

***Mindful Compassion : how the science of compassion can help you understand your emotions, live in the present, and connect deeply with others.*** Gilbert, Paul; Choden. 2014. Mindful Compassion presents a blend of psychology and Buddhist teaching to help you end self-criticism, heal emotional pain, feel worthy and loveable and be kind to yourself and others. **Se89**

***Rescuing the inner child : therapy for adults sexually abused as children.*** Parks, Penny. 2016. This is the 13th reprint of this classic work. Penny Parks was herself abused as a child and developed her unique Parks Inner Child Therapy. Her therapy aims to help clients find their hurt child within, find comfort and overcome their painful memories. **Cs98**

***Rewire your brain : Think your way to a better life.*** Arden, John B. 2010. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated, so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night's sleep. **Py60**

***South of forgiveness*** Elva, Thordis; Stranger, Tom. 2017. A woman, a man, a rape, and a hard journey from violence to reconciliation. This is an account from both victim and perpetrator of the impact on their subsequent lives and finally seeking understanding and forgiveness. This story is a non-fiction narrative written under full names and credentials in a unique collaboration between survivor and perpetrator equally committed to shedding light into the dark corners of humanity. It's a true story about being bent but not broken, of facing fear with courage and finding hope even in the most wounded of places. **Ra58**

***The confidence gap : From fear to freedom.*** Harris, Dr. Russ. 2011. Dr Russ Harris will help you to gain long-lasting confidence, identify your passions and create a life that is truly fulfilling. **Se163**

***The Posttraumatic Growth Workbook : Coming through trauma wiser, stronger and more resilient.*** Tedeschi, Richard G; Moore, Brett A. 2016. With this book, you'll discover your own potential for positive growth in the aftermath of trauma. You'll explore your own vulnerability as an important aspect of posttraumatic strength, identify and develop effective skills for coping with your trauma, and successfully integrate your experience into your own personal story. **Tr125**

***Transforming traumatic grief : Six steps to move from grief to peace after the sudden or violent death of a loved one.* Armstrong, Courtney. 2011.**

Although losing someone you love to a sudden or violent death is a shocking experience, there are steps you can take to heal. This book provides compassionate support and creative ways to soothe and transform your emotions with powerful, but simple strategies that: - Promote healing and calm feelings of anxiety, anger, or despair - Alleviate nightmares, intrusive images, and ruminating thoughts - Relieve guilt and regrets so you can open up to new experiences in your life - Help you get the kind of support you want from other people - Retain "the living story" of your loved one and sense them as a positive presence in your life. **Gr58**

***Trauma is really strange* Haines, Steve. 2016.**

What is trauma? How does it change the way our brains work? And how can we overcome it? When something traumatic happens to us, we dissociate and our bodies shut down their normal processes. This unique comic explains the strange nature of trauma and how it confuses the brain and affects the body. The illustrations clearly show the changes in the brain and body due to trauma. The book uses humour to convey a serious message based on the latest scientific research - that although trauma has serious emotional and physical effects, these can be resolved. **Tr114.2**

***Where to draw the line : How to set healthy boundaries every day.* Katherine, Anne. 2000.**

This is a wonderful guide to defining and maintaining your personal boundaries in any relationship. The author provides tools to create boundaries to allot time and energy to the things that matter to us. She focuses on every facet of daily life, from friendships and sexual relationships, to dress and appearance, money, food and health. Anne offers specific advice on making choices that balance one's own needs with the needs of others. **Se162**

***Women with Controlling Partners : Taking back your life from a manipulative or abusive partner.* Lambert, Carol A. 2016.** This book will help you identify abusive actions and behaviors, recognize their harmful effects on your mental and physical health, and gain the strength you need to rebuild your self-confidence. **Dv106**

## Self Help Online Links

***Breaking Free* Blue Knot Foundation. 2012-**

<http://www.blueknot.org.au/ABOUT-US/Our-Documents/Newsletters>

The Newsletter of Adults Surviving Child Abuse. Breaking Free is a monthly newsletter that features helpful articles, stories, resources and news of interest to adult survivors, supporters and community members. **OnlineTR26**

***eSafetyWomen : Empowering women to take control online.* Office of the 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 forms part of the Australian Government's Women's Safety Package to Stop the Violence.

***Guided Meditation for Detachment From Over-Thinking : Anxiety / OCD / Depression.* Sealey, Michael. 2015. <https://www.youtube.com/watch?v=1vx8iUvfyCY>**

Welcome to this guided meditation which is designed to train your mind for calm detachment from any unwanted patterns of over-thinking. **Online Se04**

***Raising Children Network.* The Parenting Research Centre and the Murdoch Childrens Research Institute, and Royal Children's Hospital Centre for Community Child Health, 2016.**

Raising Children Network is a trusted Australian evidence-based website with tips and tools for everyday parenting from pregnancy to teens. It offers a local services finder, videos and over 2000 scientifically reviewed articles on everything to do with parenting, health development, behaviour and wellbeing. There is a special section for Helping Children with Autism Spectrum Disorder.

## New Books for Professionals

### ***Cory Helps Kids Cope with Sexual Abuse : Playful Activities for Traumatized Children.***

*Liana Lowenstein. 2014.* This innovative book combines a therapeutic story with a variety of activities to help children cope with sexual abuse and complex trauma. Therapeutic games, art, puppets and other engaging techniques address the eight components of TF-CBT. It includes a reproducible story, assessment and treatment activities, and detailed handouts for parents. Geared to children aged 4 to 12. **Cs104**

### ***Deliberate Practice for Psychotherapists : A guide to improving clinical effectiveness.***

*Rousmaniere, Tony. 2017.*

This text explores how psychotherapists can use deliberate practice to improve their clinical effectiveness. By sourcing decades of research on how experts in diverse fields achieve skill mastery, the author proposes it is possible for any therapist to dramatically improve their effectiveness. **Py61**

### ***Forty-four [44] : a tale of survival.*** Rundle, Graham. 2014.

The autobiography of Graham Rundle of South Australia, depicting his life at Eden Park Salvation Army Boys' Home in Mount Barker in the 1960s. Graham was 7 years old when he was left at the home with the promise of a holiday. His name and belongings were removed and he became a number, 44. Warning: this book raises confronting issues about institutional child abuse. **In12**

### ***Introduction to Counselling Survivors of Interpersonal Trauma*** Sanderson, Christiane. 2010.

Interpersonal trauma can be caused by sexual or domestic abuse, elder abuse or sexual exploitation. When suffering from trauma, victims have specific needs which should be addressed: they find that they feel 'cut off' from society and unable to trust other people with relationships. This book will show counsellors how to discuss victims' feelings about themselves and in a supportive therapeutic situation to give them the confidence to relate with other people again. **Tr17**

### ***Overcoming the stigma of intimate partner abuse*** Murray, Christine E; Crowe, Alison. 2017.

Overcoming the Stigma of Intimate Partner Abuse addresses the impact of the shame surrounding intimate partner violence and the importance of actively challenging this stigma. Through examples of survivors who have triumphed over past abuse, the book presents a new way to understand the dynamics of abusive relationships as well as demonstrating the strength of survivors. **Dv75**

### ***Preventing violence in Australia : Policy, practice and solutions.*** Day, Andrew; Fernandez, Ephrem (Ed.) 2015.

This book has been written for all those who are interested in understanding and preventing violence in Australia. Whether it occurs in the home, in the workplace, while out socializing or on the sports field, the personal, social and economic costs of violence are profound. **Pv57**

### ***Supporting women after domestic violence : Loss, trauma and recovery.*** Abrahams, Hilary. 2007.

This book offers advice on how to enable women who have experienced domestic violence to embark on a journey of recovery. The book draws on theory, original research and the personal experiences of women who have encountered domestic violence to explore the complex practical and emotional support they need. **Dv70**

***Trauma and Recovery : from domestic abuse to political terror.*** Herman, Judith Lewis. 2015. The classic text for understanding trauma survivors. Judith Herman demonstrates that psychological trauma can be understood only within its social context. This book describes trauma resulting from war, child abuse, rape and domestic violence. It is written from a feminist point of view. The experience of trauma and the stages of recovery are discussed. **Tr29.2 3rd edn**

**Trauma, PTSD, Grief & Loss : The 10 core competencies for evidence-based treatment.** Dubi, Mike; Powell, Patrick; Gentry, J Eric. 2017.

This book provides a holistic and systemic path of understanding traumatic stress, and charts the most effective treatments, outlined in the 10 core trauma competencies. **Tr124**

**Trauma Stewardship : An Everyday Guide to Caring for Self While Caring for Others.**

Lipsky, Laura Van Dernoot; Burk, Connie. 2017.

A longtime trauma worker, Laura van Dernoot Lipsky offers a deep and empathetic survey of the often-unrecognized toll on those working to make the world a better place. We may feel tired, cynical, numb, or like we can never do enough. Through Trauma Stewardship, we are called to meet these challenges in an intentional way--not by becoming overwhelmed but by developing a quality of mindful presence. Lipsky offers a variety of simple and profound practices that will allow us to remake ourselves--and ultimately the world. **Sw83**

**Treating Complex Trauma and Dissociation : A practical guide to navigating therapeutic challenges.** Danylchuk, Lynette S.; Connors, Kevin J. 2017.

This book is the ideal guide for the front-line clinician whose clients come in with histories of trauma, abuse, self-injury, flashbacks, suicidal behavior, and more. It helps clinicians develop their own responses and practical solutions to common questions relating to this topic. **Tr123**

**Understanding and Treating Chronic Shame : A Relational/Neurobiological Approach.**

Patricia A. DeYoung. 2015. This cutting-edge book gives chronic shame the serious attention it deserves, integrating new brain science with an inclusive tradition of relational psychotherapy. As DeYoung describes how chronic shame is wired into the brain and developed in personality, she clarifies complex concepts and makes them available for everyday therapy practice. Grounded in clinical experience and with case examples, it is highly readable and immediately helpful. **Tr126**

## Professional Online Links

**Blue Knot Review** Blue Knot Foundation. 2017-

<http://www.blueknot.org.au/ABOUT-US/Our-Documents/Newsletters>

Blue Knot Review is an electronic journal chronicling recent developments and new perspectives around childhood trauma and trauma-informed practice. It is designed for health and legal professionals and interested others. **OnlineTR25**

**DVRCV.** Domestic Violence Resource Centre Victoria, 2016.

<http://www.dvrcv.org.au/>

The DVRCV is a statewide service in Victoria, providing training, publications, research and other resources to those experiencing (or who have experienced) family violence, and practitioners and service organizations who work with family violence survivors.

**Parenting Research Centre.** The Parenting Research Centre, 2016.

<http://www.parentingrc.org.au/>

The Centre works in partnership with the health, education and welfare sectors to deliver outcomes-focused solutions based on the best available evidence. It includes links to relevant case studies and to the Raising Children Network of information for Australian parents.

**The South Australian Drug Court: A recidivism study** South Australia. Office of Crime Statistics and Research, 2012.

[http://www.ocsar.sa.gov.au/docs/evaluation\\_reports/SADrugCourtRecidivismStudy.pdf](http://www.ocsar.sa.gov.au/docs/evaluation_reports/SADrugCourtRecidivismStudy.pdf)

This report provides a profile of all offenders who completed the Drug Court program between 2004 and 2008 either by way of successful completion, termination or withdrawal from the program. **Of08**

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