

November 2016 Update from the Victim Support Service Resource Centre

What's new in self- help and professional resources

To borrow these, visit us at **33 Franklin Street** Adelaide or email 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 needed for epub)

Forgot your ebook password ? - Email Alison at librarian@victimsa.org

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

The big move from Halifax Street to 33 Franklin Street has happened!
The Resource Centre is just behind reception and now has a relaxation area with table and chairs for you to use.

Alison is here on Wednesday and Thursday each week and would love to see you!

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

50 Things You Can Do Today to Manage Anxiety Green, Wendy. 2010.
<https://vss.wheelers.co/title/9780857653048/epub>

[eBook - login needed]

Many adults will suffer from anxiety at some point in their lives. This title helps you: learn how to replace negative thoughts and behaviour with positive ones; learn assertiveness skills and boost your self-esteem; & discover ways to reduce stress & anxiety. **eSe17**

New Self Help Books

A mindfulness-based stress reduction workbook for anxiety Stahl, Bob; Meleo-Meyer, Florence; Koerbel, Lynn. 2014.

Mindfulness-based stress reduction is a powerful, evidence based treatment model that fuses mindfulness meditation and yoga. This book provides mindfulness meditations and exercises to help sooth anxiety, understand common triggers, and live more fully in the moment. **Fe44**

A Right to be Heard : A domestic violence information booklet for the Murray Mallee Region. The Murray Bridge Regional Collaboration on Violence against Women and Children. 2016.

This booklet is a guide to help women and children in the Murray Bridge region who are in abusive situations. **DV101**

Abused boys: The neglected victims of sexual abuse. Hunter, Mic. 1990. This myth-breaking study explains why boys who are molested, remain silent about it later in life. Thirteen firsthand survival stories offer inspiration to readers. The author is a psychologist with extensive clinical experience treating male victims of child sexual abuse. **Cs 97**

Adolescent violence in the home : restorative approaches to building healthy, respectful family relationships. Routt, Gregory; Anderson, Lily. 2015. Teen aggression and violence toward members of their family- especially parents, has a profound impact on families. The authors advocate a restorative framework which situates violent behaviors in the context of power and can stop the intergenerational cycle of violence. **DV67**

Asking for it : how you create (and can therefore discreate) your anxiety (and other miseries) Aisbett, Bev. 2015. Australian author Bev Aisbett uses humor and cartoon characters to explain causes of anxiety. She provides useful strategies to help you gain mastery over anxiety and experience your life the way you want it to be. **Fe43**

Born for love : why empathy is essential and endangered. Perry, Bruce D.; Szalavitz, Maia. 2010. Bruce Perry and co-writer Maia Szalavitz explore empathy's startling importance in human evolution and its significance for our children and our society. They present a powerful case that love is essential...and endangered. **Ct32**

Coping with anxiety : 10 simple ways to relieve anxiety, fear and worry. Bourne, Edmund; Garano, Lorna. 2016. Fully revised and based on the latest research, this best-selling book provides immediate, user-friendly, effective strategies for overcoming anxiety. It offers readers a clinically proven, step-by-step program to help them relieve anxiety, fear, and worry. **Fe42**

The fear and anxiety solution : guided practices for healing and empowerment with your subconscious mind. Schaub, Friedemann. 2012. How can we stay balanced and live up to our potential when fear and anxiety seem so easily to get the best of us? This CD set presents Dr Schaub's breakthrough program for understanding, directing and using the subconscious mind as our ally on the path to wellness. **CD Fe03**

Full catastrophe living : using the wisdom of your body and mind to face stress, pain and illness. Kabat-Zinn, Jon. 2013. This is the latest edition of this wellknown work on mindfulness, meditation, and healing, now revised and updated after twenty-five years. This is a book for the young and the old, the well and the ill, and anyone trying to live a healthier and saner life in our fast-paced world. **Se159**

i-brainmap : freeing your brain for happiness. McInnes, Rita. 2014. In this lively and imaginative book, Australian psychologist Rita McInnes uses visual images to illustrate the brain changes caused by trauma. She takes you on a journey of discovery into practical brain change, from how the brain gets Stuck on Stress, to what you can do to free your brain. **Py54**

Inside : Life in Children's Homes and Institutions. Sheedy, Leonie. 2013.
This booklet describes the experiences of some of the people who experienced life in an Australian home or institution. **In19**

Mindfulness Skills Volume 1 Harris, Russ. 2008.
These recordings have been designed for use in conjunction with 'The Happiness Trap'. However, they are useful in their own right, or in conjunction with any other book or course that is based on mindfulness skills. **CDS69**

Not quite healed : 40 truths for male survivors of childhood sexual abuse. Murphey, Cecil; Roe, Gary. 2013.
Survivors of sexual abuse face a long road to recovery. In "Not Quite Healed," two survivors join forces to share insight and encouragement on the issues that challenge them most. This book is written from a Christian religious perspective. **Cs96**

Overcoming trauma and PTSD : a workbook for integrating skills from ACT, DBT, and CBT. Raja, Sheela. 2013.
This book combines the best of acceptance and commitment therapy (ACT), dialectical behaviour therapy (DBT), and cognitive behaviour therapy (CBT). Learn to: manage recurring flashbacks and nightmares; challenge anxiety, anger and self-blaming thoughts; and feel calm and organised. **Tr115**

Sleep well tonight : calming your mind and body into deep, restful sleep. De Vena, Ahna. 2014.
Allow Ahna's voice to gently guide you into deeper and deeper rest, until you naturally drift into sleep. By using this CD regularly you will be able to fall asleep on your own. Ahna is a natural sleep specialist, writer and presenter with many years' experience in helping people sleep. **CD Se68**

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? This unique comic uses illustrations to explain the strange nature of trauma and how it confuses the brain and affects the body. The comic also shows that trauma's serious emotional and physical effects can be resolved. **Tr114**

When a man you love was abused : A woman's guide to helping him overcome childhood sexual molestation. Murphey, Cecil. 2010.
For all women who know and love a survivor of sexual assault, this is an honest and forthright book. The author helps women understand the continuing problems that abuse survivors may encounter, including hurtful memories, issues of self worth, and the need to feel in control. **Cs95**

Why therapy works : Using our minds to change our brains. Cozolino, Louis. 2016. Why does therapy work? The author shows how our brains have evolved into social organs, which are programmed to connect in intimate relationships. He explains the debilitating effects of anxiety, stress and trauma, and outlines how therapy can foster positive change. **Py56**

Self-help Online Links

South Australia Police App.

<https://www.police.sa.gov.au/contact-us/key-contacts#sapolapp>

This 'one-stop' mobile app enables the public to easily access important SAPOL services and information on their mobile devices including a new Track My Crime function.

Lifeline – Get help fact sheets

<https://www.lifeline.org.au/Get-Help/Facts-and-Information>

Includes toolkits and facts sheets on issues such as Domestic and Family Violence, Addictions, Mental Health, Depression, Loneliness, Suicide, Stress, Anxiety, Grief and Financial Problems.

When a loved one is missing: information for family and friends

http://voc.sa.gov.au/sites/default/files/Missing_Person_Booklet_WEB_1.pdf

South Australian Commissioner For Victims' Rights, 2016

This booklet covers essential information that has been guided by candid stories of people who have endured the journey of a loved one gone missing.

New Books and DVDs for Professionals

ACT verbatim for depression and anxiety : annotated transcripts for learning Acceptance and Commitment Therapy. Twohig, Michael P.; Hayes, Steven C. 2008. This collection of transcripts, guides you through ACT-based therapy processes session-by-session. The transcripts present common situations that arise in clinical practice, while the commentary explains how to identify the six target ACT processes and help clients work through them. **De55**

Brain to brain Fisher, Janina. 2014. [DVD]

Psychotherapy is a complex, shifting, neurobiological exchange or "dyadic dance" between two human beings. It is determined by unconscious body and emotional memories of our early attachment experiences that affect our internal sense of safety and trust. Interpersonal neurobiology offers therapists a new approach to change the post-traumatic "dance" **DVD Tr15**

Capturing the moment : single session therapy and walk-in services.

Talmon, Moshe; Hoyt, Michael F. (Ed.) 2014.

Could a single therapy session be not only helpful but even sufficient for some people? Drawing from multiple theoretical approaches and cultural contexts, this is the book to read if you want to learn ways to help people as soon as possible - maybe even in one visit. **Sw81**

Chronic pain & Trauma Fisher, Janina. 2014. [DVD]

Many people with traumatic childhood histories suffer chronic health conditions that defy medical diagnosis and conventional treatments. In this seminar recording, Janina approaches chronic physical symptoms in trauma clients as a manifestation of unprocessed traumatic memories. **DVD Tr14**

Developing Mind : How Relationships and the Brain Interact to Shape Who We Are. Daniel J Siegel. 2015.

This bestselling book put the field of interpersonal neurobiology on the map. Daniel J. Siegel explores the role of interpersonal relationships in forging key connections in the brain. This is a new way of thinking about the process by which each of us becomes a feeling, thinking individual. **Py57**

Domestic Violence and Protecting Children : New Thinking and Approaches. Stanley, Nicky; Humphreys, Cathy. 2015.

In this volume, the authors present an overview of the innovative work taking place in relation to domestic violence and child protection. This book looks at new prevention initiatives and new interventions for children exposed to domestic violence. **Cp27**

Growing up with Domestic Violence : assessment, intervention, and prevention strategies for children and adolescents. Jaffe, Peter G. Wolfe, David A.; Campbell, Marcie. 2012.

This compact, easy-to-read text by leading experts shows practitioners how to recognize the impact of intimate partner violence on children and youth at different ages and developmental stages. It describes effective clinical interventions and school-based prevention programs. **Ct34**

Mental Health Advice Book : For treating veterans with common mental health problems. Australian Centre for Posttraumatic Mental Health. 2012.

Department of Veterans' Affairs developed this book to assist health practitioners deliver effective mental health treatment for veterans. **Tr116**

Overcoming trauma-related shame & self loathing Fisher, Janina. 2013.

[DVD] Shame has an insidious impact on our traumatized clients' ability to find relief and perspective even with good treatment. This DVD introduces shame from a neurobiological perspective; as a survival strategy driving somatic responses of automatic obedience and submission. **DVD Tr13**

Putting the pieces together Fisher, Janina. 2014. **[DVD]**

Trauma expert Janina Fisher introduces a neurobiological model that conceptualizes dissociation as an adaptive mind-body response to abuse, neglect, and attachment failure - all precursors to borderline and other personality disorders, complex PTSD, and dissociative disorders. **DVD Tr17**

Stabilizing unsafe behavior Fisher, Janina. 2014. **[DVD]**

Childhood trauma and neglect leave survivors with a compromised nervous system that impairs their capacity to tolerate the normal ups and downs of life. This presentation uses neurobiology to look at traumatized individuals troubled by addiction, self-destructive and suicidal behavior. **DVD Tr16**

Professional online links

Safe at home: discussion with Associate Professor, Jan Breckenridge: Video interview <http://anrows.org.au/resources/news/safe-home-lessons-for-practitioners-and-policy-makers>

Australia's National Research Organisation for Women's Safety, 2016
ANROWS Director Evidence to Action, Professor Jan Breckenridge, discusses how jurisdictions around Australia implement Safe at Home programs.

Principles of trauma-informed approaches to child sexual abuse: A discussion paper

<http://www.childabuseroyalcommission.gov.au/policy-and-research/our-research/published-research/trauma-informed-approaches-to-child-sexual-abuse>

Dr Antonia Quadara and Cathryn Hunter, Australian Institute of Family Studies, for The Royal Commission, 2016

This discussion paper looks at trauma-informed care and the implementation of trauma-informed approaches to support survivors of trauma, including survivors of child sexual abuse.

Reframing Public Inquiries as 'Procedural Justice' for Victims of Institutional Child Abuse: Towards a Hybrid Model of Justice

http://sydney.edu.au/law/slr/slr_38/slr38_3/SLRv38n3McAlindenNaylor.pdf

Anne-Marie McAlinden and Bronwyn Naylor IN Sydney Law Review, 2016

Drawing on the examples of Australia and Northern Ireland, this article utilises the restorative justice paradigm to critically evaluate the strengths and limitations of the inquiry framework in providing 'justice' for victims.

Risk profiles for institutional child sexual abuse

<http://www.childabuseroyalcommission.gov.au/policy-and-research/our-research/published-research/risk-profiles-for-institutional-child-sexual-abuse>

Keith Kaufman and Marcus Erooga for The Royal Commission, 2016

This literature review examines international evidence of risk and protective factors for child sexual abuse in institutional contexts.

**Our Crime Victim e-news alert will be emailed again in February
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

View the latest edition at <http://www.victimsa.org/crime-victim-e-news-november-2016>