

Borrowers Club Update - Victim Support Service Resource Centre – June 2018

To borrow these, visit us at 33 Franklin Street Adelaide or email librarian@victimsa.org

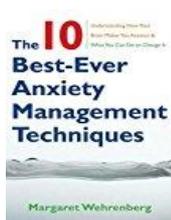
Search for resources on the online catalogue on the VSS website at <http://www.victimsa.org/get-resources#get-resources>

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

Well, it is almost halfway through the year – where has it gone?
In this issue - in Self-help books there are some new titles on Managing Anxiety and in online links, a couple of useful Financial Resources.

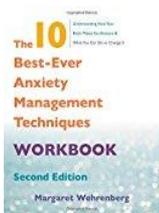
Some good news - the SA government has agreed to join the National Redress Scheme for People who have experienced Institutional child sexual abuse <https://www.dss.gov.au/national-redress-scheme-for-people-who-have-experienced-institutional-child-sexual-abuse>

New Self Help Books



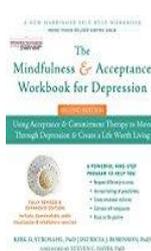
The 10 Best-Ever Anxiety Management Techniques : Understanding how your brain makes you anxious & what you can do to change it. Wehrenberg, Margaret. 2018.

Addresses physical, emotional, and behavioral symptoms - drawing on basic brain science to highlight the top 10 anxiety-defeating tips. Tips include breathing techniques, mindful awareness, cognitive control & self-talk **Fe48**



The 10 Best-Ever Anxiety Management Techniques Workbook : Understanding how your brain makes you anxious & what you can do to change it. Wehrenberg, Margaret. 2018.

Brimming with exercises, worksheets, tips, and tools, this complete how-to workbook shows readers how to put Margaret's anxiety-busting techniques into action. **Fe49**



The Mindfulness & Acceptance Workbook for Depression : Using acceptance & commitment therapy to move through depression & create a life worth living. Strosahl, Kirk D; Robinson, Patricia J. 2017. 2nd edition

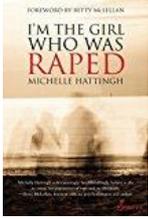
This fully revised and updated book offers step-by-step guidance to help you work through the aspects of your life that are causing you to be depressed. It also offers tools to help you evaluate your depression and create a personalized treatment plan. **De57**



The Truth of Memory and the Memory of Truth : Different Types of Memory and the Significance for Trauma. Stavropoulos, P & Kezelman, C. Blue Knot Foundation National Centre of Excellence for Complex Trauma. 2018.

<https://www.blueknot.org.au/ABOUT-US/Our-Documents/Publications/memory-and-trauma>

This evidence-based paper explains some of the complexities of memory and trauma. It covers topics such as: different types of memory; understanding memory, traumatic memory, implicit (body- somatic) memory; the protective role of 'forgetting'; and recovered memory. **Tr140**



I'm the Girl Who Was Raped Hattingh, Michelle. 2017.

That morning, Michelle presented her Psychology honours thesis on men's perceptions of rape. That same evening, she and a friend went to the beach. They were both robbed, assaulted and raped. Within minutes of getting help, Michelle realised she would never be herself again. She was now "the girl who was raped." This book describes Michelle's fight to be herself again.

Ra36

Trans Voices : Becoming who you are. Henry, Declan. 2017.

Personal, first-hand accounts from transgender and non-binary individuals about the diverse experiences and challenges they face before, during and after transition. This comprehensive introduction to trans issues details the social, physical and emotional struggles involved. **Gv09**

EBooks

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

Seven Steps to Help Your Child Worry Less: A Family Guide. Hagar, Kristy. 2002. **eCt01**

<http://vss.wheelers.co/title/9781886941106/epub>

This guide offers parents practical strategies to teach children relaxation techniques, correct ways of thinking to combat worry and anxiety, and empowering behavioral interventions. Also includes guidance for medical professionals & teachers.

The Happiness Trap : how to stop struggling and start living. Harris, Russ. 2008. **eSe02**

<http://vss.wheelers.co/title/9781921966347/epub>

Based on the principles of Acceptance and Commitment Therapy (ACT) which help you to clarify what is meaningful to you in life, and to develop mindfulness (a mental state that enables you to live fully in the present), and handle painful thoughts & feelings effectively.

Self-help Online Links

National Debt Helpline. Financial Counselling Australia. 2018.

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

Visit the National Debt Helpline website for step-by-step guides explaining how to fix common debt problems, such as what to do if you can't pay your energy bills, internet or phone bills, mortgage, credit cards, or payday loans. If you can't find the answer to your situation on the website, call 1800 007 007. A trained financial counsellor will provide you with free, independent and confidential advice. Open Monday to Friday, 9.30 am - 4.30 pm. If your matter is more complex, they can refer you to your closest face-to-face financial counselling service or to the right service you require, such as legal services, crisis food and accommodation services, and health services. **Online Vs22**

You and your child : A guide for parents of a child who has been sexually abused.

Health and Human Services (Victoria). 2017.

<https://services.dhhs.vic.gov.au/sexual-assault>

A guide for non-offending parents who have discovered that their child has been sexually abused. **Online Cs05**

New Books for Professionals

Addressing financial abuse : A Domestic and Aboriginal Family Violence Community resource guide South Australia. Commonwealth Bank, Coalition of Women's Domestic Violence Services of S.A. Inc.. 2018.

A booklet for people who work with victims/survivors of domestic and family violence, to help them identify and provide support for those experiencing financial abuse. Includes financial abuse examples, strategies for recognizing abuse, and helpful resources **Dv112**

Children, Sexuality, and Child Sexual Abuse Kenny, Dianna T. 2018.

Examines child sexual abuse from a broader perspective in order to understand how and why child sexual abuse is perpetrated, by whom, under what circumstances, and with what societal consequences for victims and perpetrators. **Cs110**

The Crafting of Grief : Constructing Aesthetic Responses to Loss. Hedtke, Lorraine; Winslade, John. 2017.

The Crafting of Grief focuses on helping people chart their own path through grief. The authors contend that therapists and counselors can support people more by helping them craft their own responses, rather than fitting experiences into a model. **Gr85**

Crime Victims : Theory, Policy & Practice. Spalek, Basia. 2017.

A useful overview of theory and practice in crime, victimization, and criminal justice policy. Spalek explores the impact of crime upon victims, looks at the establishment of victim initiatives, and pushes debates in the area forward. **Vy105**

Intimate Partner Sexual Violence : A multidisciplinary guide to improving services and support for survivors of rape and abuse. McOrmond-Plummer, Louise; Eastaer, Patricia; Levy-Peck, Jennifer Y (Ed.) 2014.

This book brings together advice for professionals working with individuals who have experienced rape or other forms of sexual abuse by current or former partners. International in approach, the book covers key issues salient to all professionals. **Ra61**

The Practice of Counselling & Clinical Supervision Pelling, Nadine; Armstrong, Philip (Ed.) 2017. 2nd edition.

This new edition comprehensively covers the range of professional, personal and organisational issues to ensure quality supervision for counsellors and clinicians. **Sw84**

Re-membering Lives : Conversations with the dying and the bereaved. Hedtke, Lorraine; Winslade, John. Morgan, John D. (Ed.) 2004.

This book offers a fresh approach to the negotiation of death and grief. It is founded in principles of constructive conversation that focus on "re-membering" lives, in contrast to a process of forgetting or dismembering those who have died. **Gr86**

The Truth is Longer Than a Lie : Children's experiences of abuse and professional interventions. Mudaly, Neerosh; Goddard, Chris. 2006.

This groundbreaking book reveals what young victims have to say about abuse and its effects on their lives. The authors examine societal factors that increase children's vulnerability & propose measures for preventing abuse & for future research. **Cs111**

Transgender 101 : A simple guide to a complex issue. Teich, Nicholas M. 2012.

An accessible portrait of transgenderism which also provides a rich history of transgender life and its experiences of discrimination. **Gv08**

Working with the Trauma of Rape and Sexual Violence : A guide for professionals.
Daniels, Sue J. 2017.

Inadequate responses to victims of rape or sexual violence can lead to further psychological trauma which damages their chances of recovery. Addressing key issues for people working with victims of sexual violence, this resource offers the skills, knowledge and insight to help survivors as they move forward with their lives. **Ra60**

Professional online links

Brief guides to the Final Report. Royal Commission into Institutional Responses to Child Sexual Abuse. 2017. These short guides focus on particular population groups. The guides explain where the main relevant sections of information can be found in the 17-volume Final Report. They also summarize relevant key findings :-

- *A brief guide to the Final Report : Children and young people.*
https://www.childabuseroyalcommission.gov.au/sites/default/files/a_brief_guide_to_the_final_report_-_children_and_young_people.pdf **In35**
- *A brief guide to the Final Report : Aboriginal and Torres Strait Islander Communities.*
https://www.childabuseroyalcommission.gov.au/sites/default/files/a_brief_guide_to_the_final_report_-_aboriginal_and_torres_strait_islander_communities.pdf **In37**
- *A brief guide to the Final Report : Disability.*
https://www.childabuseroyalcommission.gov.au/sites/default/files/a_brief_guide_to_the_final_report_-_disability.pdf **In38**

Good Shepherd Microfinance [website] Good Shepherd Microfinance. 2018.

<http://goodshepherdmicrofinance.org.au/>

Good Shepherd Microfinance work collaboratively with corporate, government and community sectors to create people-centred programs that enable clients to realise their own economic wellbeing, as they define it themselves. This enables clients to feel valued and in control of their finances. Good Shepherd also offer an education program: 'Women and Money: An Introduction to Financial Abuse.'

National Domestic Violence Order Scheme. [website]

Australia. Attorney General's Department. 2018. <https://www.ag.gov.au/ndvos>

The National Domestic Violence Order Scheme aims to better protect victims and their families. This website provides information about the Scheme together with community materials in multiple languages and State and territory contacts.

Non-offending parents as secondary victims of child sexual assault Fuller, Georgina.

2016. <https://aic.gov.au/publications/tandi/tandi500>

This research explored the impact of child sexual assault on a sample of 26 non-offending parents. It focused on the link between parents' thoughts and feelings about the assault and their subsequent support for the primary victim.

Royal Commission into Institutional Responses to Child Sexual Abuse : Criminal Justice.

Royal Commission into Institutional Responses to Child Sexual Abuse. 2017.

<https://www.childabuseroyalcommission.gov.au/criminal-justice>

This report contains recommendations in relation to the criminal justice system's response to child sexual abuse, including institutional child sexual abuse.

Our Crime Victim e-news alert will be emailed again in August.

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: <https://www.victimsa.org/crime-victim-e-news-may-june-2018>