

Borrowers Club Update - Victim Support Service Resource Centre – April 2019

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

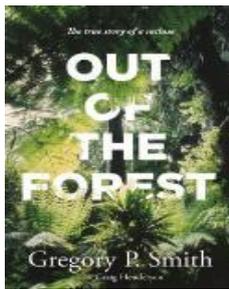
Search for resources on the online catalogue on the VSS website at
<http://www.victimsa.org/get-resources#get-resources>

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

October this year will be the 40th anniversary of Victim Support Service, which was founded by a group of dedicated volunteers in October 1979.

To mark this occasion there will be a number of events beginning with a Symposium on 31st May at the National Wine Centre (there is a cost to attend). Find out more about the Symposium on the VSS website at <https://www.victimsa.org/Symposium2019>

New Self Help Resources

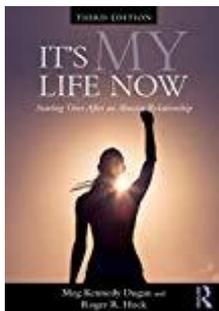


Out of the Forest : The true story of a recluse. Smith, Gregory P; Henderson, Craig. 2018.

This inspiring survivor story tells how someone, who was abused as a child, turned their back on society but then gave it another chance. Gregory went from being homeless and living in isolation in NSW to returning to society and gaining a PhD and teaching social sciences at university. **Ca30**

Tranquillity : Classics for every mood. 2017. [CD set]

These three CDs contain peaceful and calming music to provide inner calm, contemplation and relaxation. **CD Se74**

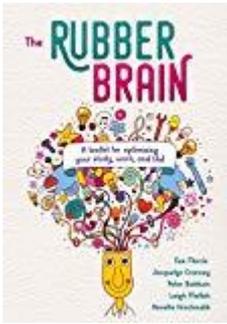


It's My Life Now : Starting over after an abusive relationship. Dugan, Meg Kennedy; Hock, Roger R. 2018. 3rd edition

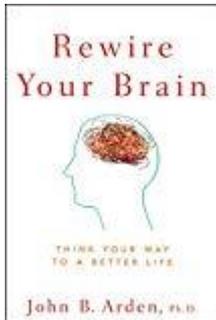
This is a reputable guide for survivors who have left an abusive relationship. In clear, non-threatening language it talks about issues such as post-relationship emotions, psychological impact, dealing with children, personal safety, legal problems, and financial security. The book dismantles common myths about being in and leaving an abusive relationship and contains activities for self-exploration that survivors can complete as they navigate a new life free from abuse. **Dv121**

The Shack 2017. [DVD]

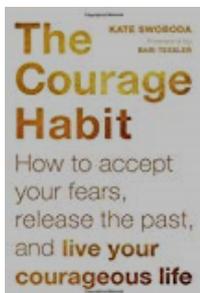
After suffering a family tragedy, Mack Phillips spirals into a deep depression causing him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack deep in the Oregon wilderness. Contains strong Christian viewpoint. **DVD Se06**



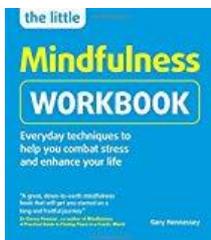
The Rubber Brain : A toolkit for optimising your study, work, and life! Morris, Sue [and four others] 2018. Your brain controls your conscious thoughts and behaviours, like deciding whether to study or party. When you do things that you wish you hadn't - it's likely your brain has indulged in suboptimal thinking. Essentially, your brain doesn't always deliver the kind of thinking that leads to desired positive outcomes. But you and your brain can do better. Learn simple tools derived from a wide range of scientific findings, to optimise your thinking. Your mind will be clearer and your life better. **Py90**



Rewire : Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior. O'Connor, Richard. 2014. Psychotherapist Richard O'Connor, reveals why our bad habits die so hard. We have 2 brains: a thoughtful, conscious, deliberative self, and the other an automatic self that makes most of our decisions without our attention. Using new knowledge about how the brain works, this book clears a path to lasting, effective change for behaviors such as: procrastination, overeating, disorganization, staying in bad situations, worrying, risk taking & self-medication. **Se103**



The courage habit : how to accept your fears, release the past and live your courageous life. Swoboda, Kate. 2018. Many people believe that they would accomplish more - if only they could rid themselves of that fearful inner voice that whispers, "you can't do it." Life coach Kate Swoboda offers a unique program to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past and acting on what you truly value, you can make courage a daily habit and live the life that you choose. **Se177**



The Little Mindfulness Workbook : Everyday techniques to help you combat stress and enhance your life. Hennessey, Gary. 2016. This small workbook contains dozens of meditations and practices that will help you, combat stress, anxiety and depression, learn the value of acceptance, choose how to respond to unwanted experiences and improve your happiness and wellbeing. **Se178**

The Mindfulness & Acceptance Workbook for Stress Reduction : Using acceptance and commitment therapy to manage stress, resilience and create the life you want. Livheim, Fredrik; Bond, Frank W; Ek, Daniel; Skoggard Hedensjo, Bjorn. 2018.

This book offers a nine-week program for stress management drawing on the principles of ACT and mindfulness. It contains practical tools to help you deal with difficult emotions and reinforce healthy coping habits. **Se179**

Self-help Online Links

Living Well : A guide for men. Anglicare Southern Queensland Queensland Department for Justice and Attorney-General. 2012. <https://www.livingwell.org.au/wp-content/uploads/2012/11/Living-Well-A-Guide-for-Men-Booklet.pdf> This booklet provides men with practical information and support on dealing with the effects of sexual abuse.

Information for Victims of Crime : treatment, impact and access to the justice system. Commissioner for Victims' Rights. 2018.

<http://www.voc.sa.gov.au/sites/default/files/victims-of-crime-booklet.pdf>

Information for crime victims either during the legal process or after it. This booklet

describes the victim's rights to fair treatment in the justice system. It also provides a simple introduction to the legal process and lists services that may be able to give support. And it is also useful for those who have suffered a 'wrong' rather than a crime.

New Books for Professionals

Act Questions and Answers : A Practitioner's Guide to 50 Common Sticking Points in Acceptance and Commitment Therapy. Harris, Russ. 2018.

Renowned ACT expert Russ Harris presents easy-to-read Q&A sessions to uncover the most common ways clients and practitioners get stuck when using ACT, how to get unstuck, and how to transform that "stuckness" into powerful personal growth. **Py88**

250 Brief, Creative & Practical Art Therapy Techniques : A guide for clinicians & clients. Buchalter, Susan I. 2017. These 250 art exercises increase self-esteem, self-awareness and a feeling of success in artistic expression and communication, allowing clients to engage in therapeutic exercises without judgment. Using simple materials like paper, pencils and markers, these techniques can be immediately implemented in your practice. Art techniques based in: Mindfulness, CBT, Self-Compassion. **Tr152**

Chronic Sorrow : A Living Loss. Roos, Susan. 2018. 2nd edition.

Chronic Sorrow explores natural grief reactions to losses that are not final and continue to be present in the life of the griever. It also considers other ongoing losses, such as serious disabilities. Benefits and social supports are explored in depth, giving readers a practical guide for accessing available resources. Chapters also give guidance for professionals to assist families living with irremovable loss, helping them plan for a future in which the customary caregivers can no longer carry the load. **Gr61**

Clinical EFT (Emotional Freedom Techniques) Handbook : A definitive resource for practitioners, scholars, clinicians and researchers Volume 2 Integrative Medical Settings, Special Populations, Sports and Business Performance, Innovations in EFT. Church, Dawson; Marohn, Stephanie (Ed.) 2013.

Clinical EFT (Emotional Freedom Techniques) is the form of EFT taught in the original EFT Manual and associated materials, and validated in over 20 clinical trials. This handbook is essential reading for anyone wishing to understand EFT as validated in research, science and best clinical practice. **Py89**

Clinical Skills for Managing Complex Traumatization Giarratano, Leah. 2018.

This text provides practical skills for use by mental health clinicians working with survivors of child abuse and neglect, and other forms of complex traumatization. This text will equip mental health clinicians with immediately practical skills to treat their clients who have survived complex traumatization. **Tr150**

Learning ACT : an acceptance and commitment therapy skills training manual for therapists. Luoma, Jason B.; Hayes, Steven C.; Walser, Robyn D. 2017.

Acceptance and Commitment Therapy (ACT) is a proven-effective treatment for numerous mental health issues, including depression, anxiety, and stress. This 2nd edition includes up-to-date exercises and references, as well as traditional, evidence-based behavioral techniques, for use within the ACT framework. **Py87**

Rape and Resistance : Understanding the complexities of sexual violation. Alcott, Linda Martin. 2018. In this powerful and original book, Linda Martin Alcott maps out various strategies to help correct the misleading language of public debate about rape and sexual violence. She argues that we need to understand the role that language and ideas play in shaping our experiences of violation: if we are to change public attitudes to rape, we need to understand how we evaluate and interpret events. **Ra62**

Rape Law in Context : Contesting the scales of injustice. Bronitt, Simon; Eastal, Patricia. 2018.

This important new book is a successor to *Balancing the Scales*, published 20 years ago. Revisiting and extending beyond the themes in the previous collection, the authors offer new ways of thinking about the wrongs of rape and the responses of the criminal justice system. **La102**

Rhythm to Recovery : A practical guide to using rhythmic music, voice and movement for social and emotional recovery. Faulkner, Simon. 2017.

Incorporating the latest research on how rhythmic music impacts the brain, this book features over 100 different exercises spanning five key developmental areas: social and emotional learning; identity and culture; strengths and virtues; health and wellbeing; and families, teams and communities. It offers a safe entry to cognitive reflection through fun, experiential rhythmic exercises and will be valuable for counselors. **Py91**

Selfless : a social worker's own story of trauma and recovery. Holzapfel, Kristen. 2016. *Selfless* is the story of Kristen Holzapfel's work on the frontline of social work and how, after several years in this relentlessly fast-paced high-stress environment, she developed (and subsequently overcame) symptoms of Vicarious Trauma. **Sw86**

The sexual politics of gendered violence and women's citizenship Franzway, Suzanne; Moulding, Nicole; Wendt, Sarah; Zufferey, Carole; Chung, Donna. 2019.

This book investigates the effects of intimate partner violence on aspects of everyday life including housing, employment, mental health, and social participation. It is based on a long-term study of women's lives in Australia, which included before and after their relationship with a violent partner. **Dv120**

Shades of grey : domestic and sexual violence against women. Carline, Anna; Eastal, Patricia. 2016. This book investigates the 'hidden gender' of the so-called neutral or objective legal principles that structure the law addressing violence against women. Adopting a feminist perspective, it investigates how legal responses to violence against women presuppose, maintain and perpetuate a certain context that does not reflect women's experiences (and often fails to protect them from further violence).. **La103**

Professional online links

Justice or judgement : the impact of Victorian homicide law reforms on responses to women who kill intimate partners. Fish, Ellen; McKenzie, Mandy; MacDonald, Helen. Domestic Violence Resource Centre Victoria Monash University. 2013.

https://www.dvrcv.org.au/sites/default/files/DVRCV-DiscussionPaper-9-2013-web_0.pdf

This discussion paper examines whether the reforms to homicide laws in Victoria are working as intended. It finds that the new family violence evidence provisions are not being adequately used. **Online Dv109**

Our "Crime Victim e-news" brings you links to up-to-date reports & research on crime & justice issues.

If you would like to receive it, email: info@victimsa.org

Latest edition: <https://www.victimsa.org/crime-victim-e-news-march-april-2019>