

## Borrowers Club Update - Victim Support Service Resource Centre – December 2018

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

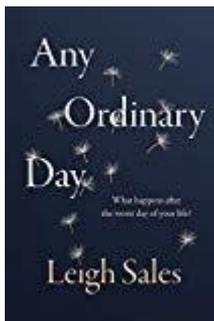
WISHING YOU ALL A SAFE AND HAPPY FESTIVE SEASON AND BEST WISHES FOR THE NEW YEAR.

And some useful festive tips:

Coping with Christmas <https://www.betterhealth.vic.gov.au/health/HealthyLiving/christmas-can-be-stressful>

12 money tips for Christmas <https://www.moneysmart.gov.au/tools-and-resources/news/12-money-tips-for-christmas>

### New Self Help Books

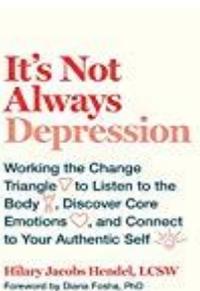


*Any Ordinary Day: Blindsides, resilience and what happens after the worst day of your life.* Sales, Leigh. 2018.

Leigh talks intimately with people who've faced the unimaginable, from terrorism to natural disaster to simply being in the wrong place at the wrong time. Expecting broken lives, she instead finds strength and hope. Leigh brilliantly condenses the cutting-edge research on the way the human brain processes fear and grief, and poses the questions we too often ignore. Along the way, she describes her own challenges and what she's learned about coping with life's unexpected blows. **Se176**

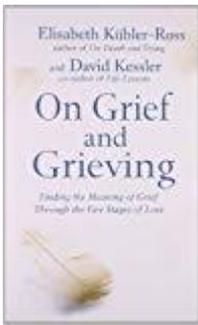


*Butterfly on a Pin : A memoir of love, despair and reinvention.* Hill, Alannah. 2018. Alannah Hill is one of Australia's most successful fashion designers. But her childhood was one of hardship, fear and abuse. At an early age she ran away from home with a fierce determination to succeed, haunted by her mother's negative words. At the height of her success, Alannah walked the razor's edge between 2 identities – the 'good' Alannah and the 'bad'. She came to understand the only way she could move forward was to go back. At the heart of it all was her mother. It was finally time to call a truce with the past. **Cs113**



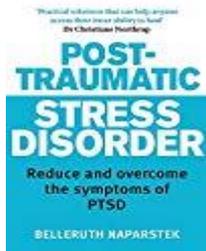
*It's Not Always Depression : Working the change triangle to listen to the body. discover core emotions, and connect to your authentic self.* Jacobs Hendel, Hilary. 2018.

The Change Triangle is a unique and pragmatic tool —a guide to carry you from a place of disconnection back to your true self. In these pages, you will learn why all emotions—even the most painful—have value, how to identify emotions and the defenses we put up against them, how to get to the root of anxiety and how have compassion for the child you were and the adult you are. **De59**



*On Grief and Grieving : Finding the meaning of grief through the five stages of loss.* Kubler-Ross, Elisabeth; Kessler, David. 2005.

On Grief and Grieving looks at the stages of the grieving process: denial, anger, bargaining, depression, and acceptance. This book weaves together theory and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing. **Gr59**



*Post-Traumatic Stress Disorder : Reduce and overcome the symptoms of PTSD.* Naparstek, Belleruth. 2006.

Life-threatening accidents, illnesses, abusive relationships and tragedies can all leave deep emotional wounds that persist long after physical scars have healed. Now there is new hope for the millions affected by post-traumatic stress disorder (PTSD). Drawing on her years of experience as a therapist, as well as recent research, Belleruth Naparstek presents a clinically proven program for recovery using guided imagery. **Tr149**



*The trauma cleaner : one woman's extraordinary life in death, decay & disaster.* Krasnostein, Sarah. 2017.

This is the biography of an Australian survivor of family and gendered violence. Before she was a trauma cleaner, Sandra Pankhurst was many things- husband and father, drag queen, gender reassignment patient, sex worker, small businesswoman, trophy wife. But as a little boy, raised in violence and excluded from the family home, she just wanted to belong. Now she believes her clients deserve no less. Author Sarah Krasnostein has watched the extraordinary Sandra Pankhurst bring order

and care to others' lives. This is the compelling story of a fascinating life. **Tr148**

*NOTE: This is a survivor story. It may trigger trauma reactions in some readers.*

## Self-help Online Links

*Domestic violence and separation : a financial empowerment checklist for women.* Zahra Foundation Australia. 2018.

<http://zahrafoundation.org.au/wp-content/uploads/2017/02/Zahra-Foundation-8p-A5-booklet.pdf>

The decision to separate from a partner as a result of domestic and family violence is a hard time and it can be difficult to know what you should do, particularly when it comes to money. This checklist provides fast and easy information to help you work out what you can do and where you can get help. NOTE: refers to services available in South Australia.

*The man box : a study on being a young man in Australia.* Flood, Michael; Irvine, Hannah; Livingstone, Michael. The Men's Project, Jesuit Social Services. 2018.

<https://jss.org.au/wp-content/uploads/2018/10/The-Man-Box-A-study-on-being-a-young-man-in-Australia.pdf>

This study by Jesuit Social Services' The Men's Project, involving 1,000 men aged 18 to 30 has shown that young men who comply with society's pressures to be a 'real man' report poorer mental health, are more likely to consider suicide, more likely to commit acts of sexual harassment and experience and perform acts of violence and bullying.

*National Apology address [to Survivors and Victims of Institutional Child Sexual Abuse in Australia]: transcript, 22 Oct 2018, Parliament House, Canberra, Prime Minister.*

Morrison, Scott. Australia. Prime Minister's Office. 2018.

<https://www.pm.gov.au/media/national-apology-address>

Written transcript of the National Apology to Victims and Survivors of Institutional Child

Sexual Abuse, given by the Prime Minister to the Australian Parliament and the nation.

*Respect Victoria Respect Victoria. 2018.*

<https://respectvictoria.vic.gov.au/>

A community built on respect is inclusive. It is happier and safer. Without respect: behaviours like sexist jokes, racist comments, discrimination and financial control seem acceptable. That's why Respect Victoria is dedicated to changing them. We are a new organisation, focused on the prevention of all forms of family violence for all Victorians. No matter their, gender, age, sexuality or cultural background.

## New Books for Professionals

*Brain therapy : planting SEEDS for a healthy brain and better mental health - 1-day workshop for professionals. Arden, John. 2018.*

This seminar presented by Dr John Arden offers down-to-earth and practical suggestions for effective, positive client outcomes using new developments in neuroscience. This training examines the use of brain-based interventions that enhance outcomes for clients. **DVD Py02**

*Family Violence in Australia : The Legal Response. Alexander, Renata. 2018.*

With national homicide figures revealing that almost 40% of all homicides in Australia occur within families, there is a significant need for this book. It serves as an invaluable and practical resource for anyone who comes into contact with victims of family violence. The book covers: Family violence legislative schemes applicable in each State and Territory ; Criminal law and the criminal process, including police powers, criminal offences such as homicide, and sentencing; and, Family law and procedures for protection under the Family Law Act 1975 (Cth). This book highlights the need for a uniform response across all States and Territories. **La96**

*The Healing Power of Emotion : Affective Neuroscience, Development & Clinical Practice. Fosha, Diana; Siegel, Daniel J; Solomon, Marion F (Ed.) 2009.*

This book illuminates how to regulate emotion in a healthy way. A variety of emotions, both positive and negative, are examined in detail, drawing on both research and clinical observations. The role of emotion in bodily regulation, dyadic connection, marital communication, play, well-being, health, creativity, and social engagement is explored. This book offers original and groundbreaking work from leading experts. **Py63**

*The Mindfulness Toolbox for Relationships : Self Family Lover Friends Community Workplace World 50 Practical Tips, Tools & Handouts for Building Compassionate Connections. Altman, Donald. 2018.*

Award-winning mindfulness author and expert Donald Altman delivers practical mindfulness tools that relieve stress and enhance daily living. Easy-to-use, detailed handouts offer freedom from old, stuck habits while providing life-affirming strategies for healthy, fulfilling, sustainable connections of all kinds. **Se152**

## Professional online links

*Examining the power of Child-At-Risk electronic medical record (eMR) alerts to share interpersonal violence, abuse and neglect concerns : Do child protection alerts help. ANROWS. 2018.*

<https://www.anrows.org.au/publications/horizons/examining-the-power-child-risk-electronic-medical-record-emr-alerts-share>

Health services are uniquely positioned to respond to women and children experiencing violence. This research has found that electronic alerts on patients' health records may improve responses to children and pregnant women at risk of violence, abuse or neglect.

*The Forgotten Victims : Prisoner experience of victimisation and engagement with the criminal justice system: Key findings and future directions. Australia's National Research Organisation for Women's Safety (ANROWS). 2018.*

<https://www.anrows.org.au/publications/compass/the-forgotten-victims-prisoner-experience-victimisation-and-engagement-the>

Many women in prison have experienced intimate partner violence. As this form of violence is often intergenerational and entrenched, they are at particular risk of ongoing victimisation following release from custody. And yet, their support needs often go unrecognized and many barriers exist that prevent ex-prisoners from accessing services.

*A guide to evaluating interventions related to violence against women ANROWS. 2018.*

<https://www.anrows.org.au/publications/insights/evaluating-interventions-related-violence-against-women>

This guide is a resource for community and health workers, clinicians, policy-makers and others. It is designed to help them evaluate interventions related to violence against women, so they can use the findings to improve services, secure funding and acknowledge the quality of work delivered by practitioners.

*How to Increase Voluntary Participation in Programs Using Behavioural Insights*

Behavioural Insights Unit. 2018.

<https://bi.dpc.nsw.gov.au/blog/2018/07/11/how-to-increase-voluntary-participation-in-programs-using-behavioural-insights/>

This research used behavioural insights to identify ways to engage people, who are at high-risk of reoffending, to voluntarily join behaviour change or other support programs.

*Investigating adolescent family violence in Victoria : understanding experiences and practitioner perspectives. Fitz-Gibbon, K.; Elliott, K.; Maher, J., Monash Gender and Family Violence Research Program. 2018.*

<https://arts.monash.edu/gender-and-family-violence/wp-content/uploads/sites/11/2018/07/Adolescent-Family-Violence-in-Victoria-Final-Report.pdf>

The voices and experiences of those affected by this complex and distinct form of family violence offer vital insights into the risks faced by victims and affected families.

*The Justice Project : Final report. Law Council of Australia. 2018.*

<https://www.lawcouncil.asn.au/justice-project/final-report>

The Justice Project, is one of the most extensive reviews of its type in the past 40 years. The report highlights the devastating consequences of not being able to access justice, or of receiving poor justice outcomes. It focusses on 13 priority groups identified as facing significant social and economic disadvantage, the final report shines a light on justice issues for these groups, uncovering systemic flaws and identifying service gaps. It also highlights what is working well.

*Mapping a New Path : The health justice landscape in Australia, 2017. Suzie Forell.*

2018. <https://www.healthjustice.org.au/wp-content/uploads/2018/08/Health-Justice-Australia-Mapping-a-new-path.pdf>

This report provides a first and foundational profile of the health justice landscape across Australia. It is based on information gathered in a 2017 survey, conducted by Health Justice Australia, of services across Australia that identify as health justice partnerships. The report describes the exponential growth of the health justice landscape from 7 services in 2014 to over 30 services in 2018.

*Queensland Centre for Domestic and Family Violence Research webinars Queensland Centre for Domestic and Family Violence Research. 2018.*

<https://noviolence.org.au/resources/digital-media/webinars/>

This website links to a number of webinars conducted by the Queensland Centre for Domestic and Family Violence Research. The most recent webinar in 2018 was presented by Mark Webb on 'Sexual assault: myths and misconceptions.'

*Research summary : the impacts of domestic and family violence on children (2nd ed.) Australia's National Research Organisation for Women's Safety. 2018.*

<https://www.anrows.org.au/publications/insights/research-summary-the-impacts-domestic-and-family-violence-children-2nd-ed>

This summary is designed for those who want to know more about ANROWS's research on domestic and family violence in Australia. It has been collated from research projects funded by ANROWS in 2014 and published in 2017. It is not intended to be a comprehensive report on research related to children and violence. The summary outlines the major issues identified in the ANROWS research relevant to children, the factors preventing effective service delivery and the policy and practice changes recommended by the researchers.

*Review of the implementation of the Royal Commission into Aboriginal Deaths in Custody Department of the Prime Minister and Cabinet (Australia) Deloitte Access Economics Royal Commission into Aboriginal Deaths in Custody. 2018.*

<https://www.pmc.gov.au/resource-centre/indigenous-affairs/review-implementation-royal-commission-aboriginal-deaths-custody>

An independent review of the implementation of the recommendations of the Royal Commission into Aboriginal Deaths in Custody (the Royal Commission).

*Trauma-informed care in child/family welfare services Wall, Liz; Higgins, Daryl; Hunter, Catherine. Child Family Community Australia. 2016.*

<https://aifs.gov.au/cfca/sites/default/files/publication-documents/cfca37-trauma-informed-practice.pdf>

This well-written Australian report outlines the evidence for trauma-informed care, based on what is now known about children's development and emotional needs. Trauma-informed service delivery requires organisations and services to embrace a system-wide understanding about trauma and its impact. **Ct46**

*Youth justice report : consultation with young people in out-of-home care about their experiences with police, courts and detention. Tillack, Kate; Raineri, Tanya; Cahill, Alex; McDowall, Joseph J. CREATE Foundation. 2018.*

<https://create.org.au/featured/youth-justice-report/>

This report presents findings from interviews with 148 young people who have been in out-of-home care and had contact with the youth justice system, either as an offender, because they had been reported as missing or as a victim of crime. It recommends adopting a trauma-informed approach within the justice system, as well as improving case-management and support for young people.

**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](mailto:info@victimsa.org)

**Latest edition:** <https://www.victimsa.org/crime-victim-e-news-november-december-2018>