

Borrowers Club Update - Victim Support Service Resource Centre – July 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):

This year marks the 40th anniversary of Victim Support Service, which was founded by a group of dedicated volunteers in October 1979 – but it may be our last anniversary.

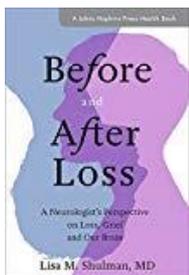
In the recent budget, the Attorney-General announced that in the next financial year 2020-2021, the budget for the counselling service will be effectively halved and put out to tender (contract). The service will be under the governance of the Commissioner for Victims' Rights and may or may not be provided by Victim Support Service.

New Self Help Resources



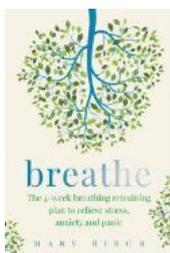
A Voice for Veronica: The story of the first victim in the Truro murders in South Australia. Woods, Jeanette. 2019.

Forty years after the discovery of her remains in the Truro bush, what started as a foster carer's exploration of a sad memory, developed into a search that took an unexpected direction, uncovering the long held grief and sadness of an ever-widening circle of co-victims in this tragedy. The writer found herself confronted with the need to forgive as she revisited the events that still horrify us. This well-researched narrative brings a faith perspective to Veronica's story and finally gives her a voice. **Hc33**



Before and After Loss : A neurologist's perspective on loss, grief, and our brain. Shulman, Lisa M. 2018.

Dr. Lisa M. Shulman, a neurologist, describes a personal story of loss and her journey to understand the science behind the mind-altering experience of grief. Part memoir, part creative nonfiction, part account of scientific discovery, this moving book combines Shulman's perspectives as an expert in brain science and a keen observer of behavior with her experience as a clinician, a caregiver, and a widow. **Gr63**



Breathe : The 4-week breathing retraining plan to relieve stress, anxiety and panic. Birch, Mary. 2019.

Mary Birch is an expert on breathing retraining. Since starting her Melbourne breathing retraining practice in 1999, Mary has successfully helped numerous clients experiencing stress, anxiety and panic to improve their breathing pattern and transform their lives. **Se182**

Broken to Brilliant : Breaking free to be you after domestic violence: Stories of strength and success. Andrews, KC (Ed.) 2016. This book is for anyone who is living in an abusive relationship, knows someone who is, or has emerged and is looking for a roadmap into the light of new beginnings. Each survivor tells her unique story - but the focus of this book is not on the horror, but the healing - as they share the skills, techniques and attitudes that helped them shine again. **DV124**

Can't Touch My Soul : A Guide for Lesbian Survivors of Child Sexual Abuse.

Rafanello, Donna. 2004.

This groundbreaking study of lesbian survivors of childhood sexual abuse addresses the endemic feelings of horrible isolation and shame experienced by survivors through the words of 60 women who shared with Rafanello their inspiring stories of recovery. A systematic guide to recovery, from the earliest stages of remembering, to overcoming the coping and defense mechanisms children adapt to survive. **LGBTIQ06**

The Diving-Bell and the Butterfly *Bauby, Jean-Dominique. 2008.*

The Diving Bell and the Butterfly is a memoir by journalist Jean-Dominique Bauby. It describes what his life is like after suffering a massive stroke that left him with locked-in syndrome. It also details what his life was like before the stroke. **Se181**

Grief Works : Stories of life, death and surviving. *Samuel, Julia. 2018.*

Grief Works is a profoundly optimistic and compassionate handbook for anyone suffering a loss—from the expected death of a parent to the sudden death of a child or spouse—as well as a guide for those who want to help their grieving loved ones. **Gr62**

An Introduction to Coping with Post-Traumatic Stress *Wetmore, Ann. 2019. 2nd ed*

Post-Traumatic Stress Disorder is a common psychological condition resulting from traumatic events. It arises when a person's coping resources have been completely overwhelmed. This is the 2nd edition of this popular, short, easy-to-read self-help guide. This practical booklet is also ideal for health professionals and carers. **Se183**

Rewire Your Anxious Brain : how to use the neuroscience of fear to end anxiety, panic & worry. *Pittman, Catherine M; Karle, Elizabeth M. 2015.*

Learn to overcome anxiety - based on current neuroscience research. You will learn how the amygdala and cortex (both important parts of the brain) are essential players in the neuropsychology of anxiety. This book offers specific examples of how to manage fear by tapping into these pathways in the brain. **Fe51**

Stop walking on eggshells : taking your life back when someone you care about has borderline personality disorder. *Kreger, Randi; Mason, Paul T. 2010.*

People who are affected by borderline personality disorder often have unpredictable behaviour and swings of mood. This book is written for their relatives and friends, as a guide to the effects of the disorder and strategies available for coping with unusual behaviour. They discuss several therapies such as pharmacological, cognitive behavioural and dialectical behavioral therapy, and some of the causes of BPD. **Se121**

Terror to Triumph : Rebuilding your life after domestic violence Stories of Strength and success. *Andrews, KC (Ed.) 2018.*

12 domestic violence survivors describe the terror they experienced and the additional challenges they encountered from a system that was supposed to help them. Most importantly, they tell of the practical steps they have taken - physically, emotionally, psychologically and spiritually - to build new lives. They tell of continued recovery, and how they have reclaimed self to reach a sense of triumph. **Dv125**

Whose Life is it Anyway? : A Memoir Recognising and surviving domestic violence. *Thomson, Deborah. 2018.*

This is Deborah Thomson's story of how she came to be in an abusive situation and how she regained her strength and self-confidence to leave. Abuse may be threefold. Firstly, there is the direct abuse by the perpetrator. Secondly, the suffering can be intensified when there is no remorse by the abuser. Thirdly, the judgment of others - when friends, family and others judge the sufferer for either staying with the abuser or leaving. Deborah explains how someone can find themselves in an abusive situation and then how, with compassion and support from others, they can regain their dignity and life. **Dv123**

Self-help Online Links

ANMF national aged care survey 2019: final report

http://anmf.org.au/documents/reports/ANMF_Aged_Care_Survey_Report_2019.pdf

Australian Nursing and Midwifery Federation, 2019

The National Aged Care Survey consulted with staff working in residential and community aged care, to ascertain their concerns, experiences and views about working in the aged care sector. Sadly, conditions are little changed since 2016.

No to violence: Men's Referral Service (website) <https://www.ntv.org.au/>

An Australian service for men who are experiencing Domestic Violence.

Parenting in the digital age <https://esafety.gov.au/-/media/cesc/esafety-corporate/research/esafetyresearchparentingdigitalage.pdf>

Office of the eSafety Commissioner (Australia), 2019. This research focuses on parents' experiences raising children in a world steeped in online activity and connection. It confirms the pivotal role parents play in keeping their children safe online and highlights their very real concerns about their capacity to deal with online safety issues.

'Safe Pets, Safe Families' <https://safepetssafefamilies.org.au/>

This organization offers a foster care service for the pets of people experiencing domestic violence, homelessness, mental illness or a medical emergency for up to 12 weeks for a small weekly charity contribution fee dependent on the type and size of the animal.

Scientists discover why fears and traumatic memories recur

<https://qbi.uq.edu.au/article/2018/02/scientists-discover-why-fears-and-traumatic-memories-recur> *University of Queensland, 7 Feb 2018*

Queensland Brain Institute scientists have discovered a new pathway in the brain that regulates the return of traumatic memories and fear. The research has potential for treating trauma-related disorders, including post-traumatic stress disorder (PTSD).

Start the chat and stay safe online <https://esafety.gov.au/start-the-chat>

Office of the eSafety Commissioner (Australia), 2019

This resource is designed for Aboriginal and Torres Strait Islander parents and carers of children aged 5–18 to start the chat with young people around online safety.

New Books for Professionals

Attachment Theory in Practice : Emotionally Focused Therapy (EFT) with individuals, couples, and families. Johnson, Susan M. 2019.

Drawing on cutting-edge research on adult attachment—the author argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. This book shows how EFT aligns with attachment theory to provide effective techniques for treating anxiety, depression, and relationship problems. Includes key concepts, in-depth case studies, end-of-chapter exercises and reflection questions. **Py92**

The Boy Who Was Raised as a Dog : And other stories from a child psychiatrist's notebook. What traumatized children can teach us about loss, love, and healing. Perry, Bruce D; Szalavitz, Maia. 2017. Child psychiatrist Bruce Perry explains what happens to the brain when children are exposed to extreme stress and trauma and reveals his innovative (non-medicinal) methods for helping to ease their pain and allowing them to become healthy adults. **Ct47**

***Mindfulness and Acceptance for Gender and Sexual Minorities : A Clinician's Guide to Fostering Compassion, Connection, and Equality Using Contextual Strategies.* Skinta, Matthew; Curtain, Aisling. 2016.**

This volume includes the latest thinking and therapeutic interventions in our field to help guide clinicians in their work with gender and sexual minorities. The chapters include the nuts and bolts involved in helping GSM clients. Includes such topics as coming out, same-sex parenting, shame, and being a minority in GSM communities. **LGBTIQ05**

Preventing intimate partner violence : Interdisciplinary perspectives.

Renzetti, Claire M; Follingstad, Diane R; Coker, Ann L (Editors). 2017.

This book examines innovative strategies and programs, including evaluations of current prevention efforts eg for racial and ethnic minorities. It also looks at primary prevention programs for young people, strategies to engage men and boys, screening, the impact of the criminalization of IPV on minority groups, restorative justice, interventions for women who use violence, and innovative shelter programs. It also identifies knowledge gaps & promising directions. **Dv122**

Professional online links

Aboriginal mothers in prison in Australia: a study of social, emotional and physical wellbeing <https://onlinelibrary.wiley.com/doi/full/10.1111/1753-6405.12892>

Elizabeth A. Sullivan [and 12 others], IN Australian New Zealand Journal of Public Health, 2019. This article argues that the adoption of social and emotional wellbeing as an explanatory framework for culturally secure healthcare in prison is essential to improving health outcomes of Aboriginal mothers in prison in Australia.

Attitudes towards violence against women and gender equality among Aboriginal people and Torres Strait Islanders. <https://ncas.anrows.org.au/wp-content/uploads/2019/05/2017-NCAS-ATSI-Sub-Report.pdf>

Kyllie Cripps [and 10 others], ANROWS, 2019. This report presents key findings from the 2017 National Community Attitudes towards Violence against Women Survey focusing on results for respondents who identify as Aboriginal and/or Torres Strait Islander.

Housing outcomes after domestic and family violence

<https://www.ahuri.edu.au/research/final-reports/311>

Kathleen Flanagan, Hazel Blunden, Kylie Valentine, Jane Henriette, AHURI, 2019

This study examined the impact of housing and other support services on safety and wellbeing for families experiencing domestic and family violence. The study also reviewed legislation across Australia, and interviewed key stakeholders and users.

Intimate partner sexual violence: Research synthesis

<https://www.anrows.org.au/publication/intimate-partner-sexual-violence-research-synthesis/> ANROWS, 2019. Provides a synthesis of the evidence on IPSV, its characteristics, current service responses, prevention, and policy recommendations.

Out of the shadows: domestic and family violence: a leading cause of homelessness in Australia. <https://www.missionaustralia.com.au/publications/position-statements/Out-of-the-shadows>

K. Di Nicola, D. Liyanarachchi, J. Plummer, Mission Australia, 2019

Domestic and family violence is a major driver of homelessness in Australia, particularly for women and their children. This paper draws together the research, stories of victim-survivors and service provider wisdom to recommend ways forward.

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-may-june-2019>