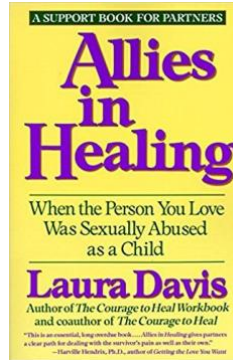


For Supporters of Survivors



Title: Allies in Healing

Author: Laura Davis

Year: 1991

Summary:

“But what about me?”

“Is it possible to go one day without dealing with the survivor’s issues?”

“Will we ever make love again?”

“Will the survivor love me in the end?”

“How do I know if I should throw in the towel?”

Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners—girlfriends, boyfriends, spouses, and lovers—trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity. Addressing partners’ most important questions, *Allies in Healing* covers:

- The Basics—answers common questions about sexual abuse.
- Allies in Healing—introduces key concepts of working and growing together.
- My Needs and Feelings—teaches partners to recognize, value, and express their own needs.
- Dealing with Crisis—includes strategies for handling suicidal feelings, regression, and hopelessness.
- Intimacy and Communication—offers practical advice on dealing with distancing, control, trust, and fighting.

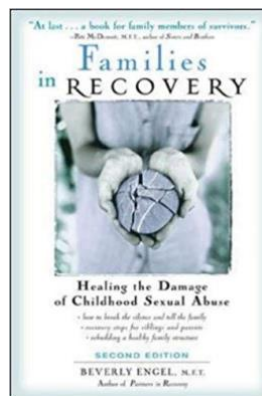
- Sex—provides guidelines for coping with flashbacks, lack of desire, differences in sexual needs, and frustration.
- Family issues—suggests a range of ideas for interacting with the survivor’s family.
- Partners’ Stories—explores the struggles, triumphs, and courage of eight partners.

Where to Find:

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[Kobo \(eBook\)](#)

Audiobooks

[Kobo \(eAudiobook\)](#)



Title: Families in Recovery: Healing the Damage of Childhood Sexual Abuse

Author: Beverly Engel

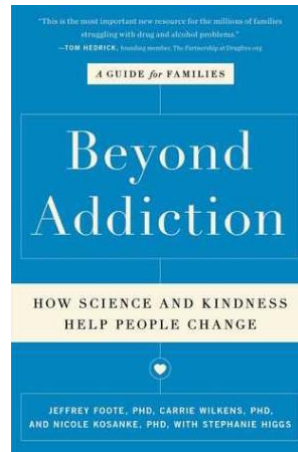
Year: 2000

Summary:

This sensitive and compassionate guide offers information and encouragement for siblings and parents of a survivor of childhood sexual abuse, teaching how family members can support a survivor while uniting in mutual recovery. Chapters explore prevention, reconciliation, and the special healing necessary when the perpetrator is a family member.

Where to Find:

Toronto Public Library
Amazon



Title: Beyond Addiction: How Science and Kindness Help People Change

Author: Jeffrey Foote, Carrie Wilkens and Nicole Kosanke

Year: 2014

Summary:

Beyond Addiction goes beyond the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help someone change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer. Delivered with warmth, optimism, and humor, *Beyond Addiction* defines a new, empowered role for friends and family and a paradigm shift for the field. This new approach is not only less daunting for both the substance abuser and his family, but is more effective as well. Learn how to use the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life, and discover many different treatment options along with tips for navigating the system. And have hope: this guide is a life raft for parents, family, and friends—offering “reminders that although no one can make

another person change, there is much that can be done to make change seem appealing and possible” (*Publishers Weekly*).

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