

Readings particularly for Secondary Survivors:

If She Is Raped: A Guide for Husbands, Fathers, and Male Friends, Brookings, Jeff & McEvoy, Alan, Learning Publications, 1991; (paperback, 132 pages)

Allies in Healing: When the Person You Love Was Sexually Abused As a Child, Davis, Laura, Harper Paperbacks, 1991; (paperback, 361 pages)

"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, and *Partners' Stories* -- explores the struggles, triumphs, and courage of eight partners.

Ghosts in the Bedroom: A Guide for Partners of Incest Survivors, Graber, Ken, Health Communications, 1991; (paperback, 152 pages)

As the partner of an incest survivor, do you feel like a neglected victim even though your life has been drastically affected by the aftermath of sexual abuse? Do you feel left out in the cold as you watch them go through recovery? Do you feel isolated or rejected, and think that no one else will understand your problems? Although the impact of incest or sexual abuse can destroy relationships and test long-standing commitments, the information in this book may be the key to holding your relationship together through the journey to recovery. *Ghosts in the Bedroom* provides comfort and guidance for partners in the process of recovery. Graber draws from personal experience to show how partners can accept responsibility for their own issues, support the recovery of the incest or sexual abuse survivor and work toward solving relationship problems together.

When You are the Partner of a Rape or Incest Survivor: A Workbook for You, Robert Barry, Resource Publications, 1996; (paperback, 123 pages)

Levine has worked for six years with rape and incest survivors and their mates: where most titles are written for the victim, this addresses the special concerns and challenges faced by their partners. Use this workbook as a guide to therapeutic directions, with its case histories helping to increase understanding. – Midwest Book Review

Resources for Children and Adolescents

How Long Does It Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families; Cynthia Mather and Kristina Debye; Jossey-Bass, 1994; (paperback, 283 pages)

How Long Does It Hurt? is a step-by-step guide written for sexually abused teenagers to help them overcome the isolation, confusion, and self-doubt they feel. Based on actual case studies and interviews with adolescent survivors, the authors address commonly asked questions including, "Who do I tell and what will happen to my family?", and "What happens in court?" This book provides information and encouragement for young victims and their families and friends.

The following workbooks, co-authored by David Baldwin and Phyllis Spinal-Robinson, are written for therapists or school counselors to use with children who have been sexually assaulted. Therapist guidelines accompany each workbook. The workbooks are written for age-specific groups:

Flip Flops (ages 7-9)

Cartwheels (ages 10-13)

High Tops (ages 14-17)

The publisher is Jalice Publishers, P.O. Box 455, Notre Dame, IN 46556; to inquire or receive brochure, call (219) 232-9534.