

Children's Center

A place where healing begins

Selected Readings for Adult Survivors

- Barnes, Parry Derosier. *The Woman Inside: From Incest Victim to Survivor*. Racine, IW: Mother Courage Press, 1991.
Workbook format with healing strategies for women.
- Bass, Ellen, and Laura Davis. *The Courage to Heal: A Guide for Women Survivors of Child Abuse*. New York: Harper & Row, 1988.
Groundbreaker which first assisted many women in their healing journey.
- Bass, Ellen, and Louise Thronton, eds. *I Never Told Anyone: Writings by Women Survivors of Child Sexual Abuse*. New York: Harper & Row, 1983.
Vivid, firsthand accounts of child sexual abuse.
- Blume, E. Sue. *Secret Survivors: Uncovering Incest and its Aftereffects in Women*. New York: John Wiley & Sons, 1990.
Helps survivors discover that their experiences and reactions make sense.
- Courtois, Christine A. *Healing the Incest Wound: Adult Survivors in Therapy*. New York: W.W. Norton & Company, 1988.
Clinical theory and expertise for therapists.
- Davis, Laura. *The Courage to Heal Workbook*. New York: Harper & Row, 1990.
Exercises for men and women. Follows healing stages. Useful for individuals and groups.
- Gil, Eliana. *Outgrowing the Pain: A book for and about Adults Abused as Children*. San Francisco: Launch Press, 1983.
Simple, clear text and cartoon illustrations make this a beginning resource.
- Grove, David. *Healing the Wounded Child Within*. Munster, IN: David Grove Seminars.
A guide to the metaphorical journey through abuse.
- Lew, Mike. *Victims No Longer: Men Recovering from Incest and Other Child Sexual Abuse*. New York: Harper & Row, 1990.
Encouraging to men working on their abuse.
- Simon, Sidney, and Suzanne Simon. *Forgiveness: How to Make Peace with Your Past and Get on with Your Life*. New York: Warner Books, Inc., 1990.
This book helps to push past the victim stage to rebuilding life.
- Vanderbilt, Heidi. *Incest: A Four-Part Chilling Report*. LEAR=S. 4:49-77
- Whitfield, Charles. *Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families*. Deerfield Beach, FL: Health Communications, 1987.
- Wischild, Louise. *The Obsidian Mirror*.
A survivor describes her healing journey in a most helpful story.

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For Partners

Gil, Eliana. *Outgrowing the Pain Together: A Book for Partners and Spouses of Adults Abused as Children*. New York: Bell Bantam Doubleday, 1991.

Graber, Ken. *Ghosts in the Bedroom: A Guide for Partners of Incest Survivors*. Deerfield Beach, FL: Health Communications, 1991.
Guide with 12-step orientation.

Maltz, Wendy, and Beverly Holman. *Incest and Sexuality: A Guide to Understanding and Healing*. Lexington, MA: Lexington Books, 1987.

Includes guidelines for therapists, section on male survivors, chapter for partners

Maltz, Wendy. *The Sexual Healing Journey*. New York: Harper Collins, 1991.
Step-by-step sexual healing guide in which one partner is a sexual abuse survivor.¹