

# RECLAIMING HERSTORY

Ericksonian  
Solution-Focused  
Therapy for Sexual Abuse



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# Reclaiming Herstory Ericksonian Solution Focused Therapy For Sexual Abuse

**Yvonne M. Dolan**



## **Reclaiming Herstory Ericksonian Solution Focused Therapy For Sexual Abuse:**

**Reclaiming Herstory** Cheryl Bell-Gadsby, Anne Siegenberg, 2013-06-20 Women who have survived sexual abuse are among the most traumatized individuals who seek therapy. Assisting such clients to reframe and transcend their abusive pasts requires enormous sensitivity and therapeutic skill. *Reclaiming Herstory: Ericksonian Solution Focused Therapy for Sexual Abuse* will greatly help therapists hone their craft with its solution focused Ericksonian approach and highly refined techniques for working with this population. The approach the authors present has evolved through work with hundreds of sexual abuse survivors. The authors have found their techniques to be remarkably effective in helping these clients to regain a sense of freedom and empowerment in their lives. The authors view the healing process as a collaborative partnership in which the therapist co-creates with the client a positive context for healing. This process comprises four distinct stages through which every client must pass in order to achieve their own unique potential. The book clearly describes the primary symptoms and features of the four stages which are: Breaking the silence and unmasking the secret, Becoming visible, Reclaiming and reintegration of the self, Empowerment and the evolution of the sexual self. It also presents for each stage a series of detailed metaphorical stories, exercises and rituals designed to assist a client who is traversing a particular stage. Numerous suggestions, lists, questions and vivid case studies help the therapist to identify and assess the individual needs of a particular client and then pinpoint those tools that will best facilitate the healing process at a given stage. Recognizing the severe toll that work with sexually abused clients can take on the therapist, *Reclaiming Herstory* also provides strategies for self-care that can be used during various stages of therapeutic practice. The volume also provides a timely and important discussion of the controversial false memory backlash and its impact on the survivor and implications for the therapist. [A Guide to Trance Land: A Practical Handbook of Ericksonian and Solution-Oriented Hypnosis](#) Bill O'Hanlon, 2009-06-29 A friendly and brief guide to the essentials of hypnosis. Popular author Bill O'Hanlon offers an inviting and reassuring guide to the essentials of hypnosis, alleviating the newcomer's anxieties about how to make the most of this clinical tool. This brief book illustrates the benefits of solution-oriented hypnosis, which draws on the work of the pioneering therapist Milton Erickson, with whom O'Hanlon studied, and emphasizes doing what is needed to get results, which more often than not means trusting that the client holds within him or herself answers or knowledge that need only be tapped or released by the therapist. O'Hanlon covers the key aspects of hypnosis, including using possibility words and phrases, using passive language, and inducing trance. O'Hanlon offers practical tips and friendly encouragement for the novice hypnotherapist in his characteristic warm, reassuring, and humorous style. *Milton H. Erickson* Jeffrey K. Zeig, W. Michael Munion, 1999-07-28 Zeig and Munion have provided us with a lucid insight into the life and work of a 20th-century giant, and it is a book full of human warmth and humor. I congratulate you who still have the adventure of exploring Milton H. Erickson's story ahead of you. *Hypnos*. This offering on Erickson does not set out to uncover new ground but more to introduce one to Erickson and the

cases are so extraordinary they are worth repeating anyway It does this in a number of easy to read sections New Therapist This book is an easily accessible primer for those who are new to studying Ericksonian methods its depth provides the reader with the experience of learning about the man as well as the method Milton H Erickson Foundation Newsletter Milton H Erickson provides a unique insight into the life and experiences of this influential figure and a clear account of his specific contributions to psychotherapy both theoretical and practical Erickson was the dominant force in legitimizing the use of clinical hypnosis Through his research and practice he developed a scientific understanding of hypnotic phenomena and devised many novel clinical applications He took the view that psychotherapy should be formulated to meet the uniqueness of an individual s strengths and needs rather than tailoring the person to fit a particular theoretical approach His directive and strategic interventions contributed substantially to the development of brief therapy approaches such as strategic therapy solution focused therapy and the interactional approach

*One Small Step* Yvonne M. Dolan, 2000 FOR ALL THOSE SURVIVORS who wonder when they will finally feel good the answer is now One Small Step reminds us that living well is the best revenge and provides the knowledge and tools to fully embrace life Organized into easy to follow sections readers will find help in Moving Beyond Survivorhood Enjoying the Gifts of the Present Creating a Joyous Future Responding to Life s Challenges How to Start a Small Steps Support Group The demands of fate can thwart one s journey The exercises in One Small Step reclaim the ascendant path the road to the real self An internationally renowned expert Yvonne Dolan provides a map to find the way home Jeffrey K Zeig PhD Director The Milton H Erickson Foundation This book has a groundbreaking message people can truly move beyond the identity of a survivor Jill Freedman MSW coauthor of Narrative Therapy The Social Construction of Preferred Realities A manual for living and an absolute must for anyone who has survived the effects of trauma or loss and is ready to begin a rich and joyful life Read it reread it and share it with a friend Jim Duvall Director Brief Therapy Training Centres InternationalTM A division of C M Hincks Institute Filled with helpful tips on how to reshape your future in spite of your past suffering Insoo Kim Berg coauthor of Interviewing for Solutions

**Women Survivors of Childhood Sexual Abuse** Terry S Trepper, Judy Chew, 2014-03-18 Women Survivors of Childhood Sexual Abuse is a detailed discussion of the theoretical and philosophical underpinnings involved in conducting group psychotherapy with women who have experienced childhood sexual abuse Offering the practical how to s of conducting a thirteen session group this unique book emphasizes the discovery of solutions strengths and internal external resources and highlights the temporal nature of being a victim and being a survivor at theoretical and clinical levels The book s integration of theory and clinical intervention provides a thorough basis for addressing some of the key themes in the resolving of sexual abuse In Women Survivors of Childhood Sexual Abuse you ll uncover topics related to healing such as the theoretical rationales for group treatment which include the Ericksonian approach the feminist perspective narrative therapy and the solution oriented approach resiliency and resource based approaches the importance of language in recovery from sexual abuse how to deal with issues such as

relationships telling one's story of abuse building safety boundaries spirituality cultivating a future dealing with flashbacks A practical guide for students in counseling practicums *Women Survivors of Childhood Sexual Abuse* provides you with a systematic method with which to conceptualize and conduct group work Experienced counseling practitioners in psychology social work psychiatry and nursing will also benefit as you gain a session by session account of how to conduct group work In today's institutional setting private practice and professional climate in general there is growing interest in how to do more with less how to maximize financial and professional resources and how to take care of our therapist selves This book will help you achieve these goals through leading clients to personal empowerment self compassion and resourcefulness

**Treating Abuse Today**, 1996      **Adult Survivors of Incest/childhood Sexual Abuse**, 1997      *Mental Wellness in Aging* Judah L. Ronch, Joseph A. Goldfield, 2003 This provocative volume guides practitioners and future practitioners alike to use strengths based interventions in helping older adults to help themselves and improve their quality of life by reinforcing and valuing their age wisdom and experiences This book's renowned authors emphasize an extremely practical strengths based multidisciplinary social physical psychological and spiritual approach to therapy with older adults and an abundance of detailed case studies shows you how it can be applied Learn innovative ways to focus interventions on older adults remaining strengths and successful coping strategies using principles of autonomy and consumer empowerment to increase quality of life solution focused therapies reformulated constructs about retirement creative approaches to aging such as transpersonal gerontology cultural competence in care management narrative therapies strengths based treatment of traumas new concepts of nursing facility care and more This is the textbook for students in undergraduate graduate or certificate programs in social work gerontology psychology psychotherapy geropsychiatry counseling and marital and family therapy Plus providers of mental health care pastoral counseling care case management and allied health care providers will find inspiration and guidance for working with today's burgeoning population of elders      Cognitive Analytic Therapy for Adult Survivors of Childhood Abuse Philip Pollock, 2001-08-31 This book considers the aftermath of childhood sexual abuse within the conceptual framework of Cognitive Analytic Therapy and presents a model for treatment      *Book Review Digest*, 1998

American Book Publishing Record, 1995      **The Impact of Working with Trauma Survivors on the Trauma Therapist** Brooke VanBuren-Hay, 2001      *Families in Society*, 1996      **Journal of Social Casework**, 1996

**Bibliographic Index**, 1997      **Forthcoming Books** Rose Arny, 1996-06      **Whitaker's Books in Print**, 1998

**Women Survivors of Childhood Sexual Abuse** Terry S Trepper, Judy Chew, 2014-03-18 *Women Survivors of Childhood Sexual Abuse* is a detailed discussion of the theoretical and philosophical underpinnings involved in conducting group psychotherapy with women who have experienced childhood sexual abuse Offering the practical how to's of conducting a thirteen session group this unique book emphasizes the discovery of solutions strengths and internal external resources and highlights the temporal nature of being a victim and being a survivor at theoretical and clinical levels The book's integration

of theory and clinical intervention provides a thorough basis for addressing some of the key themes in the resolving of sexual abuse. In *Women Survivors of Childhood Sexual Abuse* you will uncover topics related to healing such as the theoretical rationales for group treatment which include the Ericksonian approach, the feminist perspective, narrative therapy, and the solution oriented approach; resiliency and resource based approaches; the importance of language in recovery from sexual abuse; how to deal with issues such as relationships, telling one's story of abuse, building safety boundaries, spirituality, cultivating a future, dealing with flashbacks. A practical guide for students in counseling practicums. *Women Survivors of Childhood Sexual Abuse* provides you with a systematic method with which to conceptualize and conduct group work. Experienced counseling practitioners in psychology, social work, psychiatry, and nursing will also benefit as you gain a session by session account of how to conduct group work. In today's institutional setting, private practice, and professional climate, in general, there is growing interest in how to do more with less, how to maximize financial and professional resources, and how to take care of our therapist selves. This book will help you achieve these goals through leading clients to personal empowerment, self-compassion, and resourcefulness.

**Resolving Sexual Abuse** Yvonne M. Dolan, 1991. The book provides specific and practical techniques derived from solution focused therapy and Ericksonian hypnosis for the treatment of adult survivors of sexual abuse.

*Reclaiming Lives from Sexual Violence* Tim Donovan, Dale Johns, 2022-03-28. This book takes an innovative approach to using narrative therapy in counselling people who have been subject to childhood sexual abuse. *Reclaiming Lives from Sexual Violence* presents an illustrative case study of the authors: Tim, the therapist, in consultation with Dale, the client, who was sexually abused as a child by a clergy member. The book is unique in documenting their therapeutic work using transcripts taken directly from their sessions together. This narrative approach invites the reader to consider different ways of engaging in therapy in order to challenge the dominant social discourses around masculinity and shame. Looking at shame from a position of value awareness rather than a deficit perspective, this book extends counselling to consider the individual experience as political and one that must be shared outside the one to one therapy environment. This will be an essential resource for beginning or established therapists and practitioners working with clients who have been victims of sexual violence.

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