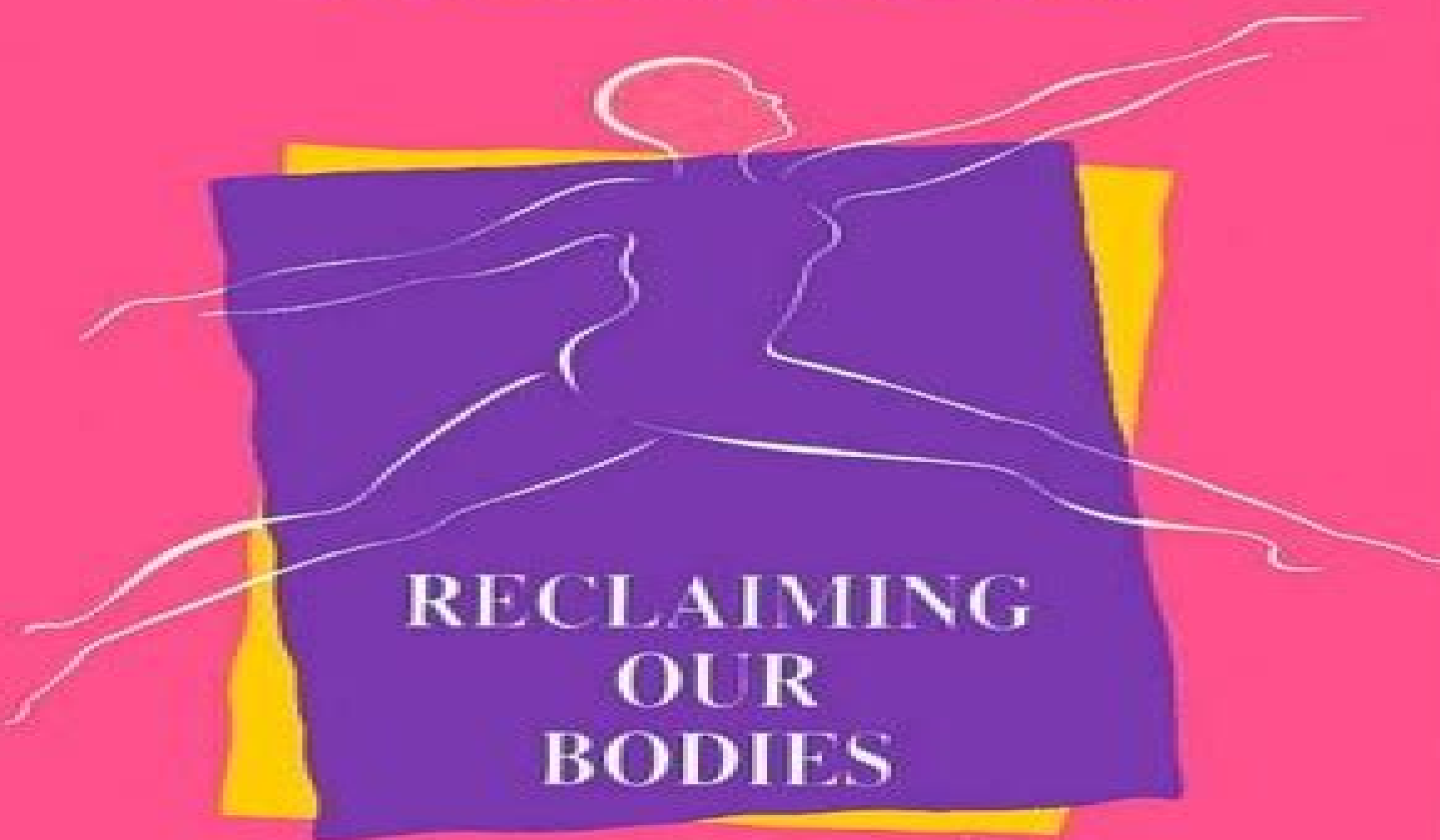


A PARKSIDE BOOK



RECLAIMING OUR BODIES

Healing Exercises for
Survivors of Childhood Sexual Abuse

Rebecca L. Zuckweiler, M.S., R.N.,
with James M. Zuckweiler, M.A.

Reclaiming Our Bodies Healing Exercises For Survivors Of Childhood Sexual Abuse

Julia Corbett-Hemeyer



Reclaiming Our Bodies Healing Exercises For Survivors Of Childhood Sexual Abuse:

Adult Survivors of Incest/childhood Sexual Abuse, 1997 **Martial Arts Teachers on Teaching** Carol A. Wiley, 1995 Teaching is an art Effective martial arts teachers must not only be competent practitioners but must also develop the communication and interpersonal skills of any good teacher In this collection twenty six experienced martial arts teachers discuss the process of learning and teaching a martial art from the nuts and bolts of teaching technique to the philosophical underpinnings of training **Reclaiming Our Souls** Julia Corbett-Hemeyer, 2013 Free yourself from the pain of past childhood sexual abuse and reclaim the spiritual and emotional well being you deserve Reclaiming Our Souls is both a memoir and an intelligent self help book The author draws on both her extensive training in world religions her experience as an interfaith minister and a chaplain and her personal experience of healing from childhood sexual abuse She weaves her own story together with helpful healing techniques for all survivors *Reclaiming Our Bodies* Rebecca L. Zuckweiler, James M. Zuckweiler, 1999-04-01 Using specific step by step mental imagery exercises readers will learn to visualize the positive connections that can lead to emotional healing The authors also take a close look at the often ignored physical ailments that incest survivors may experience Chapters include emotional and physical damage mental imagery coming back into your body finding a spiritual protector releasing and integrating emotions managing shame protecting your boundaries that deep empty feeling recovering breaking the incest cycle mending our splits relationships with family of origin members friends and work and spouse and children *Medical and Health Care Books and Serials in Print*, 1997 **Liberating Desire** Cherry Lizzy Johnston, 2024-10-08 Liberating Desire is a compassionate and transformative guide for survivors of sexual trauma who are seeking to reclaim their bodies their pleasure and their sense of self Written with deep empathy this book offers a unique approach by merging trauma informed therapy with mindfulness practices emotional regulation techniques and practical exercises for sexual reintegration In these pages survivors will find a safe space to explore their healing journey with a particular focus on the often overlooked relationship between trauma and sexual pleasure While many resources address either trauma or sexuality Liberating Desire brings the two together guiding readers toward rediscovering joy intimacy and self love The book includes personal narratives from trauma survivors offering relatable experiences that remind readers they are not alone Whether you are in the early stages of healing or further along in your journey this book provides valuable tools including Therapeutic exercises that help you manage triggers rebuild trust and set boundaries Mindfulness practices to reconnect with your body and cultivate present moment awareness Sensate focus exercises designed to gently reintroduce touch and explore pleasure at your own pace Reflections on reclaiming intimacy with yourself and others helping you communicate needs and rebuild trust With every chapter Cherry Lizzy Johnston reinforces the belief that healing is not only possible but that survivors can rediscover the joy and fulfillment they deserve Liberating Desire serves as both a companion and a guide providing the tools insights and hope needed to move from surviving to thriving

Whether you are seeking to heal or support a loved one this book is a gentle yet empowering resource for reclaiming wholeness after trauma **Healing Sex** Staci Haines,2010-02 Healing Sex is the encouraging sex positive guide for all women survivors of sexual assault heterosexual bisexual lesbian coupled and single who want to delight in their own sexuality While most books on the topic broach sexuality to reassure women that it s all right to say no to unwanted sex Healing Sex encourages women to learn **Shine the Light** Rachel Lev,2003 Table of contents **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 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 *Healing Tasks* James I. Kepner,2013-06-17 This groundbreaking book presents a new model for working with survivors of abuse and other trauma The Healing Tasks Model based on developmental stages of healing with specific tasks for each stage offers the clinician new support for threading through the sometimes overwhelming complexities of the survivor s experience At the same time Kepner s model helps to avoid some of the common pitfalls and risks of work in this most challenging of clinical areas such as pushing clients to express and remember before they have developed the capacity to manage such intensity or encouraging confrontation and interpersonal interactions that the survivor doesn t yet have the developmental underpinnings to support Using the Healing Tasks Model the clinician will find techniques for helping clients develop emotional and systemic supports manage feelings and set appropriate boundaries Readers will also find a guide to dealing with the difficult and troubling

issues of memory how to approach abuse memories when and how to take action based on abuse memories when to defer action pending the development of more supports and capacities for the survivor and then how to develop those essential supports and capacities Written for psychotherapists psychologists psychiatrists social workers counselors pastoral counselors and adult survivors of childhood abuse Healing Tasks provides a therapeutic model that can be used to help abuse survivors develop the emotional skills to lead richer and more fulfilling lives

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