

RESOLVING SEXUAL ABUSE

Solution-Focused Therapy and
Ericksonian Hypnosis for Adult Survivors



Yvonne M. Dolan

Resolving Sexual Abuse

**Patrick J Carnes, David L.
Delmonico, Elizabeth Griffin**



Resolving Sexual Abuse:

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 **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 **Violence and Sexual Abuse at Home** Susan Sorenson, Paula Lundberg Love, 2014-01-09 Violence and abuse that occur behind closed doors are not just personal concerns or issues Family violence is a major mental health social service health care and criminal justice problem that society cannot continue to ignore Violence and Sexual Abuse at Home gives you the facts of spouse partner and child maltreatment an analysis of the intervention and prevention techniques commonly used and alternative approaches and theories for understanding and reducing instances of family abuse The factors behind maltreatment are multiple and diverse Because there are so many approaches to treating perpetrators and victims choosing a treatment strategy can sometimes feel overwhelming Use Violence and Sexual Abuse at Home to help you decide which treatment models will be most effective in particular situations Don't risk low success rates with your patients This comprehensive guidebook can help you refine your treatment strategies as you better your understanding of mutual combat the ethical issues and legal mandates involved in reporting family maltreatment biological issues and aggression the causes of the physical maltreatment of children maltreatment of children with disabilities the

debate surrounding parent alienation syndrome difficulties in diagnosing incest offenders the impact of child sexual maltreatment on the survivor s sexuality and sexual functioning the repression dissociation and delayed recall of traumatic events Violence and Sexual Abuse at Home shows clinicians researchers advocates and other professionals the importance of broadening their perspectives of all types of family maltreatment Anyone working with people who abuse and or with adults and children who are or have been abused should understand the developmental social psychological cultural and biological issues at play in violent home environments

Group Psychotherapy for Psychological Trauma Robert H. Klein, Victor L. Schermer, 2000-05-17 This indispensable book is designed to help practitioners create initiate and maintain therapy groups for traumatized individuals Written by an array of experienced group therapists the book addresses general aspects of trauma group therapy as well as issues specific to different populations and clinical problems Cogent practical information is provided on such important topics as screening and selecting members understanding the impact of trauma on group dynamics managing the effects of flashbacks addressing dissociative states working with countertransference reactions and dealing with clients emotional crises Approaches and strategies are discussed for diverse groups including survivors of sexual and physical abuse clients with severe medical illnesses bereaved children survivors of catastrophic events in the community victims of political and ethnic persecution and those with diagnosed mental disorders in which trauma plays a significant role Filled with illustrative case material the book offers essential insights and tools for therapists supervisors and trainees from a range of orientations

Overcoming Childhood Sexual Trauma Sheri Oz, Sarah-Jane Ogiers, 2014-09-25 Go beyond the pain and fear of sexual abuse to heal the trauma Childhood sexual abuse CSA can be a physically and emotionally painful soul shattering experience that can traumatize a person for a lifetime The Wall of Fear Crossing the Wall from Trauma to Recovery from Childhood Sexual Abuse is a unique exploration of the subjective experiences of both client and therapist as they together travel the path to recovery Therapists get a clear illustration of the therapy process while CSA survivors are offered a gauge with which to judge their own progress toward recovery New therapeutic concepts are clearly presented and extensively discussed while sensitively charting the experiences of clients on the journey toward healing As Winston Churchill once said If you re going through hell keep going The Wall of Fear charts the arduous progress of a survivor from the initial understanding that they need help and guidance to choosing the correct therapist to the emotional roadblocks most clients face on their own personal recovery from the hell of CSA The authors team up to courageously provide readers with a comprehensive and candid portrait of their experiences of CSA therapy while demonstrating the approaches which effectively enhance healing Features include schematic drawings of the stages of therapy the client s own diary from her youth through her therapy in adulthood client drawings illustrating progress in therapy and effective art exercises that can be used at the beginning of therapy The text includes extensive references useful appendixes and a helpful glossary of terms for the layperson Topics in The Wall of Fear include the nature of sexual trauma the new concept of the

World of Trauma growing up traumatized and its effect on friendships sexual development dating and mate selection couples relationships and sexuality selecting a therapist the new concept of The Wall of Fear closure coping with the therapy process parenting by CSA survivors and the impact on the next generation the subjective experiences of both therapist and CSA survivor The Wall of Fear stands as a testament that no matter what sexual trauma a person may endure there is hope for recovery This is insightful crucial reading for survivors of CSA and therapists at all levels of expertise *Sexual Aggression*

Jon A. Shaw, 1999 In recent years society has witnessed more and more reports of violence and abuse related to sexual aggression The increase of sexually aggressive behavior among adolescent offenders is of particular concern and consideration Sexual Aggression explores this phenomenon from the recognition of the development of sexual behavior problems in childhood to the assessment and treatment of both male and female adolescent and adult sex offenders The book is divided into two sections The first section presents an overview of the problem of sexual aggression and the psychological consequences of such acts covering important topics such as childhood sexual development and forms of non normative behavior within the family The issue of sexual harassment of children is examined as well as the short term and long term consequences of sexual abuse and victimization Cultural and ethnic influences are explored as they relate to the response to abuse by the child and family The second section assesses and evaluates sexually aggressive behavior and offers treatment options Both male and female offenders are described as are the determinants of adolescent sexual aggression The final chapters address the complex evaluation of child sex offenders and the therapeutic and pharmacological strategies for treatment A thorough yet accessible approach to the phenomenology and assessment of sexually aggressive behavior Sexual Aggression is especially relevant to psychiatrists psychologists and social workers who treat sexually aggressive adolescents and adults as well as the victims of sexual aggression Assessment of Disorders in Childhood and Adolescence Eric A.

Youngstrom, Mitchell J. Prinstein, Eric J. Mash, Russell A. Barkley, 2020-06-25 This leading course text and practitioner reference has been extensively revised with 90% new content covering a broader range of child and adolescent problems in more concise chapters Prominent authorities provide a comprehensive framework for evidence based assessment Presented are methods and tools for developing effective diagnoses and case formulations building strong treatment plans monitoring progress and documenting outcomes Chapters are packed with practical guidance handy tables and sample instruments Illustrative case material is included Prior edition title Assessment of Childhood Disorders Fourth Edition edited by Eric J Mash and Russell A Barkley New to This Edition Many new authors and topics reflecting over a decade of research and clinical advances Updated for DSM 5 and ICD 11 Chapters on additional disorders obsessive compulsive disorder persistent complex bereavement and body dysmorphic disorder Chapters on transdiagnostic concerns sleep problems risky behaviors and life stressors Four chapters on the whys and hows of using assessment in each phase of treatment Disorder specific starter kits lists of essential checklists rating scales interviews and progress measures including links to exemplary free

measures online See also the editors Treatment of Disorders in Childhood and Adolescence Fourth Edition **The Long Journey Home** Andrew J. Schmutzer, 2011-10-01 Maybe the only thing new about sexual abuse is quality discussion from several professions psychology theology and pastoral care Here are the insights of over two dozen psychologists theologians and those in pastoral care all targeting the issue of sexual abuse Designed as a resource for Christian educators therapists pastors social workers group leaders and survivors The Long Journey Home combines current research in mental health with rich theological reflection global concern with fervent pastoral wisdom for the local faith community Whether you are a counselor professor pastor or spouse of a survivor you hold in your hand a fresh resource of information and advocacy for those suffering from the devastating effects of sexual abuse and rape The breadth of material biblical insight discussion questions and helpful resources gathered here just may be the tool of a generation *Solution Focused Group Therapy* Linda Metcalf, 1998 In our managed care era group therapy long the domain of traditional psychodynamically oriented therapists has emerged as the best option for millions of Americans However the process can be frustratingly slow and studies show that patients actually feel worse after months of group treatment than when they began Can and should the group speed a person's progress Now in this must have book marriage and family therapist Linda Metcalf persuasively argues that the collaborative nature of group therapy actually lends itself to time limited treatment She combines the best elements of group work and the popular solution focused brief therapy approach to create new opportunities for practitioners and patients alike Among the topics covered in this valuable guide are how to learn the model how to design a group and recruit members how to identify exceptions to a group member's self destructive behaviors and thoughts how to help members focus on their successes rather than their failures how to keep the group solution focused when therapists or members fall back into old patterns This unique resource also includes case examples and session transcripts to follow together with reproducible forms that can be used as they are or tailored to a therapist's needs *Solution Focused Group Therapy* is an up to the minute highly accessible resource for therapists of any orientation Managed care companies in particular will welcome this model which deals so effectively and economically with today's biggest problems including eating disorders chemical dependencies grief depression anxiety and sexual abuse **Violence in the Family** Keith Brownlee, John R. Graham, 2005-02-14 *Violence in the Family* is a collection of original articles by practitioners and academics that focuses on family violence in rural and northern areas Geography and attitudes figure centrally in many of these discussions but more specific problem areas including types of violence and intervention possibilities are also discussed in practical and treatment focused terms A complement to more general treatments of family violence this collection with its scrutiny of family violence in rural and northern areas only is unique Professors of social work and other disciplines will find this a valuable supplementary text in a wide variety of courses such as child welfare women's issues direct practice community work public health and social policy *Good Practice in Working with Victims of Violence* Hazel Kemshall, Jacki

Pritchard,2000 Drawing on the experiences of practitioners from a range of backgrounds this study of real or threatened physical violence and its consequences is based upon personal accounts of people who have been subjected to violence

Betrayed as Boys Richard B. Gartner,2001-01-03 More than one in six boys in the United States is sexually victimized by the age of 16 Yet in the growing professional literature on child sexual abuse few books focus specifically on the experience of victimized boys and men This much needed volume examines how sexual betrayal affects boys and the ways they carry this hurt into adulthood Blending psychoanalytic understanding with insights from trauma oriented theory and practice Richard B Gartner presents effective strategies for meeting the unique therapeutic needs of men with sexual abuse histories Filled with evocative clinical material the book draws readers into the direct experience of these clients the therapists who work with them and the constantly shifting relational world they inhabit

Opening The Door Adrienne Crowder,2014-02-24 The first book available to comprehensively address the treatment of sexually abused males Opening the Door A Treatment Model for Therapy with Male Survivors of Sexual Abuse is based on current research and the carefully evolved techniques of 41 therapists who have developed expertise in working with sexually abused males It discusses both the approaches that these therapists bring to their work and presents interventions they have successfully applied in treatment Written in clear concise language Opening the Door features a four phase treatment model and presents in detail the therapeutic tasks necessary for each phase This model makes clear the significant parallels and distinctions between the processes of therapy and abuse These processes are discussed throughout the text to ensure that therapy will be a healing rather than a harmful experience The volume presents information about the frequency of male sexual victimization the impact of this victimization on the individual primary differences between male and female victimization and the issues victims typically bring into therapy The four phase treatment model for male survivors and the therapeutic tasks of each stage is then addressed This model serves as a framework for presenting specific therapeutic interventions Chapters examine such areas as the essential processes that pertain to all therapeutic modalities individual group etc when treating male survivors of sexual abuse contracting with clients assessment guidelines and methods of evaluation individual therapy with male survivors a two stage group treatment model for male survivors which discusses contraindications for group treatment screening criteria general ground rules for the group and effective interventions critical issues in treating male survivors including engagement strategies therapeutic impasses and client therapist gender dynamics and the therapeutic process as it applies to adolescent male survivors with particular emphasis on how treatment must be carefully tailored to the developmental needs of this group Included are guidelines for working with adolescents and several interventions that contributors have successfully used with this population Since working extensively with abuse survivors can exact significant personal costs the book provides important self care strategies for therapists to incorporate into their work and lives and discusses seven ways in which to recognize and manage counter transference The volume also contains a highly

comprehensive list of written video and training resources that will provide therapists with numerous avenues to expand their clinical practice and knowledge as well as seven appendices that include the DES Questionnaire and the Dean Adolescent Inventory Scale Opening the Door will be an invaluable resource for all mental health practitioners who help male victims of sexual abuse to transcend survivorship and learn to live healthy productive and vital lives Handbook of Research on Child and Adolescent Psychology Practices and Interventions Gupta, Sanjeev Kumar,2023-11-17 The Handbook of Research on Child and Adolescent Psychology Practices and Interventions offers a crucial solution to the pressing need for comprehensive resources in the field of child and adolescent mental health Edited by esteemed scholar Sanjeev Gupta from the All India Institute of Speech and Hearing this groundbreaking handbook brings together the latest research evidence based practices and multidisciplinary perspectives to address the diverse challenges faced by children and adolescents From affective disorders to global crises in mental health the book covers a wide range of topics providing multidimensional insights and empowering strategies for mental health practitioners academicians researchers and students With a strong emphasis on early identification and intervention the handbook highlights the vital role of parents caregivers and teachers in the sustainable rehabilitation of young individuals It equips readers with drill practices and cognitive training programs tailored to the plasticity of young brains setting the stage for positive changes in the natural history of mental health issues and disabilities starting from the earliest weeks or months of life By offering evidence based practices cutting edge research and practical insights this comprehensive and multidisciplinary resource empowers professionals and organizations to make a lasting impact on the mental well being of children and adolescents ultimately reducing the burden on caregivers The Handbook of Research on Child and Adolescent Psychology Practices and Interventions is an essential tool for anyone dedicated to improving the lives of young individuals and advancing the field of child and adolescent mental health **From Victim To Survivor** Juliann Whetsell Mitchell,Jill Morse,2015-12-22 First published in 1998 A research based resource for helping professionals dealing with women who were sexually abused by female perpetrators mainly mothers and grandmothers this text focuses on the female perpetrator defining what treatments have been found workable and providing an overview of the available literature Secondly the authors share the results from interviews with 85 women adult women survivors Their journals poems and artwork have been collated with what the women themselves have found to be both helpful and counterproductive methods of healing The authors outline intentions and procedures for nonverbal methods of treatment that have proved effective in practice Intimate Betrayal Vernon R. Wiehe,Ann Richards,1995-07-13 Focused and timely Chapters on special issues highlight marital rape legal factors the recovery process and prevention Important factual information is interspersed with painfully graphic first person responses from survivors This book is an important contribution to the trauma and recovery literature Terry L Sweig in READINGS A Journal of Reviews and Commentary in Mental Health This book addresses the problem of acquaintance rape and its complexity in a comprehensive manner The

book provides helpful information and treatment suggestions for those professionals who wish to know more about this important issue It is a useful addition to the field of mental health Doody s Health Sciences Book Review Journal Spousal rape and acquaintance rape are treated in this book It is an important text for therapists in the field Ron MacIssac review in What s Happening Victoria B C Every year thousands of women are raped by someone they know and never report the sexual assault partly because acquaintance rape is still widely misunderstood in our society and victims are often blamed for the crime Addressing a need to change perceptions about this type of assault this important book informs and educates about the nature of acquaintance rape and its impact on the victim intervention and prevention The chapters on intervention include material on crisis intervention tools for effective rape counseling and strategies for meeting the psychosocial needs of survivors who are facing long term recovery due to previous sexual assault victimization Survivors vividly describe the events in their own words bringing home the horror of acquaintance rape and the immediate need for action to prevent it The authors also offer a special chapter on marital rape to expose this long denied and insidious form of rape In addition a useful review of current literature pinpoints interventions crucial to rape prevention Intimate Betrayal is essential reading for mental health professionals crisis centers student services and law enforcement personnel pastoral counselors legal professionals social workers and advanced clinical students But in addition to the helping professionals this memorable book provides information important to any reader interested in understanding the nature and treatment of acquaintance rape

In the Shadows of the Net Patrick J Carnes,David L. Delmonico,Elizabeth Griffin,2009-07-30 The much anticipated second edition of the breakthrough book about recovering from online sexual addiction As the Internet becomes a more powerful imposing force in our lives indeed becoming difficult to avoid the potential for related problems also increases This includes troubles of a sexual nature When accessing porn no longer requires even a trip to the store when we can view and participate in sexual activities anonymously when younger and younger children are being exposed to sex online when virtual interactions take over limiting and even destroying real time relationships we are in crisis Compulsive online sexual behavior is a real and growing problem Yet the situation is not without hope For those who are seeing signs of significant online problems in themselves or a loved one this updated second edition of *In the Shadows of the Net* provides answers understanding and tools for recovery With the latest statistics discussion of recent technologies and devices and new thinking on developing a healthy relationship with the Internet and avoiding relapse this book offers authoritative professional advice for achieving lasting healthy change and healing *Impact* Janet Nekooasl-Smith M Ed,2013-01-15 How to recognize sexual abuse so you can prevent children from being sexually abused and protect those who have already been sexually abused Sexual abuse is a social problem as well as a legal problem The legal system is addressing the problem as evidenced by Meghan s Law which requires sex offenders to register and civil commitment in some states which admits some sex offenders to a mental institution indefinitely What about in your everyday life *Impact* will help you explore your beliefs

about victims and sex offenders help you recognize the grooming techniques of sex offenders teach you what to look for to prevent sexual abuse enable you to make society safer Janet Smith M Ed is also a Certified Forensic Counselor and has ten years experience treating victims sex offenders and their families *The Betrayal Bond* Patrick Carnes, 2019-02-12 Some really great books just keep getting better For seventeen years *The Betrayal Bond* has been the primary source for therapists and patients wrestling the effects of emotional pain and harm caused by exploitation from someone they trusted Divorce litigation incest and child abuse domestic violence kidnapping professional exploitation and religious abuse are all areas of trauma bonding These are situations and relationships of incredible intensity or importance lend themselves more easily to an exploitation of trust or power In *The Betrayal Bond* Dr Carnes presents an in depth study of these relationships why they form who is most susceptible and how they become so powerful Dr Carnes also gives a clear explanation of the bond that compels people to tolerate the intolerable and for the first time maps out the brain connection that makes being with hurtful people comparable to a drug of choice Most importantly Carnes provides practical steps to identify compulsive attachment patterns and ultimately to change or end them for good This new edition includes New science for understanding how our brains can make a prison of bad relationships New assessments and insights based on 50 000 research participants A new section utilizing the latest findings in attachment research and narrative therapy to concretely rewrite and rescript bad experiences A redefinition of the factors contributing to addictive relationships *Victims of Sexual Assault and Abuse* Michele A. Paludi, Florence L. Denmark, 2010-10-06 A team of educators counselors and scholars examine the widespread problem of sexual assault and abuse in the United States from a legal criminal justice psychological clinical and legislative perspective The statistics on sexual abuse in the United States suggest that such crimes are perceived as socially acceptable despite laws to the contrary Thirty percent of women are battered at least once in their adult lives while four million girls and women are trafficked annually Seventy five percent of employed battered women are harassed at their jobs by abusive husbands or lovers and half of them are murdered by these mates At least twenty percent of women have been victimized by incest *Victims of Sexual Assault and Abuse* serves as a reference guide for professionals working with victims and perpetrators Topics addressed include assault within marriage courtship violence abducted and runaway youth violence against pregnant women cyberspace violence and sexual harassment of students and employees This multivolume set promotes legislation to break the cycles of violence and dispels myths about victims and perpetrators Preventative programs policies and educational programs are emphasized

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