

Free epub Victims no longer the classic guide for men recovering from sexual child abuse Full PDF

Free of the Shadows Rape and Sexual Assault Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors Victims No Longer (Second Edition) Victims No Longer Sex in Recovery Recovering From Rape Repair for Kids Repair Your Life How Long Does It Hurt? Recovering From Sexual Abuse Repressed Memories Surviving Sexual Violence Recovering the Lost Self Want How Long Does It Hurt? REPAIR Your Life Recovery The Recovery Journal On the Path Healing from the Trauma of Childhood Sexual Abuse Awakening Your Sexuality The Sexual Trauma Workbook for Teen Girls Victims No Longer Helping Male Survivors of Sexual Violation to Recover Don't Call It Love Group Work for Men In Sexual Recovery: A Strategic Model for Sex Addicts Reclaiming Pleasure Facing the Shadow Helping Your Child Recover from Sexual Abuse Leaving Darkness Behind Reclaiming Pleasure Families in Recovery Drugs, Sex, and Recovery The Way Out Recovery from Sexual Addiction: a Man'S Guide Beyond Surviving Love on Fire Leaping Upon the Mountains Sexual Health in Drug and Alcohol Treatment

Free of the Shadows

1989

describes the emotional problems faced by rape victims tells how to handle the reactions of friends and family and suggests a path to recovery

Rape and Sexual Assault

2013-07-15

it is estimated that almost 1 3 million women and girls in the united states are raped each year fifty four percent of rapes go unreported and 97 percent of rapists are never incarcerated for their crimes this guide to coping with rape and sexual assault takes readers by the hand and guides them through the survival process whether the reader is a victim or the friend of a victim beginning with what to expect when reporting the crime and ending with becoming an activist in order to help others this guide is a must read for any individual who needs information and support

Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors

2014-01-02

explore the connection between sexual victimization addiction and compulsive behaviors this book demonstrates clearly what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse anyone who has been sexually abused is likely to have one of the addictions or compulsive behaviors described herein the information in recovering from sexual abuse addictions and compulsive behaviors regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction recovering from sexual abuse addictions and compulsive behaviors examines issues that survivors often have regarding trust and friendship sexuality and sexual addiction marriage and family religious addiction as opposed to spirituality alcohol and substance abuse workaholism weight issues and eating disorders violence as the result of shame fear and depression caused by abuse recovering from sexual abuse addictions and compulsive behaviors is more than a litany of the problems that survivors face this valuable work will show you how the survivor came to employ addictive or compulsive behaviors why the survivor continues to employ these self abusive behaviors despite the pain caused by the addiction what the survivor needs to do to aid recovery where the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors with its complete bibliography and up to date information on sexual abuse addictions and compulsive behaviors recovering from sexual abuse addictions and compulsive behaviors will show you the full course of sexual abuse and its aftermath bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion and ultimately recovery

Victims No Longer (Second Edition)

2004-05-11

for millions of men on the path to recovery victims no longer is the next step the first book written specifically for men victims no longer examines the changing cultural attitudes toward male survivors of incest and other sexual trauma now in this second edition this invaluable resource continues to offer compassionate and practical advice supported by personal anecdotes and statements of male survivors victims no longer helps survivors to identify and validate their childhood experiences explore strategies of survival and healing work through issues such as trust intimacy and sexual confusion establish a support network for continued personal recovery make choices that aren't determined by abuse psychotherapist mike lew has worked with thousands of men and women in their healing from the effects of childhood sexual abuse rape physical violence emotional abuse and neglect the development of strategies for recovery from incest and other abuse particularly for men has been a major focus of his work as a counselor and group leader thoroughly updated and revised and including an expanded resources section victims no longer educates survivors and professionals about the recovery process speaking to the pain needs fears and hopes of the adult male

survivor

Victims No Longer

1993

written by an american psychotherapist and group therapy leader this book offers advice to men who are survivors of childhood sexual abuse it aims to help them to identify and validate their childhood experiences explore strategies of survival and healing work through issues such as trust intimacy and sexuality establish a support network for continued personal recovery and set goals for the future

Sex in Recovery

2016-09-01

healthy sexuality within the context of recovery is rarely talked about openly in part because the larger culture restricts the space required to name our experiences in open honest ways matesa gives us that space by bringing the language of recovery to this more hidden part of our healing allowing us to truly practice these principles in all our affairs sexuality in the context of recovery is rarely talked about openly in part because our broader culture may inhibit us from sharing our true experiences for some the prospect of sober sex feels like uncharted waters in the past we've rarely had sex without first numbing ourselves with drugs and alcohol what does it mean to have an intimate relationship in sobriety exploring that question deepens our recovery journey with this groundbreaking work jennifer matesa uncovers the challenges real people encounter when they start taking their clothes off without drinking or using in order to do so providing readers a meeting between the covers matesa blends first person accounts bravely shared by diverse members of the recovery community insights from experts and her own perspectives the result is a book that creates a space for a vital new dialogue about sexuality and intimacy as we find a common language for this more hidden aspect of our healing we can truly practice these principles in all our affairs

Recovering From Rape

2015-09-01

from clinical psychologist linda e ledray recovering from rape is a comprehensive handbook offering emotional support and practical guidance to survivors and their loved ones in coping and overcoming the trauma of rape if you have been sexually assaulted you are probably experiencing a mix of fear anger and depression if you are a relative friend or lover of someone who has been assaulted you too may be deeply affected by the incident and by the survivor's reaction to it however working together survivors and their loved ones can recover and may even be able to turn the recovery into an opportunity for positive change and growth the experiences of survivors recounted throughout this book reassure readers that others have pulled through dr ledray helps survivors realize that no matter what they did wore a low cut blouse accepted a ride from a stranger invited an acquaintance home they did not deserve to be raped she guides them from guilt or disbelief through bitterness and despair to the decision to take back control of their lives in addition this comprehensive handbook explains what to expect at the police station at the hospital and if necessary in court it covers such health issues as incest std treatments and post traumatic stress disorder and legal information on prosecution and bail dna testing and rape law an essential resource recovering from rape helps readers learn the most effective ways of dealing with their feelings immediately following an assault during the subsequent few months and beyond

Repair for Kids

2008-01-01

mckinnon presents a six stage program to help children ages 6 to 12 recover from incest and childhood sexual abuse

Repair Your Life

2008-01-01

mckinnon presents a six stage program for abuse survivors that helps them recognize and accept their adult problems stemming from childhood sexual abuse and to process issues with tools and techniques to regain a healthy life

How Long Does It Hurt?

1994-09-01

how long does it hurt is a step by step recovery guide for teenagers who are being sexually abused the authors present concrete and practical advice on many crucial issues including knowing who to tell getting safe dealing with friends becoming comfortable with your sexuality going to court living with your family after you tell and ultimately surviving the trauma of sexual abuse teens learn to overcome their feelings of isolation confusion and self doubt

Recovering From Sexual Abuse

2019-10-11

this is a true story about the physiological hurdles that followed me through my journey in life and how the abuse from an uncle that took advantage of the family inner circle changed my life how i met the challenges i encountered after the abuse stopped and survived strong suicidal thoughts i tell how i found out that thinking tomorrow will be better without dealing with my past prolonged my recovery the most important find in my journey was finding answers to the question about my own mind and why i needed to deal with my past to be able to live for today i go into detail how my suicidal thoughts began for the conflicts within my own mind and how i got answers to resolve the conflicts and move on the connection i find between the most important thing my uncle stole from me and how it created my many challenges is what saved me and made me stronger i published this to help others survive suicidal thoughts

Repressed Memories

1992-07

buried memories of sexual abuse can have a devastating impact on a victim s relationships work and health using case histories renee fredrickson stresses the importance of recovering these memories as a crucial step in healing and she explains various therapeutic processes used in memory retrieval

Surviving Sexual Violence

2011-10-16

this book helps to empower survivors of sexual violation to navigate through the healing process sexual violation affects survivors but does not have to dictate their future and this book shows readers how various paths to healing can help them not only overcome the trauma of sexual assault but also thrive as they move on with their lives

Recovering the Lost Self

1998

when a person is abused by a member of the clergy he or she may feel separated not only from the human community but from god as well recovering the lost self offers a model for those who seek relief from the isolating and devastating shame that goes with the betrayal they have experienced it is in booklet form to facilitate its use as an informational resource and counseling tool

Want

2019-05-02

peters takes readers on her own personal journey from trauma to reconnecting with her body emotions and eventually her own desire and sexuality xanet paillet bestselling author of living an orgasmic life we know increasingly how common and devastating sexual violence is for women but we don t always talk about how survivors can recover from the trauma and return to desire sexuality trust and pleasure want is the story of

how julie peters did just that and how you can too in the years after the assault julie was in what she calls the fog of trauma the colorless tasteless experience of barely getting through the day no one not counsellors support groups or other survivors could give her any advice about how to find the desire that could bring her back to joy intimacy and connection she had to make it up on her own in want julie tells the story of getting from the devastation of trauma to living a full life in eight sometimes challenging often bumbling and occasionally delightful steps your loved ones may not know how to support you but they can learn more about your experiences and how to walk alongside you through this book just as you can learn how to recover from the trauma you ve experienced want offers a window into one person s experience of recovery plus the happy ending we all need to know is possible after trauma with unwavering honesty penetrating insight warmth humor and aplomb she lays out strategies for a tangible nourishing and vitally ferocious self love jeremy radin poet author of dear sal

How Long Does It Hurt?

2014-10-27

how long does it hurt is the revised and updated edition of the best selling book written by an incest survivor for future survivors this step by step guide speaks directly to victims of sexual abuse³to help them come to grips with what is happening to them and overcome their feelings of isolation confusion and self doubt

REPAIR Your Life

2015

r e p a i r is a six stage program for abuse survivors that will transform your life forever recognize and accept your adult problems stemming from childhood sexual abuse enter into a commitment to transform your life process your issues with tools and techniques that will enable you to become healthy awareness to discover reality as you gather and assemble the pieces of the broken puzzle your life became insight into the complete picture helps you begin to return to what you were prior to being sexually violated rhythm recovers the natural rhythm you had before the incest happened the blueprint that is the essence of your true nature becoming who you really are therapists acclaim for repair your life repair your life is one of several significant books by a woman who writes openly and perceptively using her own experiences to take us down her path to an ultimately fulfilling life this is an important book vincent j felitti md co principal investigator of adverse childhood experiences ace study thank you marjorie and god bless you for adapting this program for our survivors to follow you have given survivors hope to continue on their healing journey donna gustafson executive director sunrise center against sexual abuse this program just has to work because whether intuitively or through research marjorie mckinnon has assembled a highly effective program of recovery bob rich phd psychologist special editions also available for teenagers children 6 12 and toddlers theamplighters org for more information or to find a support group in your area

Recovery

1985

addressing both the short and long term concerns of the rape survivor benedict draws on the vast largely unpublished knowledge that rape crisis workers and social scientists have gathered during the few recent years that rape has been taken seriously and survivors have been heard

The Recovery Journal

2019-04-12

most survivors of childhood sexual abuse want to believe that when the abuse stops it all stops that s rarely the case most survivors harbor the secret for so long they don t realize where the behaviors beliefs thoughts triggers and emotions came from even if survivors told and weren t believed it causes retraumatization and adds to the lifetime of issues if those issues go unhealed most people want to think recovering and healing from sexual abuse is done in a therapists office for me that wasn t true i did most of my recovering on my own through journaling this journal is designed with the survivor in mind plus the idea that recovery and healing are possible in the comfort of your

safe space this journal is for any survivor of childhood sexual abuse even those who aren't ready to tell anyone can't find therapy or just want more recovery options i worked through these prompts myself these 34 journal prompts help bring the unconscious mind forward so true healing can take place i know and understand how hard writing acknowledging and working through the abuse is but it is possible with one step taking the first step is everything this is one of those first steps

On the Path

1991

one in four american women has suffered childhood sexual abuse this unique guide provides them with a proven recovery resource fifty two supportive empowering affirmations cover everything from grief and letting go to trust and setting boundaries this book includes a removable paper jacket to insure privacy

Healing from the Trauma of Childhood Sexual Abuse

2004-08-30

the traumatic affects of childhood sexual abuse can remain and recur throughout life for women who have not healed emotionally this book by a family therapist shares stories from 18 women abused as children explaining that healing can occur at any stage of life and that healing itself occurs in stages the author offers guidance to recognize the long lingering potential affects of childhood sexual abuse including depression anxiety dissociation and chronic shock and she explains steps to take for recovery also presented are letters from women who have healed or are in recovery sexual abuse by men juveniles and female perpetrators is discussed as is how children may act out the abusive behavior taught by perpetrators the incidence of abuse by family members is also addressed duncan explains the dual dilemma moral and legal that women face in exposing a sexual perpetrator within the family when not protected by the legal system due to statutes of limitations she also discusses controversial topics including false memory and disclosure of memory to the perpetrator

Awakening Your Sexuality

2012-11-08

gives women the tools to confront guilt become aware of body image and behavior patterns honor and accept the past and begin the liberating journey of sexual recovery and growth with candor and compassion stephanie covington reminds us that recovery is about living life fully and completely and sexual recovery is integral to the fullness of your life with comprehensive scope and individual focus she addresses the following questions how is women's sexuality shaped by a male based society how do dysfunctional families influence a woman's sexuality what did the sexual revolution do for women how are women affected by alcohol drugs and aids what is the connection between sexuality and spirituality how can recovery groups address sexual issues most important awakening your sexuality gives women the tools to process their sexual histories understand their sexual selves and create the sexual lives they want covington provides the personalized exercises and positive step by step guidance women need to confront guilt shame or addiction become aware of body image and behavior patterns honor and accept the past and begin the liberating journey of sexual recovery and growth

The Sexual Trauma Workbook for Teen Girls

2016-06-01

the sexual trauma workbook for teen girls offers healing real life stories from survivors and powerful evidence based tools to help you reclaim your life after sexual abuse or trauma if you've been sexually abused or experienced sexual trauma you may feel confused angry ashamed and unable to move forward emotionally you're not alone like many teens who've been abused you may be tempted to keep the secret locked deep inside and feel uncomfortable discussing your struggles with others if so this book can help you find your voice this empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient healing is possible and with healing comes victory in this book you'll find true stories from other teen survivors and in reading the stories you'll find reassurance in knowing you aren't alone in your experiences you'll also find practical and proven effective

strategies and exercises to help promote emotional healing and reclaim your sense of self sexual abuse or trauma may be a part of your past but it doesn't need to define who you are now this book will help you as you start on the path toward healing so you can move forward with confidence

Victims No Longer

2004

placing the experiences of men at the heart of this book sarah van gogh outlines an integrative approach to effective therapeutic treatment of male sexual abuse in a culture where to be male is often to be expected to embody strength power and being in control male victims of sexual abuse can be particularly challenging to help this book outlines seven composite detailed case studies representing men from a wide range of backgrounds and demographics it lays out how the author's pioneering model of an integrative approach which includes psychodynamic humanistic relational cognitive behavioural body based and arts based approaches can offer an effective model for working with this client group this key text provides a valuable resource for all those working with male survivors of sexual abuse

Helping Male Survivors of Sexual Violation to Recover

2018-04-19

dr patrick carnes is a creative pioneering and courageous human being his books are changing the lives of thousands i lost three marriages all because of affairs i became suicidal because of multiple intense involvements i spent money on sex when i needed it for children's clothes i lost promotion opportunities and a special scholarship because my co workers found out about my sex life every day they face the possibility of destruction risking their families fiances jobs dignity and health they come from all walks of life ministers physicians therapists politicians executives blue collar workers most were abused as children sexually physically or emotionally and saw addictive behavior in their early lives most grapple with other addictions as well but their fiercest battle is with the most astounding prevalent secret disorder in america sexual addiction here is a ground breaking work by the nation's leading professional expert on sexual addiction based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder this essential volume includes not only the revealing findings of dr carne's research with recovering addicts but also advice from the addicts and co addicts themselves as they work to overcome their compulsive behavior positive hopeful and practical don't call it love is a landmark book that helps us better understand all addictions their causes and the difficult path to recovery

Don't Call It Love

2013-12-18

historically sex addicts have had to rely on individual therapy and 12 step support to enhance their recovery group work is a crucial element to recovery but is typically only provided in residential and hospital settings addicts have often times been traumatized early in their own childhoods and group intervention provides the supportive environment to do out patient trauma work this manual will highlight group exercises that have been essential to therapeutic change and recovery it utilizes a 15 week approach to managing anger conflict and trauma it teaches empathy and assertiveness so that the client can improve his or her relationships outside of the therapeutic alliance this book is for clinicians who want a hands on approach to running a sexual addictions group it will take you from week 1 through week 15 giving you exercises to promote therapeutic change and recovery

Group Work for Men In Sexual Recovery: A Strategic Model for Sex Addicts

2014-02-25

go beyond surviving to reclaim your sexual self if you have experienced sexual abuse assault harassment or rape you may feel disconnected from your sexual self even if you've overcome the initial trauma of your experience you are a survivor but surviving is just the beginning this book explores what comes next written by a psychotherapist and

grounded in cutting edge research reclaiming pleasure picks up where other sexual trauma recovery books leave off it offers practical tools to help you cultivate a sense of safety security and trust in order to reclaim the vitality pleasure and great sex you deserve the book will also serve as your compass on a journey toward the rediscovery of desire letting you explore what you want from others and for yourself this groundbreaking book will help you understand the lasting mental physical sexual and relational impacts of sexual trauma move beyond feelings of shame reclaim pleasure and reignite passion in your life surviving is merely the first step in the process of recovery from sexual trauma with this sex positive and empowering guide you are invited to take your recovery to the next level you ll feel emboldened by the desire for better sex healthier relationships and a more connected pleasurable life

Reclaiming Pleasure

2021-10-01

the sexual abuse of a child creates a devastating family crisis parents want to know what to do and say to help their child both immediately and in the long term helping your child recover from sexual abuse offers practical guidance for parents who courageously face the days and months after a child s abuse written in a positive reassuring jargon free style it discusses each stage of a child s recovery information for parents appears on the left hand pages sample conversations and activities for parent and child together are on the right hand pages the book presents the collective wisdom of numerous parents who have been through this experience and have learned how to help their children feel stronger safer braver more lovable worthwhile and competent topics covered what to do when abuse is first disclosed helping a child cope with the legal system responding to the reactions of friends and loved ones children s reactions to abuse how parents and children grieve differently rebuilding a child s self esteem dealing with confusion about sexuality helping a child feel safe and in control typical problems at different ages recognizing when a child is getting better

Facing the Shadow

2010

this book provides a psychologically informed perspective on childhood sexual abuse its goal is to help you orient yourself toward recovery and learn healthy practices that will lead to thriving not just surviving written by an author who is herself a survivor this guide describes how complex trauma affects your overall health on that knowledge foundation you are invited to build strengths in various areas of your life such as meaning making connections with others and hope

Helping Your Child Recover from Sexual Abuse

1992

go beyond surviving to reclaim your sexual self if you have experienced sexual abuse assault harassment or rape you may feel disconnected from your sexual self even if you ve overcome the initial trauma of your experience you are a survivor but surviving is just the beginning this book explores what comes next written by a psychologist and grounded in cutting edge research reclaiming pleasure picks up where other sexual trauma recovery books leave off it offers practical tools to help you cultivate a sense of safety security and trust in order to reclaim the vitality pleasure and great sex you deserve the book will also serve as your compass on a journey toward the rediscovery of desire letting you explore what you want from others and for yourself this groundbreaking book will help you understand the lasting mental physical sexual and relational impacts of sexual trauma move beyond feelings of shame reclaim pleasure and reignite passion in your life surviving is merely the first step in the process of recovery from sexual trauma with this sex positive and empowering guide you are invited to take your recovery to the next level you ll feel emboldened by the desire for better sex healthier relationships and a more connected pleasurable life

Leaving Darkness Behind

2021-10-25

this sensitive and compassionate guide offers information and encouragement for siblings and parents of a survivor of childhood sexual abuse teaching how family

members can support a survivor while uniting in mutual recovery chapters explore prevention reconciliation and the special healing necessary when the perpetrator is a family member

Reclaiming Pleasure

2021-10

recovery is about living a better life picture a life in recovery in which everything fits together like the pieces of a puzzle sexuality is a part of that picture an important piece of the recovery puzzle that many people fail to examine sexuality is often fraught with confusion embarrassment fear anxiety shame and avoidance the goal of this workbook is to help you recognize the positive power and role of sexuality in your recovery thereby creating hope and personal fulfillment in your life by breaking the daunting subject of sexuality into smaller pieces the workbook allows you to address sexuality in a safe and healing approach topics include healthy sexuality healing from trauma types of intimacy relationships disclosure of information spirituality healthy touch cultural messages sexual expression mental health body image sexual functioning and many more for many readers this will be the first time you deeply examine sexuality and its connection to your chemical use as you move through the workbook questions for reflection are posed to help you examine the relationship between sexuality and your chemical use creative exercises move you toward an integrated experience of sexual health i encourage you to discover accept and care for your true sexual self by embarking on this work

Families in Recovery

2000

recovery from sexual addiction a mans guide and a companion workbook help men learn how to achieve a high level commitment to change their behavior and thinking men are introduced to insights on how to move out of compulsive behavior depressed mood and isolation into a more fulfilling life readers will learn about the addicts life scale a simple yet insightful tool that illustrates how ones mood is directly related to destructive acting out behaviors once a man becomes aware of his mood levels he can begin to take proactive steps to reach and sustain a mood level where he feels confident and motivated to remain free of destructive acting out behaviors book chapters are structured to help men examine their most personal issues including the nature and origin of sexual addiction the roles of anger anxiety isolation and depression in sexual addiction how co dependency fosters sexual addiction how to cultivate self awareness and improved attitude and creating a healthy life style absent sexually acting out ultimately readers will discover the satisfaction that comes from improved relationships with their spouses children other men and god paul beckers unique recovery from sexual addiction series includes a core book client workbook and a clinician guide the three texts use an interactive approach to help therapists and clients thoroughly explore the roots of sexual addiction and effective ways to achieve long term recovery the series is especially helpful to therapists who prefer to base recovery on principles proven by dr patrick carnes

Drugs, Sex, and Recovery

2012-12-01

in the world of recovery there has been a shift from using the word victim to survivor when describing those who have been abused this new label conveys strength to empower and to embolden you as you begin the journey of recovery while moving from victim to survivor is an important step in the healing process it does not go far enough in framing an identity that leads to letting go of the pain of abuse and finally feeling normal in beyond surviving author rachel grant a sexual abuse recovery coach provides an understanding of the three stages of recovery victim survivor and beyond surviving and offers survivors guidance and tools for reaching the third stage of recovery based on cognitive behavioral techniques neurological science the power of language to heal and grant s personal journey beyond surviving teaches you how to actively challenge and break the patterns of thought and behavior that result from sexual abuse it explores how different areas of life are impacted by abuse and communicates valuable skills for gaining a new perspective that inspires action and change it provides an opportunity to reflect and practice these new skills through exercises and assignments beyond surviving enables survivors of sexual abuse to take back their rights and realize their own ability to make powerful choices about who they are and how they live this

guidebook offers an opportunity to reach the final stage of recovery and begin living authentically and free from the burdens of past experiences

The Way Out

1993

a practical guide through the grueling but sublimely rewarding recovery journey from sexual trauma told through experience strength and hope walk again with leah rs braun as she guides her readers through the swirling and often murky waters of recovery from sexual trauma leah recounts what has worked for her in her journey as a survivor as well as sharing the poignant stories of several other brave women who have traveled a similar path toward recovery this book is more than words you read it s actions you take if you want to feel better and even gasp enjoy your sexuality grow your intimacy skills attain power and sovereignty in your own skin and do it all without being hijacked by trauma memories intrusive thoughts or repeating destructive patterns you can t seem to stop on your own this book is for you join leah as she shares intimately about her set backs and victories on the path to trauma recovery and begin your own survivorship journey on the way leah holds your hand as you read the book and begin detailing your own commitment to make healing changes in your life she also provides you with real world affordable recovery resources you can access wherever you are now is the time to reclaim your sexual and intimate power and agency and to know that you ll change our rape culture one survivor at a time as you step into your own sexual trauma recovery story

Recovery from Sexual Addiction: a Man'S Guide

2012-05-14

presenting the first real investigation of what male sexual assault survivors themselves identify as most important during various stages of recovery leaping upon the mountains contains powerfully moving contributions from hundreds of men of all ages and backgrounds throughout the united states and 45 other countries it is not a work of fiction but a compilation of many truths many realities a quilt pieced together from men s experiences forming an impressively triumphant pattern taken together they state lucidly and forcefully that recovery work produces changes that are real important and permanent leaping upon the mountains is a celebration of successful recovery readers of leaping upon the mountains will discover insights and resources for all stages of recovery encouraging and inspiring messages from other male survivors a large updated resource section providing concrete help to survivors and professionals ways of reconnecting with their own strength and creativity

Beyond Surviving

2012

braun harvey s manual deserves to become widely adopted at treatment centers across the united states and beyond his approach offers an effective method for mitigating the shame that binds people to their addictions in doing so it may help pave the way to protracted recovery journal of groups in addiction and recovery the curriculum provides a vision for chemical dependency treatment i have attempted to address for many years this looks like an approach that finally meets this need eli coleman phd director of the program in human sexuality university of minnesota in this new evidence based curriculum doug braun harvey challenges our attitudes and beliefs as well as our traditional ways of providing treatment this material on sexual health can help to provide a missing piece for many recovering addicts stephanie s covington phd lcsw author women and addiction a gender responsive approach for men and women in addiction recovery sexual behavior linked with drug or alcohol use is too often the primary reason for relapse when sexuality is not directly and positively addressed in drug and alcohol treatment it can result in treatment failure or relapse this group facilitator s guide introduces a pioneering evidence based curriculum designed to integrate concepts of sexual health current sex research and recent developments in relapse prevention research with this guide group facilitators can offer clients a positive and safe forum within which to understand and change their sex drug linked behaviors key features requires no specialized training and can be integrated into a wide variety of treatment programs with all types of clientele contains lesson plans on dating and relationships spirituality and sexuality non consensual sex out of control sexual behavior and more complete with suggested group activities guided discussions questions role plays and more has been proven to improve client retention and decrease sexual

behavioral problems

Love on Fire

2020-06-15

Leaping Upon the Mountains

2000

Sexual Health in Drug and Alcohol Treatment

2009-07-27

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