
ENHANCING KNOWLEDGE



FURTHER READING & RESOURCES

Here is a list of resources we love that will help you with your work with adult survivors of child sexual abuse. It is not an exhaustive list, but the resources we find ourselves frequently referring to others or referencing ourselves.

As you read or watch these resources consider how this new information applies to the survivors in your own community. Periodically pause the recording, close the book, or put down the resource and ask yourself one of the following questions:

- If the survivor(s) I'm learning about was in my community, how would I help them? What resources, besides myself, would be available to them?
- What strengths does the person I am learning about already possess? How does the cultural identity of the person I am learning about factor into advocacy?
- Do I feel confident or comfortable navigating healing with the survivor I'm learning about? If I'm not, what do I need to do to get comfortable?
- What am I most surprised to have learned today? How does this new information fit within my experience as an advocate?
- What advocacy skills seem most necessary to help adult survivors of childhood sexual abuse navigate healing? Do I possess those skills?
- As I interact with survivors, what piece of information do I want to fold into my advocacy practice?



SURVIVORS IN THEIR OWN WORDS

These are non-fiction resources where you can read about the experiences of trauma and healing directly from survivors who have experienced child sexual abuse.

These resources are available in English and Spanish:

Title

The Sum of My Parts: A Survivor's Story of
Dissociative Identity Disorder

I Know Why The Caged Bird Sings

By

Olga Trujillo

Maya Angelou

These resources are only available in English:

Title

By

Love with Accountability: Digging Up the Roots of Child Sexual Abuse

Aishah Shahidah Simmons

No Ashes in the Fire

Darnell Moore

Heavy: An American Memoir

Kiese Laymon

Writing My Wrongs: Life, Death, and Redemption in an American Prison

Shaka Senghor

Fish: A Memoir of a Boy in a Man's Prison

TJ Parsell

Can You Read Me? Creative Writing With Child and Adult Victims of Abuse

Jacki Pritchard & Eric Sainsbury

Becoming Ms. Burton: From Prison to Recovery to Leading the Fight for Incarcerated Women

Susan Burton & Cari Lynn



RESOURCES FOR SURVIVORS AND THEIR LOVED ONES

These resources are created specifically for survivors of sexual violence and often contain exercises or worksheets. Advocates and service providers will also find them beneficial.

These resources are available in English and Spanish

Title

The Courage to Heal: A Guide for Women
Survivors of Child Sexual Abuse

By

Ellen Bass & Laura Davis

These resources are only available in English:

Title

By

Allies in Healing: When the Person You Love Was Sexually Abused as a Child

Laura Davis

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse

Mike Lew

The Barrette Project: Honoring Native Women Survivors of Sexual Violence

The Minnesota Indian Women's Sexual Assault Coalition

Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress

Elizabeth G. Vermilyea, M.A.

The Survivor's Guide to Sex: How to Have an Empowered Sex Life After Child Sexual Abuse

Staci Haines

The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse

Wendy Maltz

Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists

Suzette Boon, Kathy Steele, and Onno Van der Hart



PODCASTS AND VIDEOS

These are innovative and unique resources that hold our attention and intimately convey the experiences of survivors of child sexual abuse.

These resources are only available in English:

Title	Notes
<u>The Heal Project</u>	YouTube series
<u>Hollow Water</u> (Agua hueca)	Documentary by Bonnie Dickie
<u>After: Survivor Sexual Assault</u>	A podcast by Catriona Morton (podcast)
<u>A Survivor's Story</u>	A documentary by Olga Trujillo
<u>End Adultification Bias</u>	YouTube video
<u>Beyond Survival: Voices of Healing</u>	A video project by Men Healing
<u>Secret Survivors</u>	Written and directed by Sara Zatz
<u>The Life Story: Moments of Change</u>	An interactive video series



NOVELS

These works of fiction are able to accurately and creatively capture the experiences of survivors of child sexual abuse in a distinctive way.

These resources are available in English and Spanish:

Title

By

The Perks of Being a Wallflower

Stephen Chbosky

Speak

Laurie Halse Anderson

The Kite Runner

Khaled Hosseini

The Bluest Eye

Toni Morrison

Push

Sapphire

These resources are only available in English:

Title

By

Bastard Out of Carolina

Dorothy Allison

The Memory Room

Mary Rakow

She's Come Undone

Wally Lamb

Nickels: A Tale of Dissociation

Christine Stark



RESOURCES FOR SERVICE PROVIDERS

These resources have been created largely within the anti-sexual violence field to help advocates have a deeper understanding of trauma, healing, and oppression. Lots of survivors will find these resources helpful as well.

These resources are available in English and Spanish:

Title

By

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Bessel van der Kolk

How to Be an Antiracist

Ibram X. Kendi

Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror

Judith Herman

Action, Engagement, Remembering: Services for Adult Survivors of Child Sexual Abuse

Resource Sharing Project

Me and White Supremacy

Layla F. Saad

These resources are only available in English:

Title

By

The Boy who was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook: what Traumatized Children Can Teach Us about Loss, Love, and Healing

Bruce D. Perry and Maia Szalavitz

These resources are only available in English:

Title	By
The Dissociative Identity Disorder Sourcebook	Deborah Bray Haddock
The Beginning and End of Rape	Sarah Deer
Hope Behind Bars: An Advocate's Guide to Helping Survivors of Sexual Abuse in Detention	Just Detention International
Mapping It Out: A Tool to Get Started on Providing Victim Services for Incarcerated Survivors	Just Detention International
Vulnerable Detainees: Survivors of Previous Sexual Abuse (fact sheet)	Just Detention International
Garden of Truth: The Prostitution and Trafficking of Native Women in Minnesota	Minnesota Indian Women's Sexual Assault Coalition
Understanding Dissociative Disorders: A Guide for Family Physicians and Health Care Professionals	Marlene E. Hunter

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