

“The title of Diane Lavett’s book, *A Still, Small Voice: Healing from Abuse* belies what she has written, for it is a book with a strong voice and one that speaks powerfully. This is a moving and poignant memoir of healing from multiple abuses that occurred throughout the course of the author’s childhood and beyond. She documents the struggle she engaged in to learn about her history and that of all of her family members, a history that had been shrouded in mystery, secrecy, and shame. No child should have to go through what she and her siblings endured. Unfortunately, they were raised during the “age of denial” about child abuse, when little by way of intervention occurred and little help was available. In a similar vein, she and her therapist had to struggle to make sense of her story and to put her symptoms in a context that made them understandable and treatable. Diane sought treatment before many therapists were trained to work with complex dissociative posttraumatic conditions. Her therapist Renee, through the development of a strong and empathic relational bond, was able to help her begin to heal as she put the pieces of her life back together. Ultimately, this is a story of courage in approaching the abyss and going beyond surviving to growing and flourishing. This book will serve as a beacon to others struggling to come to terms with their own history of childhood abuse.”

Christine A. Courtois, PhD, Psychologist, Private Practice . Christine A. Courtois, PhD & Associates, PLC Washington, DC Co-Editor: *Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide*, Author of *Healing the Incest Wound: Adult Survivors in Therapy* (original and revised editions), Author of *Recollections of Sexual Abuse: Treatment Principles and Guidelines*