

Healing workbooks for Victim/Survivors of Sexual Violence & Their Allies

1. *The Courage to Heal: For Women and Men Survivors of Child Sexual Abuse* by Laura Davis
2. *Healing the Trauma of Abuse: A Woman's Workbook* by Mary Ellen Copeland & Maxine Harris
3. *Life After Trauma* by Dena Rosenbloom & Mary Beth Williams
4. *The Inner Child Workbook: What to do with your past when it just won't go away* by Cathryn Taylor
5. *Safe Passage to Healing: A Guide for Survivors of Ritual Abuse* by Chrystine Oksana
6. *A Survivor's Guide to Leaving ("The life," prostitution, sex industry, commercial sexual exploitation, and/or trafficking)* by GEMS
7. *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* by Arielle Schwartz
8. *Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse* by Mike Lew
9. *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms* by Mary Beth Williams
10. *The Relationship Workbook* by Kerry Moles
11. *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse* by Wendy Maltz
12. *The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma* by Libbi Palmer
13. *The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse* by Raychelle Lohmann & Sheela Raja
14. *Allies in Healing: When the Person You Love Was Sexually Abused as a Child* by Laura Davis