

## **Book Resources**

The Wounded Heart: Hope for Victims of Childhood Sexual Abuse by Dan Allender (Workbook available too)

Mending the Soul Book and Workbook by Steven R. Tracy

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

Know My Name, A memoir by Chanel Miller (from the perspective of a survivor)

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by Ellen Bass and Laura Davis

The Courage to Heal Workbook: For women and men survivors of Child Sexual Abuse by Laura Davis (even though the titles specify for certain groups, the content can be relevant to any survivor of sexual violence regardless of gender identity)

The Body Keeps the Score by Bessel van der Kolk (on impact of trauma and various interventions)

Trauma Stewardship: An everyday guide to caring for self while caring for others by Laura van Dernoot Lipsky (for loved ones of survivors and helping professionals)