



## Resources & Reading for Survivors and Support People

- Beyond Our Control: Restructuring Your Life after Sexual Assault* by Leila Rae Sommerfeld (2009)
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk MD (2015)
- Boys Don't Tell: Ending the Silence of Abuse* by Randy Ellison (2011)
- The Colors of Violence: Cultural Identities, Religion and Conflict* by Sudhir Kakar (1996)
- Family and Friends' Guide to Domestic Violence: How to Listen, Talk and Take Action...* by Elaine Weiss (2003)
- Healing the Trauma of Abuse: A Women's Workbook* by Mary Ellen Copeland MS MA, Maxine Harris PhD (2000)
- How to Stop a Stalker* by Mike Proctor (2003)
- Life After Trauma, Second Edition: A Workbook for Healing* by Dena Rosenbloom & Mary Beth Williams (1999)
- Live Through This: On Creativity and Self-Destruction* edited by Sabrina Chap (2008)
- Queering Sexual Violence: Radical Voices from Within the Anti-Violence Movement* edited by Jennifer Patterson (2016)
- Sisters of the Yam: Black Women and Self-Recovery* by Bell Hooks (1999)
- Trauma and Recovery: The Aftermath of Violence — From Domestic Abuse to Political Terror* by Judith L. Herman (2015)
- Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse* by Mike Lew (2004)
- We Believe You: Survivors of Campus Sexual Assault Speak Out* by Annie E. Clark and Andrea L. Pino (2016)