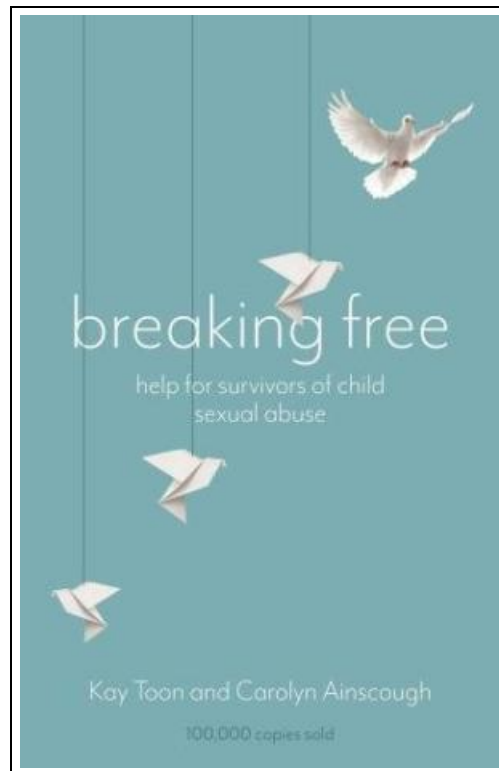


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BREAKING FREE: HELP FOR SURVIVORS OF CHILD SEXUAL ABUSE (PAPERBACK)



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SPCK Publishing, United Kingdom, 2020. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. This book is designed to help survivors of child sexual abuse. It investigates all the effects of child sexual abuse, which often persist into adult life - guilt and shame, depression and anxiety, eating disorders, fear of relationships and sexual problems. It includes discussion of false memory syndrome and female abusers, and draws on accounts of survivors who want their voices to be heard, offering a positive and optimistic approach to help survivors break free from the past. Updates include: More inclusive language. Using the words children and teenagers or children and young people instead of just child or children so teenagers or older children who were sexually abused feel more included. Newer types of abuse and abusers eg street exploitation, celebrities, politicians, football coaches. More recent methods of grooming and accessing children e.g chat forums, dating apps and websites. Keeping safe. Encouraging the reader to learn ways of coping with their emotions whilst working through the book. Sign-posting resources - including the Breaking Free Workbook. New appendix with instructions on how to control anxiety and panic attacks. Clinical/content updates. Additional material on the effects of trauma eg PTSD, dissociation, hallucinations, flashbacks, triggers and treatment. Clinical updates on the effects of abuse, anxiety, buried feelings. Updates on child protection procedures and reporting abuse.



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