

Nevada Network Against Domestic Violence Resource Center

Annotated Bibliography–Mental Health

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BOOKS:

Beyond Labels Working with Abuse Survivors with Mental Illness Symptoms or Substance Abuse Issues

Diane King Akers, M.Ed. & Michelle "Shell" Schwartz, M.A. & Wendie H. Abramson, LMSW, 2007

The reader is provided practical information, tools, and resources for domestic violence and rape crisis center staff. The book explores the strong connection between trauma, mental illness and substance abuse; provides strategies for creating a welcoming and trauma-informed approach to service provision; and offers tips for working with survivors who are experiencing depression, anxiety, dissociation, psychosis and self-injury, suicidal thoughts, and substance abuse.

Emotional Abuse

Marti Tamm Loring, 1994

This book discusses the powerful and insidious mechanisms of this subtle yet destructive type of abuse. It explores the components of emotional abuse, whether occurring alone or in the presence of physical abuse, and presents a new model for its treatment.

(The) Emotionally Abused Woman

Beverly Engel, MFCC, 1990

This book will teach advocates how to: recognize and understand emotional abusers, identify emotional abuse patterns, and heal the damage of abuse by building self-esteem.

(The) Enabler: When Helping Harms the Ones You Love

Angelyn Miller, 1988

Miller tells the story of her own family, in which her "enabling," defined as protecting others from the consequences of their own behavior, was a source of major problems. Although enablers are often discussed within the context of substance abuse, Miller demonstrates that enabling can occur wherever there is dysfunctional behavior. Concrete strategies are offered for addressing the problem of enabling in the family unit.

Encouragements for the Emotionally Abused Woman

Beverly Engel, MFCC, 1993

A volume of quotes, insights, feelings, and suggestions to heal and replenish the soul.

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End the Pain: Solutions for Stopping Domestic Violence

Lynn Hawker, Ph.D. & Terry Bicehouse, B.S., 1995

This book is practical, clinically tested, easy to read and an effective guide for taking direct action to resolve dysfunctional relationships. Through an understanding of the core motivations which lead to violent behavior in interpersonal relationships, the prescribed method can be utilized to deal with the immediate problem. Dr. Hawker uses exercises and case studies to raise key questions and to offer a practical and proven method for eliminating the present and future crisis of domestic violence.

Enhancing Self-Esteem

C. Jesse Carlock, Ph.D., 1999

Many people want to change the way they feel about themselves, but do not believe they can. This book seeks to instill hope by devising a blueprint for change and providing the tools and resources to aid in this change. It presents five phases: self-awareness, assimilating positive beliefs, modifying or eliminating negative beliefs, identifying and improving skill deficits, and integration. Ultimately, it provides the basis for successfully enhancing self-esteem.

Escape: How I Fight the Demons of My Past and Win

Linda Leone, 2010

This book tells the terrifying and heart-wrenching true story of one brave woman's escape from abuse, alcohol, and drug addiction. Sexually molested as a six year old, ignored by her parents, traumatized by cruel siblings, and beaten by her husband, Leone soon lost herself in the mire of drugs and alcohol. After hitting rock bottom, guilt ridden over her own poor parenting, she thought all was lost, but with hard work, faith, and the help of a professional and caring therapist and her current husband's love and support, she was able to finally get back on track and defeat all that was trying to destroy her. This is an inspirational book for anyone who has ever suffered abuse of any kind.

Facing Shame

Merle A. Fossum and Marilyn J. Mason, 1986

Shame is defined as an "inner sense of being completely diminished or insufficient as a person. It is the self judging the self." Comparing the shame-bound family system with the respectful family system, Fossum and Mason outline the assumptions underlying their depth approach to family therapy and take the reader step by step through the stages of therapy. Case examples are used to illustrate the process.

(The) Family

John Bradshaw, 1988

Based on the television series of the same name, John Bradshaw focuses on the dynamics of the family, how the rules and attitudes learned while growing up become encoded within each family member. This book is for those who want to pursue the materials in more depth.

Healing the Scars of Emotional Abuse

Gregory L Jantz PhD, 2003

Dr. Gregory Jantz examines the pervasive yet overlooked problem of emotional abuse - and why it is so common and damaging. This book will help you understand the effects of the abuse, give you insight into the problems of the abuser, and show you how to overcome the past.

Healing the Shame That Binds You

John Bradshaw, 1988

In an emotionally revealing way Bradshaw shows us how toxic shame is the core problem in our compulsions, co-dependencies, addictions and the drive to superachieve, resulting in the breakdown in the family system and our inability to go forward with our lives.

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Healing the Trauma of Abuse

Mary Ellen Copeland, M.A, M.S. & Maxine Harris, Ph.D., 2000

This workbook is a practical, step-by-step guide through the recovery and healing process for women who have experienced sexual, emotional, or physical abuse in childhood and/or adulthood. The workbook is based on an approach to trauma recovery.

Healing Your Life: Recovery from Domestic Abuse

Candace Hennekens, 1991

This is a guide to bring victims of domestic violence through the stages of recovery. Hennekens approaches healing from many different directions and guides the reader through the ways to re-establish positive self-esteem. Topics covered include affirming yourself, dealing with your feelings, the dynamics of shame-based systems, career planning, and goal setting, and establishing healthy relationships. (The Network also has the companion piece to this book–**There’s a Rainbow in My Glass of Lemonade.**)

Helping Survivors of Domestic Violence: The Effectiveness of Medical, Mental Health, and Community Services

Judith S. Gordon, 1998

This report presents the findings of a study done to assess the adequacy and efficacy of community and professional services used by battered women in Western and Central Oregon.

If This Is Love, Why Am I So Lonely?

Helene C. Parker, Ph.D., 1996

This book empowers individuals to go after exactly what they want in a relationship, urging readers not to feel guilty for meeting their own needs. Topics discussed include: relationship patterns that never work, signs of an unhealthy and healthy relationship, and 20 ways to ruin a relationship.

Intimate Violence

Richard J. Gelles & Murray A. Straus, 1988

This detailed sociological analysis documents that violence and abuse are not products of mental illness but the result of social circumstances that the majority of American families experience at one time or another. *Intimate Violence* depicts this tragic problem and suggests the urgently needed changes that must take place if we are to decrease and ultimately eliminate violence in the American family.

Leaving the Enchanted Forest

Stephanie Covington and Liana Beckett, 1988

This is a clear, practical guide to recovery for those who want to understand the nature of addictive relationships and are ready to embrace genuine intimacy and the gift of recovery.

(The) Link Between Childhood Trauma and Mental Illness: Effective Interventions for Mental Health Professionals

Barbara Everett & Ruth Gallop, 2001

This book gives mental health professionals who are not child abuse specialists knowledge and skills that are especially relevant to their direct service role and practice context. It focuses on direct practice issues, including how to ask clients about child abuse, the nature of power in the helping relationship, the full recovery process, effective treatment models, client safety issues, and ways to listen to clients’ stories. Also included are valuable insights into helping clients, who are in a crisis situation, the particular needs of male victims of child abuse, racial and cultural considerations, and the professional’s self-care.

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Many Faces of Abuse

Joan Lachkar, 1998

Dr. Joan Lachkar examines the origins and early warning signs of the psychological violation she describes as a dance between abuser and abused. Addressing therapeutic functions like empathy, containment, and counter-transference, and following a couple's evolution from a state of fusion through transitional two's, to emerging separateness, as well as dependent and interdependent ways of relating.

Moving On After Trauma

Michael J. Scott, 2008

The effects of extreme trauma can continue to be emotionally devastating. *Moving On After Trauma* offers hope, providing survivors, family members and friends with a roadmap for managing emotional, relationship, physical and legal obstacles to recovery. Dr. Scott, details examples of the strategies used by twenty characters who have recovered and the survivor (with or without the help of a family member, friend or counselor) is encouraged to identify with one or more of them and follow in their footsteps.

New Beginnings: A Creative Writing Guide for Women Who Have Left Abusive Partners

Sharon Doane, M.S.W., 1996

A workbook designed to empower survivors; the author uses creative writing prompts to offer guidance, support, and concrete steps for victims to rediscover their own personal strength.

No-Talk Therapy for Children and Adolescents

Martha B. Straus, 1999

Weaving practical, hands-on ideas with theory and research about child development, child treatment, and the therapeutic relationship, this book describes an innovative approach to treatment of children and adolescents who won't or can't respond to traditional, conversation-based therapy.

No Visible Wounds: Identifying Nonphysical Abuse of Women By Their Men

Mary Susan Miller, Ph.D., 1995

In this book the author exposes the pervasive phenomenon of non-physical battery identifying the psychological, emotional, and economic abuses perpetrators use to control and manipulate their partners.

Not to People Like Us: Hidden Abuse in Upscale Marriages

Basic Books, 2000

Weitzman, a professor of social work, coined the phrase "upscale violence" for domestic abuse among the affluent, something that has been ignored and denied in research on the subject. Nationwide, four million women each year are victims of domestic violence, an unknown proportion of them from families with household incomes of \$100,000 or more, according to Weitzman. In her 23 years of mental health practice, she noted the silence surrounding upscale violence. Affluent women are less likely to be assisted by police, courts, and counselors, because of the widely held belief that domestic violence doesn't occur among the wealthy. But Weitzman interviewed 14 women, aged 24 to 62, for this revealing look at upscale violence. She recalls a client who went to domestic violence court in a fur coat, standing among lower income complainants. Her case wasn't taken as seriously, although she had a black eye like the others. Weitzman looks at patterns of abuse and coping strategies and how abuse among the affluent differs from that of the more widely researched abuse among lower income families.

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(The) Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth

Glenn R. Schiraldi, Ph.D., 2000

This book, written for victims and professionals, will help one to understand the changes that traumatic events cause in people, the process of recovery, and the full range of treatment options. It is organized into six parts: About PTSD; About Healing, Recovery, and Growth; Preparations; Managing Symptoms; Treatment; and Moving On.

Secret Survivors: Uncovering Incest and Its After Effects in Women

E. Sue Blume, 1989

According to the author, incest is the greatest underlying reason why women seek therapy or other treatment, yet most incest survivors do not remember that the abuse took place at all. This book expands the definition of incest to include any adult abuser, and focuses on what incest does to survivors. Also discussed is the connection between incest and such problems as depression, sexual and eating disorders, and drug and alcohol abuse.

Secondary Traumatic Stress: Self-Care Issues for Clinicians, Researchers, & Educators

B. Hudnall Stamm, Ph.D., 1999

Beginning with the assumption that caring for people who have experienced highly stressful events puts the caregiver at risk for developing similar stress-related symptoms, this book brings together some of the best thinkers in the trauma field to write about the prevention and treatment of Secondary Traumatic Stress. This guide will examine a wide range of ideas about what is known, what is suspected, and what is wondered about, while exploring our ethical obligations to each other, to our communities, and to future trauma research.

Sexualized Violence

Guilford Press, 2004

The first book to interweave clinical and legal perspectives on such recently formulated diagnoses as rape trauma syndrome and battered woman syndrome, this up-to-date resource helps mental health clinicians better understand their role in criminal or civil proceedings related to sexualized violence against women and children. Foundational knowledge is provided on the nature, prevalence, and psychological consequences of a variety of crimes, including rape, spousal abuse, stalking, sexual harassment, and child sexual abuse. The ways victims and perpetrators are dealt with in the legal system are critically examined, and important recent reforms discussed.

Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life

Dr. Susan Forward, 1989

In a powerful and controversial new approach, Dr. Forward shows why the standard advice to “forgive and forget” can often do more harm than good. Instead, she offers effective alternatives for achieving inner peace and for freeing yourself from the frustrating patterns of your relationship with your parents—whether you are in open conflict with them or maintain civil but strained contact. She also shows you how to overcome the pain if one or both parents are dead.

Transforming Pain into Power

Doris Helge, Ph.D., 1998

This is a guide for achieving your personal empowerment and your freedom, including a section on emotional power: what is it, how to get it, and how to use it.

Trauma Recovery and Empowerment: A Clinician’s Guide for Working with Women in Groups

Maxine Harris, Ph.D., 1998

A workbook/manual for group leaders, this book combines elements of social skills training, psycho-educational and psychodynamic techniques, and the peer support groups shown to be most effective with victims. Each section includes discussion questions, typical responses, and experiential exercises.

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Verbal Abuse Survivors Speak Out on Relationship and Recovery

Patricia Evans, 1993

This book presents excerpts from hundreds of letters sent to the author from survivors; and discusses the results of a survey conducted on the verbally abusive relationship. Recommendations and suggestions for healing and recovery are also presented.

(The) Verbally Abusive Man, Can He Change?

Evans, 2006

In this groundbreaking follow-up to her bestselling book, *The Verbally Abusive Relationship and Controlling People*, Patricia Evans goes beyond identifying verbally abusive behaviors to prescribing a course of action for both victim and abuser. Coupling stories of abused women and abusive men from her own case studies, Evans gives you the tools you need to transform your relationship. Most important, she assures you that such a transformation is possible, given the right circumstances. Evans also helps you determine if your abuser really has changed-or if he's merely creating the illusion of change. And if he hasn't changed, Evans helps you decide whether it's time to leave the relationship and what to do when it is. Combining practical applications and the latest clinical research with her trademark support and assurance, Evans shows you how to empower yourself, improve your relationship, and change your life for the better.

(The) Verbally Abusive Relationship: How to Recognize It and How to Respond

Patricia Evans, 1996

This book focuses on the issue of verbal abuse and includes information on how to recognize if you're in a verbally abusive relationship, the types of power that abusers use, the effects of verbal abuse on the woman and on the children, responding with impact to verbal abuse, and finally, recovery.

What a Nice Guy: Perfect Relationship, Secret Abuse

Pines, 2007

Why is it that women who are being abused stay in the relationship—beyond verbal abuse, into violence, and even to the point of death? Their reasons for staying include these questions: Where will I go? What will I do? What will happen to my family? What will he do? Yet, underneath those questions is the real piece that ties her to him: Emotions. She loves him. She needs him. *What a Nice Guy* describes the emotional connection that binds a woman to her abuser, the escalating violence in the relationship, the cycle of abuse, and the moment that a woman realizes she is being abused. The moving narrative is divided into sections that end with questions for thought and for journaling.

Women, Anger and Depression: Strategies for Self-Empowerment

Lois P. Frankel, Ph.D., 1992

Though not written specifically to survivors of domestic violence, the author challenges readers to explore how finding anger can help to deal with depression and overcome the feelings of denial that serve as obstacles to personal empowerment.

Women & Self Esteem

Linda Tschirhart Sanford and Mary Ellen Donovan, 1984

Many women feel the distressing effects of low self-esteem. This compassionate, ground-breaking book examines how women's harmful attitudes about themselves are shaped. It offers concrete help-sometimes in the form of step-by-step exercises-to resolve the dilemma women face by building higher self-esteem.

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Women Who Love Psychopaths

Sandra L. Brown, M.A., 2009

This is the first book to explore the personalities and experiences of women who have been romantically involved with psychopathic men. The book details the methods psychopathic men use to lure and seduce women. It gives an inside look at what it is like to experience intimacy with a psychopath. Most importantly, the book shows the inevitable harm that result from involvement with psychopaths.



MANUALS:

Improving the Health and Mental Health Care Systems' Response to Violence Against Women

Ending Violence Against Women, 2000

This manual presents sexual assault and domestic violence as overlapping yet distinct health issues, and gives some tips on how we can improve the health care systems' response to these issues. Sections include primary and secondary prevention of violence against women, integrating response in all levels of the health care system, addressing health care policy issues, and making a difference.

Post-Traumatic Stress Disorder: Relationships & Brain Chemistry

Amy Banks, M.D., 2001

This manual, for clinicians as well as lay people, contains the following sections: the cost of violence; how violence changes brain chemistry; important neurotransmitters in the stress response system; reasons to consider medications; what medications to consider for which symptoms; and tips for taking medications.

Responding To People Who Have Been Victimized By Individuals With Mental Illness

Office for Victims of Crime/Justice Center, 2008

This guide, written for policymakers in state and local government, as well as for the people working on the front lines of the criminal justice and mental health systems, highlights issues related to this long-overlooked subset of victims. Policymakers can use this guide to enhance their understanding of issues related to the rights and safety of these crime victims.

Understanding the Relationship between Domestic Violence, Sexual Trauma Services, Behavioral Health Treatment in Nebraska: A Need Assessment Study

University of Nebraska at Omaha, 2003

This data was collected from a focus group of 430 DV survivors, using a written questionnaire. The survey was designed to assess the following: the relationship between DV and the need for mental health/substance abuse treatment; service providers' perception of DV and sexual trauma victims; role of DV services in mental health facilities, and DV survivors' experiences in behavioral health treatment.

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AUDIO-VISUAL MATERIALS:

Anxiety Related Disorders: The Worried Well/Post-Traumatic Stress Disorder

Films for the Humanities and Sciences, 1997

15 minutes

While controversy flares over whether this anxiety-related condition even exists, two men are certain of it based on their own experiences. This program examines this disorder associated with anxiety symptoms experienced after a man witnesses the deaths of his two teenage daughters, and another man shot in an IRA ambush. The video offers highly personal accounts of the behavior changes experienced as a result of the trauma. An expert from a hospital traumatic stress unit tells why she supports the view that the condition does indeed exist.

Battered Women: A Guide for Counselors

Division on Women, State of New Jersey

This film highlights the devastating effects of domestic violence and teaches effective tools for intervention, with emphasis on the counselor. The video covers the dynamics of domestic violence, and discusses what signs to look for while examining a patient. It also discusses myths surrounding domestic violence, and how victim blaming and other types of attitude can be lethal to the battered woman. It explains where to look for specific injuries that are usually caused by domestic violence and how to conduct a non-threatening interview with the patient.

Battered Women: Mental Health Professional Version

Division on Women, State of New Jersey

This film highlights the devastating effects of domestic violence and teaches effective tools for intervention, with emphasis on the mental health professional. The video covers the dynamics of domestic violence, and discusses what signs to look for while you examine a patient. It also discusses myths surrounding domestic violence, and how victim blaming and other types of attitudes can be lethal to the battered woman. It explains where to look for specific injuries that are usually caused by domestic violence and how to conduct a non-threatening interview with the patient.

From Anger That Hurts to Boundaries That Heal

Envision Video Products

30 minutes

Anger has power but can do immense damage if handled poorly. This video will help to identify one's style of handling anger and teach specific techniques that will help one to use anger to build intimacy.

Meeting the Mental Health Needs of Crime Victims

Office for Victims of Crime, 2005

40 minutes

This instructional video presents a blend of clinical, theoretical, and practical mental health expertise. Findings from current mental health research are presented, and topics discussed include: why the criminal justice system should be concerned with crime-related psychological trauma of crime victims; identification of the major types of immediate, short-term, and long-term trauma associated with crime victimization; and, factors related to victims' healing and recovery.

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Post-Traumatic Stress Disorder: The Woman’s Perspective

Films for the Humanities & Sciences, 1997

18 minutes

This puzzling nervous disorder, originally associated with Vietnam combat veterans, has since become a recognized health problem for millions of American women. This program examines the symptoms and suspected causes of the disorder, including feelings of helplessness suffered by victims of child abuse, sexual assault, or domestic violence. Also discussed are the treatments and therapies that have proven effective in controlling PTSD’s disabling symptoms.