

# Free Of The Shadows Recovering From Sexual Violence

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## **Shadows of the Cross** - Craig Cashwell 2015-02-25

This book is a Christian companion to Facing the Shadow. It provides an early spiritual focus to recovery for those who are beginning to use the Patrick Carnes 30 task model of recovery from sex addiction. Addresses issues of sexuality in a non-shaming way using Biblical scripture to encourage long-term recovery. Shadows of the Cross: -Includes interactive exercises and tasks that complement Facing the Shadow. - Applies world renowned Dr. Patrick Carnes' research-based thirty task model with a Christian twist -Has a Christian approach that tackles the shame that often accompanies sex addiction -Provides readers with suggested Biblical verses to assist in their long-term recovery -Provides a much needed spiritual focus to early recovery

## *Rid of My Disgrace* - Justin S. Holcomb 2011

Helps adult victims of sexual assault move from brokenness to healing. This book outlines a theology of redemption and includes an application of how the disgrace of the cross can lead victims toward grace.

## Healing the Wounds of Sexual Addiction - Mark Laaser 2009-05-26

Hope--real hope--for recovery is within reach. This book goes beyond cliché answers and offers meaningful, spiritual, and practical steps to healing and freedom from sexual addiction--or any addiction. With today's rampant availability of Internet pornography, sexual addiction

has become a national epidemic that affects an increasing number of Christians, even pastors and priests. As devastating as any drug habit, it brings heartbreak and despair to those it entangles. But there is help for men and women caught in sexual addiction's downward spiral. This book offers a path that leads beyond compulsive thoughts and behaviors to healing and transformation. Speaking from his own experience with sexual addiction and recovery, Dr. Mark Laaser is sensitive to the shame of sexual addiction without minimizing its sinfulness. He traces the roots of the problem, discusses its patterns and impact, and maps out a biblical approach to self-control and sexual integrity. Whether you know someone with a sexual addiction or struggle yourself, *Healing the Wounds of Sexual Addiction* points the way to understanding, wholeness, and holiness. Spanish edition also available; previously titled *Faithful and True*.

## *Authentic Human Sexuality* - Judith K. Balswick 2013-11-21

Jack and Judith Balswick investigate how human sexuality originates both biologically and socially, lay groundwork for a normative Christian interpretation of sexuality, show how authentic sexuality is necessarily grounded in relationships, and explore forms of "inauthentic sexuality" such as sexual harassment, pornography and rape.

## **Losing the Bond with God: Sexual Addiction and Evangelical Men** -

Kailla Edger-Peoples 2011-04-07

Empirical research provides the basis for a comprehensive depiction of evangelical Christian men who self-identify as sexual addicts. • Direct quotes and stories from interviews with study participants • Diagrams of the Cycle of Sexual Addiction and the Life Worlds of the Evangelical Sexual Addict • Appendices covering: participant profiles, research design, data analysis, and the definitions of terms

The Sexual Abuse Victim and Sexual Offender Treatment Planner, with DSM 5 Updates - David J. Berghuis 2015-03-16

This timesaving resource features: Treatment plan components for 27 behaviorally based presenting problems Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options A step-by-step guide to writing treatment plans that meet the requirements of most insurance companies and third-party payors The Sexual Abuse Victim and Sexual Offender Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal review agencies. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for clients who are sexual abuse victims and/or sexual offenders Organized around 27 main presenting problems, including such offender issues as anger difficulties, deviant sexual arousal, and legal issues; such victim issues as eating disorders, self-blame, and social withdrawal; and such offender and victim issues as family reunification and self-esteem and stress-management deficits Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and clinically tested treatment options Easy-to-use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

Treatment Strategies for Substance Abuse and Process Addictions - Robert L. Smith 2015-03-05

This distinctive and timely text examines the most prevalent substance and process addictions and focuses on current research and evidence-based treatment strategies. Major substance addictions discussed include alcohol, tobacco, marijuana, methamphetamines, and prescription drugs. Complete chapters are also devoted to the most frequently cited process addictions, making this text unique. Behavioral addictions covered in this text include pathological gambling, sex disorders, disordered eating, work, exercise, shopping, and Internet/gaming. Each chapter contains a listing of student learning outcomes, a case study with reflective questions, techniques for assessment and diagnosis, inpatient and outpatient treatment approaches, and resources for further study. With its emphasis on treatment strategies, this text can be used by practitioners as well as by professors in the classroom in introductory courses in addictions or in subsequent courses that focus on treatment strategies. \*Requests for digital versions from the ACA can be found on wiley.com. \*To request print copies, please visit the ACA website here. \*Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.

*Grace in the Shadows* - Denise Jackson 2009-04

This inspirational story offers hope and healing to sixty million survivors of childhood sexual abuse, and to their families. The expose serves as a tool for understanding and overcoming the effects of abuse and the prevention of childhood sexual abuse. Delicately written from the perspectives of the abused child and the adult survivor, it is an account of the human physical, emotional, and spiritual experience. The clinical research is explained in laymen's terms. Meticulously researched, the book includes practical information for families helping children, and for adult survivors in recovery. There is an educational component that exposes behavioral habits of the pedophile, how to report abuse, and ways to prevent it. The book is ultimately about hope and healing.

**Recovery Zone Volume 1** - Patrick Carnes, Ph.D 2009

Recovery Zone, Volume One picks up where Facing the Shadow leaves off, guiding readers to begin working tasks eight through thirteen of Dr.

Patrick Carnes' innovative thirty-task model. This book helps readers understand that true recovery is achieved by learning to cope with difficult situations and emotions. Stopping addictive behavior is the only way to start recovery. However, stopping the behavior is not enough to stay in recovery. True recovery is achieved by learning to cope with difficult situations and emotions. Dr. Patrick Carnes helps readers know how to deal with difficult affective states and guides them to a place of resilience so they can decide what is important in their lives. Readers will learn how to live optimally in their Recovery Zone. The work sets the stage for recovery tasks 8-13, providing readers with a practical approach to recognize the underlying emotional causes that perpetuate the addiction cycle.

**Serving Jesus with Integrity:** - Dwight P. Baker 2010-06-28

The word “ethics” carries an aura of countervailing views, overlapping claims, uncertain footing, and seductive attractions. Some issues are as clear as the horizontal versus vertical axes in Sawai Chinnawong’s striking painting, Joseph and Potiphar’s Wife, that graces the cover of this book. At the same time—because we are involved, because our interests, our inclinations, our plans and relationships are at stake—the issues that engage missionary practitioners can be frustratingly labyrinthine, curling endlessly back on themselves. Evangelical missionaries and mission agencies are concerned about personal morality—and rightly so. But as the chapters in this volume attest, evangelical mission’s ethical engagement extends far beyond simply avoiding compromising sexual situations and not absconding with the finances. How should we talk about others’ beliefs and practices to ourselves? To them? How should we represent ourselves to others? What role does tolerance for ambiguity play in missionaries’ mental preparation? How should accountability be structured in intercultural partnerships? Are there ways to enable organizational justice to flourish in mission institutions? What might integrity in short-term mission outreach look like? How does care for creation relate to mission? What role can a code of ethics for missionary practice play? Limited and fallible and marred by the fall, we need both guidance and

admonition—and deep reflection on the conduct of evangelical mission such as is provided in this volume—so that we may serve Jesus with true integrity.

**It's My Life Now** - Meg Kennedy Dugan 2000

This book is for women who have recently left an abusive relationship and are attempting to face the challenge of putting their lives back together. During this difficult period, women who have managed to leave the relationship are faced with the scary and daunting prospect of living independently, rebuilding self-esteem and self-worth, and learning how to establish healthy relationships in the future. Many are tempted to return to the abuser and have to mend or re-establish relationships with friends or family. This book provides accessible practical information on how to protect yourself once you've left the relationship, how to get through the difficult emotions that accompany leaving an abusive relationship, and includes exercises that are designed to help women monitor their emotional progress as they get further away from their old relationships.

*Handbook of Nursing Diagnosis* - Lynda Juall Carpenito 2021-12-10

"This handbook offers practical guidance on nursing diagnoses and associated care. It is a quick-reference type scope of content, easy for students to use while in clinical, in the classroom or simulation lab. It provides a condensed, organized outline of clinical nursing practice designed to communicate creative clinical nursing. It is not meant to replace nursing textbooks, but rather to provide nurses who work in a variety of settings with the information they need without requiring a time-consuming review of the literature. It will assist students in transferring their theoretical knowledge to clinical practice"--

**The Shadows Between Us** - Tricia Levenseller 2020-02-25

Tricia Levenseller, author of *Daughter of the Pirate King*, is back with an epic YA tale of ambition and love in *The Shadows Between Us*... “They’ve never found the body of the first and only boy who broke my heart. And they never will.” Alessandra is tired of being overlooked, but she has a plan to gain power: 1) Woo the Shadow King. 2) Marry him. 3) Kill him and take his kingdom for herself. No one knows the extent of the freshly

crowned Shadow King's power. Some say he can command the shadows that swirl around him to do his bidding. Others say they speak to him, whispering the thoughts of his enemies. Regardless, Alessandra knows what she deserves, and she's going to do everything within her power to get it. But Alessandra's not the only one trying to kill the king. As attempts on his life are made, she finds herself trying to keep him alive long enough for him to make her his queen—all while struggling not to lose her heart. After all, who better for a Shadow King than a cunning, villainous queen? "Tricia Levenseller's latest, *The Shadows Between Us*, is a decadent and wickedly addictive fantasy, full of schemes and court intrigue, and delightful descriptions of food, which I am always a fan of." —Kendare Blake, #1 New York Times bestselling author of the *Three Dark Crowns* series

**Out of the Shadows** - Patrick Carnes 2001

Out of the Shadows Third Edition

**Facing the Shadow** - Patrick Carnes 2001

This text takes techniques used by thousands of people recovering from sex addiction and shows, in a step-by-step manner, how to break free of this disease and live a healthier, more fulfilling life. Each of this hope-filled workbook's chapters sets the stage for the recovery tasks at hand, before providing practical, easy-to-follow exercises specifically designed to help understand and address them. Topics covered include: why denial is so powerful and what can be done to counter it; how to face the consequences of behaviour using recovery principles; how to respond to change and crisis; how to manage life without dysfunctional behaviour; and how spirituality and recovery are interwoven.

**Addiction** - Howard Padwa 2010-01

Presents alphabetically-arranged entries covering major figures, organizations, events, and United States government policies covering a variety of addictive substances and addictive behaviors.

*Restoring the Pleasure* - Clifford Penner 2016-03-08

Do you need help restoring the pleasure to your marriage? Whether you've been married a day, a decade, or half a century, if your sexual relationship is marred by pain, tension, or disappointment—you are not

alone. Thousands of couples struggle with sexual problems that keep their marriages from being all that God intended them to be. But there is hope! Now, sexual therapists and best-selling authors Joyce and Cliff Penner share their proven methods in this comprehensive, easy-to-follow book of detailed explanations, realistic anecdotes, and clearly written exercises. Providing the biblical basis for the sexual relationship, as well as helpful diagnostic aids, the Penners help you improve communication and educate yourselves about your God-given sexual response. Then they lead you step-by-step through creative (and fun) sexual-retraining assignments to help you overcome various problems. The Penners provide straightforward advice and reassuring encouragement to help you start restoring the pleasure to your marriage. Beginning counselors and pastors will also find this an invaluable resource for helping others overcome their sexual barriers.

*A Woman's Guide to Overcoming Sexual Fear & Pain* - Aurelie Jones Goodwin 1997

Explores the reasons for sexual disorders and advises when professional help is necessary

*The Storm of Sex Addiction* - Connie A. Lofgreen 2012-09

From one of the country's most capable and insightful therapists comes an unprecedented examination of this burgeoning illness. In *The Storm of Sex Addiction: Rescue and Recovery* Connie Lofgreen elevates the conversation and presents the most accessible and readable primer on sex addiction extant. She skillfully educates, bringing clarity to concepts with thought-provoking and helpful explanations and stories. Lofgreen explains the dynamics and roots of the disorder and provides practical information and compassionate guidance to anyone affected by sex addiction, especially the addicts and families whose lives it shatters. Lofgreen does more than sound the alarm; she describes the hopeful option of treatment and outlines the components necessary for predictable recovery. She envisions a new era of valuing authentic intimate relationships over reckless sexual consumption and exploitation. Lofgreen makes a clarion call for awareness of sex addiction as the public health issue it truly is and presents strategic initiatives to

respond. *The Storm of Sex Addiction* is an informative and useful resource—a must-have for people who want to understand the illness, its treatment, and prevention. Lofgreen understands the challenge, answers the crucial questions, and offers constructive solutions.

**Facing Heartbreak** - Stefanie Carnes 2012-10-16

The first workbook to help partners of sex addicts cope with discovering their loved one has compulsive sexual behaviors.

*The Truth about Rape* - Teresa Lauer 2002

If you were raped, recently or even years ago, you know that desperate feeling of wanting to get your life back together. If it feels like everything is broken and you're all alone, this book is a safe and reliable guide to recovery.

Recovery Zone Volume 2 - Patrick Carnes 2021-10-19

The process of therapy and treatment means stepping into an unfamiliar, new world with very different perspectives, processes and even its own language at times. The goal of this extraordinary world is to repair, restructure, and build the internal structures to cope with losses, trauma, dysfunction, toxic stress, and addiction. The first of the Recovery Zone series focuses on the often painful and difficult internal tasks for that transition. This first book in the series by Patrick Carnes is already regarded as a classic and has been a durable best seller for the past decade. The second volume is now here, and Dr. Carnes helps with the issue of "now that I know all of this, what do I do?" How to translate the inner transformation into my everyday world? I have discovered the real "me" but what does that mean for me to integrate ideas and skills with my relationships, work, values, lifestyle -- and be happy? Much has been written about overcoming trauma, grief, dysfunctional relationships and the sinkholes of the various addictions. The sequel of Recovery Zone provides real answers about how to stay in the zone when traumatic events, toxic stress, and easy access to escape surrounds you. The goal must be an "Ultimate To Do List" so you do not miss out on the life you want and feel a genuine call to do. Core to this platform is a resilience built on ten master skills and thirty operational strategies that users describing as "defining" passage into a new life. The joke about life being

what happens when you are on the way to do something else, has little reality at the end of this second volume. Dr. Carnes is widely known for his personal sharing, his warm and engaging stories, and his ability to weave complex science into something that everyone can use. These materials have evolved with the help of over two thousand therapists and the experiences of many thousands of patients. Another vintage of classic Carnes's writing.

Breaking Free - Russell Willingham 2010-08-28

Leading readers through self-diagnosis and step-by-step through the stages of recovery, Russell Willingham reminds us of all the resources Christians have at their disposal for dealing with sexual addiction.

**Out of the Shadows** - Patrick J Carnes 2009-06-21

Unhooked from regular routines and healthy relationships by the coronavirus pandemic or other traumas, even our most basic human impulses and inputs can become addictive and destructive. An essential resource for those struggling with sexual addiction and compulsions, and those who love them. With the revised information and up-to-date research, *Out of the Shadows* is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. *Out of the Shadows* is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

**Toughest People to Love** - Chuck DeGroat 2014-05-29

People -- frustrating, confusing, disappointing, complicated -- are the most difficult part of leadership, and they challenge leaders everywhere, from leaders of many to managers of a few. In this book Chuck DeGroat addresses the flawed nature of people and offers wisdom for leaders of all types in dealing with just about anyone who is difficult to lead and to love. *Toughest People to Love* explores the basics of how people "tick,"

encouraging leaders to examine and take care of themselves so that they can better understand and care for others. Based on DeGroat's wealth of experience as a pastor, professor, and therapist, this book -- both wise and practical -- is one that countless leaders will go back to time and again for valuable insights and renewed vision.

*Life in the Shadows* - Nancy Legere 2019-04-12

Childhood is supposed to be a time of innocence, discovery, making friends, learning, and enjoying simple, uncomplicated days filled with laughter and fun. But what happens if those idealistic hopes and dreams are squashed in an instant when that little girl is sexually abused? What then? *Life in the Shadows* is the true story of how one such little girl lived with crippling feelings of shame and an overwhelming need for secrecy. What followed was a life struggling to cope with severe symptoms of Post-traumatic stress disorder, turning to alcohol for relief and escape, leading to sleep deprivation and almost absolute isolation. Nancy Legere openly shares how she managed to climb up out of the seemingly never ending darkness that enveloped her life after she was raped at the tender age of seven, and the years that ensued with her falling deeper and deeper into the abyss of anger and fear caused by feelings of self-loathing. Feelings of being unworthy of love and incapable of showing any emotion caused Nancy's life to spiral out of control to the point of contemplating suicide to end her struggles with life as she knew it. "Nancy brings her courage and 'tell it like it is' persona to this story of her journey out of the hell that is childhood sexual abuse, to the healing path she is now walking. She shares openly and honestly about the toll the abuse took on her physically, emotionally, and spiritually, and how she eventually took back her life and her power. It is a triumphant, hard-hitting, sometimes challenging read that leaves us hopeful about finding our way out of the shadows." Dawn McKelvie Cyr, MA

**Sexuality and Sex Therapy** - Mark A. Yarhouse 2014-03-07

The field of human sexuality is one of ever-increasing complexity, particularly for Christian therapists and psychologists seeking to be faithful to Scripture, informed by science and sensitive to culture. Mark Yarhouse and Erica Tan offer a survey and appraisal of this field from a

Christian perspective, which grounds sex therapy in the biblical affirmation of physicality and the redemptive purposes of human life.

**Violence Against Women** - Joan Nordquist 1992

*Free of the Shadows* - Caren Adams 1989

Describes the emotional problems faced by rape victims, tells how to handle the reactions of friends and family, and suggests a path to recovery.

**Facing the Shadow** - Patrick Carnes 2005

Dr. Carnes broke new ground with *Out of the Shadows*. *Facing the Shadows* continued that pioneering spirit as the first book to take techniques used by thousands of people recovering from sex addiction and show, step by step, how to break free of this disease and live a healthier, more fulfilling life. This second edition adds timely material on cybersex and new science about arousal. This work sets the stage for recovery tasks at hand, and then provides practical, easy-to-follow exercises specifically designed to help understand and address them. You'll learn: Why denial is so powerful and what can be done to break through it. How to face the consequences of your behaviors using recovery principles. How to respond to change and crisis due to addiction How to manage life without dysfunctional behavior How spirituality affects recovery What to disclose and to whom How does sex addiction start and what does an addict need to know

**Co-Dependence Healing the Human Condition** - Charles Whitfield 2010-01-01

Of all the books on the often misunderstood concept of co-dependence, this is probably the clearest, most complete and informative. Charles Whitfield is a frontline clinician who has been assisting co-dependents in their healing for over twenty years. He has researched the literature on co-dependence, which he summarizes in this widely read book. He sees co-dependence as a way to more accurately describe the painful and confusing part of the human condition. In careful detail he describes just what co-dependence is and what it is not, how it comes about, and how to heal its painful aftereffects.

**In the Shadows of the Net** - Patrick J Carnes 2009-07-30

The much-anticipated second edition of the breakthrough book about recovering from online sexual addiction. As the Internet becomes a more powerful, imposing force in our lives, indeed becoming difficult to avoid, the potential for related problems also increases. This includes troubles of a sexual nature. When accessing porn no longer requires even a trip to the store, when we can view and participate in sexual activities anonymously, when younger and younger children are being exposed to sex online, when virtual interactions take over, limiting and even destroying real-time relationships, we are in crisis. Compulsive online sexual behavior is a real and growing problem. Yet the situation is not without hope. For those who are seeing signs of significant online problems in themselves or a loved one, this updated second edition of *In the Shadows of the Net* provides answers, understanding, and tools for recovery. With the latest statistics, discussion of recent technologies and devices, and new thinking on developing a healthy relationship with the Internet and avoiding relapse, this book offers authoritative, professional advice for achieving lasting, healthy change and healing.

*The Shadows We Cast* - Sarah Tinsley 2022-01-25

What if you couldn't recognise the violence in others? Or in yourself? Nina refuses to accept the role of passive victim after being sexually assaulted. She becomes obsessed with an online vendetta that risks her job, her friendships, and her sanity. Eric thinks, if anything, he's too nice. But when he takes advantage of a stranger he is forced to confront the kind of man he really is. *The Shadows We Cast* is a dark novel about consent and control that unsettles ideas about victims and villains.

**For Sex Education, See Librarian** - Martha Cornog 1996

An annotated bibliography includes information on the role of libraries in sex education

**Routledge International Handbook of Sexual Addiction** - Thaddeus Birchard 2017-09-11

The concept of sexual addiction has gained increasing recognition in the academic and healthcare communities since the 1990s. It has also captured the attention of the media, where there has been much debate

over whether it can truly be described as an addiction. What is certain is that many people struggle with out of control sexual behaviour, which takes over their lives and has harmful consequences for their relationships, careers and finances. The *Routledge International Handbook of Sexual Addiction* brings together a comprehensive range of perspectives on sexual addiction from a worldwide selection of scholars and therapists. It sets out to define sexual addiction and to study its causes from a range of different psychological perspectives. A series of presentations of sexual addiction are outlined, including internet sexual addiction and the relationship between paraphilias and sex addiction. The handbook considers both individual and group treatment strategies, drawing on a wide range of approaches, including cognitive behavioural therapy, mindfulness and 12-step programmes. The book studies sex addiction in specific populations including women, adolescents and men who have sex with men. Finally, it considers some of the alternative discourses surrounding the concept of sexual addiction. This is the first comprehensive reference book to bring together global viewpoints on advances in research, theory and practice in one volume. This handbook provides an essential guide for academics and students of psychotherapy, counselling, nursing, addiction, sexualities, social work and health and social care, as well as professionals in practice and in training working with sexual addiction and related issues.

**Facing the Shadow** - Patrick Carnes 2015-03-31

The groundbreaking book introducing Dr. Patrick Carnes' thirty-task model for treating sexual addiction is now UPDATED and REVISED.

**A Gentle Path Through the Twelve Steps** - Patrick Carnes 2012-04-13

*A Gentle Path through the Twelve Steps Updated and Expanded Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* - Carlton Munson 2014-01-02

Explore the connection between sexual victimization, addiction, and compulsive behaviors! This book demonstrates clearly what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse. Anyone who has been sexually abused is likely to have one of the addictions or compulsive behaviors

described herein. The information in *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships. Survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction. *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* examines issues that survivors often have regarding: trust and friendship sexuality and sexual addiction marriage and family religious addiction as opposed to spirituality alcohol and substance abuse workaholism weight issues and eating disorders violence as the result of shame, fear, and depression caused by abuse *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* is more than a litany of the problems that survivors face. This valuable work will show you: HOW the survivor came to employ addictive or compulsive behaviors WHY the survivor continues to employ these self-abusive behaviors despite the

pain caused by the addiction WHAT the survivor needs to do to aid recovery WHERE the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors With its complete bibliography and up-to-date information on sexual abuse, addictions, and compulsive behaviors, *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* will show you the full course of sexual abuse and its aftermath, bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion, and ultimately, recovery.

*Don't Call it Love* - Patrick Carnes 1991

Describes a variety of unhealthy sexual practices that resemble addictions to substances in their effects, and proposes a program for recovery

*Trust After Trauma* - Aphrodite Matsakis 1998

Examines the feelings of loneliness and mistrust suffered by trauma survivors, explores how these feelings affect personal relationships, and suggests ways of negotiating and coping with the trauma for improved relationships