

RESOURCES

Online Resources

Journey to Heal Ministries: <https://www.journeytohealministries.org>

National Association of Adult Survivors of Child Abuse: <http://naasca.org/>

National Institute of Mental Health: <https://www.nimh.nih.gov>

Rape, Abuse, Incest, Neglect Network: <https://rainn.org>

Survivors of Incest Anonymous: <https://siawso.org>

The YOUNIQUE Foundation: <https://saprea.org/about-us/>

Therapy for Black Girls: <https://therapyforblackgirls.com>

Books

Bessel van der Kolk, MD, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

Beverly Engel, LMFT, *It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion*

Chrystine Oksana, *Safe Passage to Healing: A Guide for Survivors of Ritual Abuse*

Dan B. Allender, *Healing the Wounded Heart*

E. Sue Blume, *Secret Survivors: Uncovering Incest and Its Aftereffects in Women*

Frank Meadows, *Jesus, Healer of the Brokenhearted*

Ivy Bonk, PhD, *Lost: Finding My Way Back to a Place I've Never Been*

Joan Hunter, *Freedom Beyond Comprehension: Severing Your Painful Past*

Patti Feuereisen, PhD, *Invisible Girls: Speaking the Truth About Sexual Abuse*

Sharyn Higdon Jones, MA, LMFT, *Healing Steps: A Gentle Path to Recovery for Survivors of Childhood Sexual Abuse*