**ADDITIONAL RESOURCES: PUBLICATIONS**

For advocates and other providers who want more in-depth information about substance abuse, mental illness and other issues faced by survivors of multi-abuse trauma, as well as information on providing trauma-informed services, these publications are particularly good sources of information and help.

*Advancing Social Justice through Clinical Practice*, a hardback book edited by Etiony Aldarondo, urges human service professionals to work with increased awareness of the toxic effects of social inequities in the lives of people they aim to help. This comprehensive volume seeks to bridge the gap between the psychosocial realities of the individuals we serve and the dominant clinical practices of many mental health professionals. It offers an array of conceptual and practical innovations to address both individual suffering and social inequities fueling this suffering. This is an empowering tool and a must-read for social service professionals who wish to be agents of both individual and social transformation. Available at bookstores or order from [amazon.com](http://amazon.com).

*Am I Okay? A Layman’s Guide to the Psychiatrist’s Bible*, by Allen Frances, M.D., and Michael B. First, M.D. Written by two doctors involved in the production of the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) – the reference text used by the majority of mental health professionals – this book is a user-friendly guide to common mental health concerns written for a lay audience. Available at bookstores or order from [amazon.com](http://amazon.com).

*A Woman’s Way through the Twelve Steps*, by Stephanie Covington. Geared specifically to women in recovery, this book offers a flexible interpretation of the 12 Steps that takes into account the psychological development of women as it relates to addiction and the social and cultural factors that affect women including interpersonal violence issues. *A Woman’s Way* acknowledges that recovery raises special issues for women – from questions about sexuality, relationships and everyday life to anxieties about speaking up at mixed gender meetings. Advocates and other providers will want to read this book themselves, as well as recommend it to the recovering women they serve. Available at bookstores or order from [amazon.com](http://amazon.com).

*Beyond Labels: Working with Abuse Survivors with Mental Illness Symptoms or Substance Abuse Issues*. This manual, created by staff at SafePlace in Austin, TX, takes a comprehensive look at mental health issues and advocate response. The manual provides information, tools and resources to help domestic violence and rape crisis center staff better understand the connection between mental health and trauma. Readers will be better able to work with survivors experiencing mental health and substance abuse issues and how to create a center more welcoming to these survivors. To order a copy of the manual, call 512.267.SAFE (7233) or email [Info@SafePlace.org](mailto:Info@SafePlace.org).

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*From Real Tools: Responding to Multi-Abuse Trauma*  
Alaska Network on Domestic Violence and Sexual Assault
**Changing the Script: Thinking about Our Relationships With Shelter Residents**, by Margaret Hobart for The Washington State Coalition Against Domestic Violence. This article explores how advocates think about their relationship to the people using their programs, and how this impacts service delivery. Hobart discusses the unconscious roles advocates may take on such as “parent” or “rescuer,” how to recognize when this is happening, and how to replace these roles with a more empowering approach. Access the article at [wwwWSCADVorgdocsStaff_Client_Relationships_in_Shelterpdf](http://www.wscadv.org/docs/Staff_Client_Relationships_in_Shelter.pdf).

**Covering Domestic Violence: A Guide for Journalists and Other Media Professionals.**
This comprehensive guide written by Kelly Starr for the Washington State Coalition Against Domestic Violence is an ideal resource for advocates cultivating relationships with your local news media outlets. While some of the material is Washington-specific, the guide contains valuable general suggestions for media professionals on how to accurately report domestic violence and what to avoid when covering this crime. Download the guide at [wwwWSCADVorgdocsMedia_Guide_2008pdf](http://www.wscadv.org/docs/Media_Guide_2008.pdf) and offer it to your favorite reporter.

**Healing the Soul Wound: Counseling with American Indians and Other Native Peoples,** by Eduardo Duran. Written from an academic perspective, but easily accessible to lay people, this book offers an in-depth explanation of intergenerational grief and historical trauma. It also offers suggestions for providers from the dominant culture on ways to provide appropriate culturally competent services. Available at bookstores or order from amazon.com.

**Many Roads, One Journey: Moving Beyond the Twelve Steps,** by Charlotte Kasl pioneered a 16-step empowerment approach for overcoming addiction and trauma. Her approach has many parallels to positive psychology, attachment theory, developing resilience, and respecting individual and cultural differences. It also reflects recent knowledge of brain science. The empowerment model has been widely used in the United States and Canada, and many people are finding it helpful for overcoming depression as well as addictions. Kasl states that “while fear may jump-start people into recovery, love and self respect are what helps them heal.” This book is user-friendly for both providers and recovering individuals. Available at bookstores or order from amazon.com.

**Trauma and Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror,** by Judith Herman. If you only have time to read one book right now, make it this one. *Trauma and Recovery* brings a new level of understanding to a set of problems usually considered individually. Herman draws on her own cutting-edge research on domestic violence, as well as on a vast literature of combat veterans and victims of political terror, to show the parallels between private terrors such as rape and public traumas such as terrorism. The book puts individual experience in a broader political frame, arguing that psychological trauma can be understood only in a social context. Available at bookstores or order from amazon.com.

**Trauma Informed Care: Best Practices and Protocols for Ohio’s Domestic Violence Programs,** written by Sonia D. Ferencik and Rachel Ramirez-Hammond for the Ohio
Domestic Violence Network. This manual explains the need for a trauma-informed approach to domestic violence services, and offers a wealth of suggestions for creating a more welcoming environment in shelter programs, as well as helping survivors of trauma feel more empowered. Access the manual at www.odvn.org.

_Treating Complex Traumatic Stress Disorders_, edited by C.A. Courtois and J.D. Ford. This hardback book takes a comprehensive look at complex trauma stemming from interpersonal violence and discusses effective ways of working with survivors based on the latest research. The Forward is written by Judith Herman, a pioneer in the field. Available at bookstores or order from amazon.com.