



Domestic Violence-Related Reading and Resource List  
(Updated 1/15/13)

**Books about Domestic Violence**

Supporting Women after Domestic Violence: Loss, Trauma and Recovery  
Hilary Abrahams & Cathy Humphreys

A Community Secret  
Jacqueline Agtuca (addresses Asian population)

[Why Does He Do That?: Inside the Minds of Angry and Controlling Men](#)  
[Lundy Bancroft](#)

The Domestic Violence Sourcebook: Everything You Need to Know Dawn Bradley Berry  
Dawn Bradley Berry

When Battered Women Kill  
Angel Browne

The Revolution Starts at Home: Confronting Intimate Violence within Activist Communities  
Ching-In Chen, Jai Dulani, Leah Lakshmi Piepzna-Samarasinha and Andrea Smith

Stop Hurting the Woman You Love: Breaking the Cycle of Abusive Behaviour  
Charlie Donaldson & Randy Flood

It's My Life Now: Starting over after an Abusive Relationship or Domestic Violence (2nd Edition)  
Meg Kennedy Dugan and Roger R. Hock

The Abusive Personality: Violence and Control in Intimate Relationships (2nd Edition)  
[Donald G. Dutton](#)

Breaking the Cycle of Abuse  
Beverley Engel

The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself  
Beverly Engel

The Verbally Abusive Man – Can He Change? A Woman’s Guide to Deciding Whether to Stay or Go  
Patricia Evans

The Verbally Abusive Relationship: How to Recognize It and How to Respond  
Patricia Evans

Beneath Wings of an Angel: Healing the Child Within: A Spiritual Healing Journey to Recovery  
From Domestic Violence  
Janice Romney Farnsworth

When Men Batter Women: New Insights into Ending Abusive Relationships  
Neil S. Jacobson and John M. Gottman

Next Time She’ll Be Dead  
Ann Jones

When Love Goes Wrong  
Ann Jones and Susan Schechter

Men Who Batter Women  
Adam Edwa Jukes

The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help  
Jackson Katz

Everything You Need to Know about Breaking the Cycle of Domestic Violence  
Charlotte Kinstlinger

Too Good to Leave, Too Bad to Stay: A Step-by-step Guide to Help You Decide whether to Stay in or  
Get out of Your Relationship  
Mira Kirshenbaum

Naming the Violence: Speaking out about Lesbian Battering  
Kerry Lobel, Ed

Domestic Violence: Intersectionality and Culturally Competent Practice,  
Lettie L Lockhart (Ed) and Fran S Danis (Ed)

Current Controversies on Family Violence

Donilee R. Loseke, Richard J. Gelles & Mary M. Cavanugh, Eds.

Breaking Free from Partner Abuse

Mary Marecek

No Visible Wounds: Identifying Non-Physical Abuse of Women by Their Men

[Mary Susan Miller](#)

Getting Free: You Can End Abuse and Take Back Your Life

Ginny NiCarthy

The Ones Who Got Away: Women Who Left Abusive Partners

Ginny NiCarthy

You Can Be Free: An Easy-to-Read Handbook for Abused Women

Ginny NiCarthy and Sue Davidson

[Whose Face is in the Mirror?: The Story of One Woman's Journey from the Nightmare of Domestic Abuse to True Healing](#)

[Dianne Schwartz](#)

Domestic Violence at the Margins: Readings on Race, Class, Gender, and Culture,

[Natalie J. Sokoloff \(Ed\)](#)

The Battered Woman

Lenore E. Walker

Terrifying Love: Why Battered Women Kill and How Society Responds

Lenore Walker

Chain, Chain, Change: For Black Women Dealing with Physical and Emotional Abuse

Evelyn C. White

Mejor Sola Que Mal Acompañada: Para la Mujer Golpeada/For the Latina in an Abusive Relationship

Murna M. Zambrano

No Mas

Myrna M. Zambrano

### **Storybooks for Helping Children with Family Violence**

A Family that Fights  
Sharon Bernstein

Daddy, Daddy, Be There  
Candy Dawson Boyd & Floyd Cooper

Changing Places: A Kids View of Shelter Living  
Margie Chalofsky, Glen Finland, and Judy Wallace

Something is Wrong at My House  
Diane Davis

Mommy and Daddy are Fighting  
Susan Paris

I Wish the Hitting Would Stop  
the Rape and Abuse Crisis Center of Fargo-Moorhead

Clover's Secret  
Christine Winn & David Walsh, PhD

### **Books for Adults about Children/Teens and Domestic Violence**

Helping Your Child Recover from Sexual Abuse  
Caren Adams and Jennifer Fay

Helping Children Thrive: Information for Mothers Who Have Left Abusive Relationships  
Linda Baker and Alison Cunningham

Learning to Listen, Learning to Help: Understanding Woman Abuse and Its Effects on Children  
Linda Baker and Alison Cunningham

Little Eyes, Little Ears: How Violence against a Mother Shapes Children as They Grow  
Alison Cunningham and Linda Baker

Supporting Woman Abuse Survivors as Mothers: A Resource to Support Parenting  
Linda Baker and Alison Cunningham

What About Me!: Seeking to Understand the Child's View of Violence in the Family  
Alison Cunningham & Linda Baker

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse  
Lundy Bancroft

The Batterer as a Parent: Addressing the Impact of Domestic Violence on Family Dynamics  
Lundy Bancroft & Jay Silverman

Breaking Free, Starting Over: Parenting in the Aftermath of Family Violence  
Christina M. Dalpiaz

Dating Violence  
Barrie Levy

In Love and Danger – A Teen's Guide to Breaking Free of Abusive Relationships  
Barrie Levy

Children Who See Too Much: Lessons from the Child Witness To Violence Project  
Betsy McAlister Groves

In Love and Danger – A Teen's Guide to Breaking Free of Abusive Relationships  
Barrie Levy

What Parents Need to Know About Dating Violence  
Barrie Levy and Patricia Occhiuzzo Giggam

Childhood Experiences of Domestic Violence  
Caroline McGee (Jessica Kingsley)

Groupwork With Children of Battered Women: A Practitioners Manual  
Einat Peled and Diane Davis

Mothering Through Domestic Violence  
Lorrain Radford & Marianne Hester

## **Trauma: Information, Treatment and Healing**

Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists  
Suzette Boon, Kathy Steele and Onno van der Hart

[Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment](#)

Dr. John Briere and Catherine Scott

Cultural Competence in Trauma Therapy: Beyond the Flashback

Laura S. Brown

Managing Traumatic Stress through Art: Drawing From the Center

Barry M. Cohen, Mary-Michola Barnes, and Anita B. Rankin

[Healing the Trauma of Abuse: A Woman's Workbook](#)

Mary Ellen Copeland

Trauma Competency: A Clinician's Guide

Linda A. Curran

Overcoming Trauma through Yoga: Reclaiming Your Body

David Emerson and Elizabeth Hopper

[Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems](#)

[Victoria M. Follette, Jacqueline Pistorello and Steven C. Hayes](#)

Healing Sex: A Mind-Body Approach to Healing Sexual Trauma (2nd Ed)

Staci Haines

Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror

Judith Herman

Healing the Trauma of Domestic Violence: A Workbook for Women

Edward S. Kubany, Mari A. McCaig and Janet R. Laconsay

Treating PTSD in Battered Women

Edward S. Kubany and Tyler C. Ralston

Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body

Peter A. Levine

[Waking the Tiger : Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences](#)

Peter A. Levine

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

Laura van Dernoot Lipsky with Connie Burk

Seeking Safety: A Treatment Manual for PTSD and Substance Abuse

Lisa M. Najavits

Trauma and the Therapist

Laurie Anne Pearlman & Karen Saakvitne

[Cognitive Processing Therapy for Rape Victims: A Treatment Manual](#)

Patricia A. Resick and Monica Schnicke

[Counseling Survivors of Domestic Abuse](#)

Christiane Sanderson

Introduction to Counseling Survivors of Interpersonal Trauma

Christiane Sanderson

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

Glenn R. Schiraldi

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

B. Hudnall Stamm, Ed.

Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress

[Elizabeth G. Vermilyea](#)

Abused Women and Survivor Therapy

Lenore Walker

[The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms](#)

Mary Beth Williams and Soili Poijula

## **Other Related/Useful Resources**

### Books

Our Bodies, Ourselves  
Boston Women's Health Book Collective and Judy Norsigian

Healing the Shame that Binds Us  
John Bradshaw

Self Esteem: A Family Affair  
Jean Illsley Clarke

Boundaries: When to Say Yes and When to Say No to Take Control of Your Life  
Henry Cloud and John Townsend

Surviving, Healing and Growing: The How to Survive the Loss of a Love Workbook  
Melba Colgrove

The Speed of Trust  
Stephen M. R. Covey

The Relaxation & Stress Reduction Workbook  
by Martha Davis, et al

The Gift of Fear  
Gavin DeBecker

Act Like a Lady, Think Like a Man: Why Men Really Think about Love, Relationships, Intimacy and Commitment  
Steve Harvey

Boundaries: Where I End and You Begin  
Anne Katherine

Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression and Anxiety  
Thomas Marra

How to Survive the Loss of a Love  
Peter McWilliams, Harold H. Bloomfield and Melba Colgrove



Crucial Conversations

Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler

How Can I Get Through to You: Closing the Gap of Intimacy between Men and Women

Terrance Real

Mom's House, Dad's House: Making Two Homes for Your Children

Isolina Ricci

Self-esteem/La Autoestima

Marsha Sinetar

The Self-Esteem Workbook

Glenn R. Schiraldi

Man Whisperer: A Gentle, Results-Oriented Approach to Communication

Donna Sozio and Samantha Brett

A Mindfulness-Based Stress Reduction Workbook

Bob Stahl and Elisha Goldstein

Children of Alcoholics

Janet Woititz

### Journals

Journal of Interpersonal Violence

Violence against Women

## Websites

[National Coalition against Domestic Violence \(http://www.ncadv.org\)](http://www.ncadv.org)

[The Domestic Violence Hotline \(www.thehotline.org\)](http://www.thehotline.org)

[National Network to End Domestic Violence \(http://nnev.org\)](http://nnev.org)

[King County Coalition against Domestic Violence \(http://www.kccadv.org\)](http://www.kccadv.org)

[Washington State Coalition against Domestic Violence \(www.wscadv.org\)](http://www.wscadv.org)

[WebMD: Help For Battered Men \(http://www.webmd.com/balance/features/help-for-battered-men\)](http://www.webmd.com/balance/features/help-for-battered-men)

[MINCAVA Electronic Clearinghouse \(http://www.mincava.umn.edu/\)](http://www.mincava.umn.edu/)

[University of Michigan's Child Violence and Trauma Laboratory \(http://sitemaker.umich.edu/sandraglab/home\)](http://sitemaker.umich.edu/sandraglab/home)

[The National Child Traumatic Stress Network \(http://www.nctsn.org/\)](http://www.nctsn.org/)

[The National Institute for Trauma and Loss in Children \(http://www.starrtraining.org/tlc\)](http://www.starrtraining.org/tlc)

[Honor Our Voices \(www.honourourvoices.org\)](http://www.honourourvoices.org)

[Promising Futures \(www.promising.futureswithoutviolence.org\)](http://www.promising.futureswithoutviolence.org)

[Causing Pain: Real Stories of Dating Abuse and Violence \(www.youtube.com/watch?v=F9Ctwk8R470\)](http://www.youtube.com/watch?v=F9Ctwk8R470)

Free CPT (Cognitive Processing Therapy) online course/info:

[CPTWeb \(https://cpt.musc.edu\)](https://cpt.musc.edu)

[Center for Deployment Psychology \(http://deploymentpsych.org\)](http://deploymentpsych.org)