



## edinburgh women's rape and sexual abuse centre

support, advice and advocacy for women and girls

### recommended reading

**helpline: 0131 556 9437**

**administration, outreach &  
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## Recommended reading

Below is a selection of books that we recommend for survivors, their supporters and agency workers. These books should be available to order from Waterstones' bookshops, online at [www.amazon.co.uk](http://www.amazon.co.uk) and from the **DABS: Directory and Book Services**. Please see the back of the leaflet for their contact details.

### **Survivors of rape and sexual assault**

#### **I never called it rape**

Robin Warshaw, 1994, ISBN-13: 978-0060925727

#### **The rape recovery handbook: Step-by-step help for survivors of sexual assault**

Aphrodite Matsakis, 2003, ISBN-13: 978-1572243378

#### **Recovering from rape**

Linda Ledray, 1994, ISBN-13: 978-0805029284

### **Survivors of childhood sexual abuse**

#### **The courage to heal – A guide for women and men survivors of child sexual abuse**

Ellen Bass and Laura Davis, Vermillion Books: 2002, ISBN-13: 978-0091884208

#### **The courage to heal workbook: For women and men survivors of child sexual abuse**

Ellen Bass and Laura Davis, Harper Collins: 2000, ISBN-13: 978-0060964375

#### **Breaking free workbook: Practical help for survivors of child sexual abuse**

Carolyn Ainscough and Kay Toon, Sheldon Books: 2000, ISBN-13: 978-0859698047

### **Survivors of ritual abuse**

#### **Fight! Rabbit! Fight!**

Laurie Matthews, 2004, ISBN – 13: 978-0954346409

#### **Who Dares Wins**

Laurie Matthews, 2001, ISBN – 13: 978-0953999617

## **Family, friends and partners**

**Allies in healing: when the person you love was sexually abused as a child**

Laura Davis, ISBN-13: 978-0060968830

**Ghosts in the bedroom: A guide for partners of incest survivors**

Ken Graber, ISBN-13: 978-1558741164

**Recovering from rape**

Linda Ledray, 1994, ISBN-13: 978-0805029284

**Strong mothers: a resource for mothers and carers of children who have been sexually assaulted**

Anne Peake and Marion Fletcher,  
ISBN-13: 9781898924043

**Partners in healing: A handbook for partners of rape survivors**

Teri Platt, ISBN: B000Z6WZT8

## **Young women and girls**

**In their own words: A sexual abuse workbook**

Lulie Munson and Karen Riskin, 1995,  
ISBN-13: 978-0878685967

**The me nobody knows: A guide for teen survivors**

Barbara Bean and Shari Bennett, 1997,  
ISBN-13: 978-0787939601

## **Male survivors**

**Out of the shadows: Help for men who have been sexually assaulted**

Sarah Stott, ISBN-13: 978-1898924982

**The courage to heal – A guide for women and men survivors of child sexual abuse**

Ellen Bass and Laura Davis, Vermillion Books: 2002,  
ISBN-13: 978-0091884208

**The courage to heal workbook: For women and men survivors of child sexual abuse**

Ellen Bass and Laura Davis, Harper Collins: 2000,  
ISBN-13: 978-0060964375

## **DABS: Directory and Book Services**

DABS run a specialist overcoming childhood abuse, sexual abuse, or domestic violence, and for anyone book and information service for people who are else who wishes to understand these issues more clearly. Postage and packaging is free.

DABS, 4 New Hill, Conisborough, Doncaster, DN12 3HA. Tel: 01709 860023. Email: [books@dabsbooks.co.uk](mailto:books@dabsbooks.co.uk)  
[www.dabsbooks.co.uk](http://www.dabsbooks.co.uk)

## **useful contact numbers**

**Amethyst Team**  
**(formerly the Family Protection Unit)**  
0131 316 6600

**Edinburgh Women's Aid**  
0131 315 8110

**GUM Clinic**  
0131 536 2104

**Lothian and Borders Police**  
0131 311 31 31

**Rape Crisis Scotland Helpline**  
Freephone helpline open daily: 6pm-12 midnight  
08088 01 03 02

**Samaritans**  
0131 221 9999

All our leaflets are available in larger print. If you would like copies please contact us on 0131 556 9437.