Resources for Recovery
*excerpted from Beyond Surviving: The Final Stage in Recovery from Sexual Abuse, by Rachel Grant

Books


Movies


Suggestions for Further Reading

Books—Non-Fiction


**Books—Fiction**


**Online Resources**

**Pandora’s Aquarium**: If you have been a victim of any type of sexual violence, you belong here. Join their community and take full advantage of what this online support group has to offer you as you heal and recover.

http://pandys.org/forums/

**SexLiesandConsciousness**: a blogtalkradio show hosted by Executive Coach, Mai Vu, The Voice of Healthy Sex. The shows are daring, meaningful and aim to reclaim OUR sex, so that we can regain our freedom, our choices around our sex.

http://www.blogtalkradio.com/sexliesandconsciousness
Surviving Spirit: a non-profit organization dedicated to promoting hope, healing and help for those impacted by trauma, abuse or mental health concerns through the use of the creative arts, a speakers’ bureau, newsletter, website, brochure, retail gallery, coffeehouse, media center and more.

www.survivingspirit.com

Workshops

Compassionate Communication Skills Training
Dan Clurman & Mudita Nisker, Oakland, California
The goal of these workshops is to learn to think, speak and act in ways that lead to better communication, productivity and ease in personal and professional relationships. This approach also focuses on the ways our thinking affects our communication, emotional intelligence and compassion. Dan and Mudita’s training offers practical skills that can be implemented immediately in a safe and supportive atmosphere. For more information email comoptions@yahoo.com or visit www.comoptions.com.

The Feldenkrias Method®
Dan Clurman, weekly hour long drop-in classes, Oakland, California
The Feldenkrais Method® is an educational system centered on movement, aiming to expand and refine the use of the body through awareness. It is intended for those who wish to improve their movement repertoire (dancers, musicians, artists), as well as those wishing to reduce pain or limitations in movement, and many who want to improve their general well-being and personal development. Contact Dan at comoptions@yahoo.com for more information or visit www.feldenkraismethodguide.com.