



The Courage to Heal Workbook: A Guide for Women and Men Survivors of Child Sexual Abuse

Laura Davis

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In this groundbreaking companion to *The Courage to Heal*, Laura Davis offers an inspiring, in-depth workbook that speaks to all women and men healing from the effects of child sexual abuse. The combination of checklists, writing and art Projects, open-ended questions and activities expertly guides the survivor through the healing process.

- **Survival Skills**—Teaches survivors to create a safe, supportive environment, ask for help, deal with crisis periods, and choose therapy.
- **Aspects Of Healing**—Focuses on the healing process: gaining a capacity for hope, breaking silence, letting go of shame, turning anger into action, planning a confrontation, preparing for family contact, and affirming personal progress.
- **Guidelines For Healing Sexually**—Redefines the concept of "safe sex" and establishes healthy ground rules for sexual contact.

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