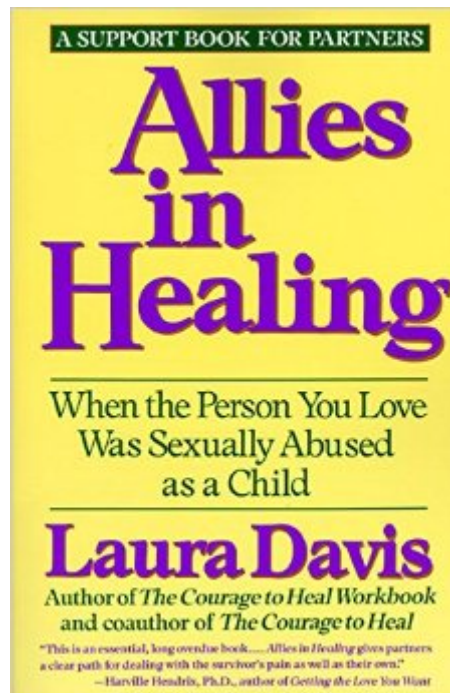


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Allies In Healing: When The Person You Love Was Sexually Abused As A Child



Synopsis

"But what about me?" "Is it possible to go one day without dealing with the survivor's issues?" "Will we ever make love again?" "Will the survivor love me in the end?" "How do I know if I should throw in the towel?" Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners—girlfriends, boyfriends, spouses, and lovers—trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity. Addressing partners' most important questions, *Allies in Healing* covers: *The Basics*—answers common questions about sexual abuse. *Allies in Healing*—introduces key concepts of working and growing together. *My Needs and Feelings*—teaches partners to recognize, value, and express their own needs. *Dealing with Crisis*—includes strategies for handling suicidal feelings, regression, and hopelessness. *Intimacy and Communication*—offers practical advice on dealing with distancing, control, trust, and fighting. *Sex*—provides guidelines for coping with flashbacks, lack of desire, differences in sexual needs, and frustration. *Family Issues*—suggests a range of ideas for interacting with the survivor's family. *Partners' Stories*—explores the struggles, triumphs, and courage of eight partners.

Book Information

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Customer Reviews

As a survivor of child sexual abuse, I am grateful that Laura Davis compiled all the information from her workshops for partners into this book. It should be required reading for anyone in a relationship

with a survivor. There are so few resources for partners and the survivor can't explain it all. Healing is a two person job when you're in a relationship. The question and answer format makes it very user friendly. Read it cover to cover, or just pick it up when you feel puzzled. As the author suggests, I read it first and found that it gave me words to explain some topics that I thought I'd never be able to express. Sharing this book with my fiance was not easy. But it drew us closer together and opened the door for wonderfully insightful discussion. It also gave me insight into what it is like for someone in a relationship with me. I learned to be more patient and compassionate. Understanding the after effects of childhood molestation are not simple or easy, not just for me, but also for my partner. I love that Davis very forthrightly says that while not every relationship will thrive, there are wonderful benefits to being with a survivor. The partner is encouraged NOT to rescue or "fix" but rather to respect and grow with the survivor, perhaps even getting more in touch with their own wounded inner child and most importantly to get support for themselves. For anyone who is an ally of a survivor, this should be in your collection for sure! I turn to it again and again just as I do my now ragged copy of *The Courage to Heal*. It is not for the timid however. One should be serious about their relationship before sharing this book.

This book has been a real life-saver in helping me cope as the partner of a sexual abuse survivor. It's full of practical advice and written in a question-and-answer format, making it easy to dip into and find what you need. I'm baffled by some of the reviews which suggest this book tells you to give the survivor whatever s/he asks for. I suspect those reviewers have read the title and very little else, because the book strongly emphasises the fact that partners have needs too and gives advice on how to communicate and meet those needs, set boundaries, and take care of yourself during times of crisis - as well as decide whether you want to stay in the relationship at all. Highly recommended.

I completely disagree with some of the reviews of this book. I found it to be extremely helpful and informative. It helped me to better understand why my husband (a survivor) feels and acts the way he does. I was hesitant to buy this book based on the most recent reviews, and I'm glad I finally decided to read it for myself. It IN NO WAY advocates giving the survivor total control! What the book clearly states is that you have to be supportive during the healing process, that your needs ARE just as important as the survivors, and that it's OK if you are unable or unwilling to ride out the storm. This book shows that it is a great deal of work to be a partner of a survivor, and that, if you are willing to commit yourself to the relationship no matter what, you will find that it was worth the turmoil to have a truly intimate connection with each other. But the book also states that you have

every right to be in a healthy, happy, fulfilling relationship RIGHT NOW, and if you don't want to make an indefinite commitment to the healing process, IT'S OK TO WALK AWAY! If you are looking for someone to tell you the survivor should "put out" every once in a while just to please you, then you are being very shortsighted and selfish...but if you want to see the survivor HEAL so that you can BOTH finally enjoy a healthy, satisfying sex life together FOR YEARS TO COME, then I highly recommend this book!

My partner and I read this book together. He found it extremely helpful and we learned more about each other and sexual abuse. It helped him understand that other people struggled like he has. We found our relationship improved a great deal after reading this book.

This book was suggested to me by my husband's counselor. The format is easy to read, no plowing through chapter by chapter. Remember though, this was written by a survivor. There is some very good advice for partners but it seems geared towards accommodating the survivor and not addressing the needs of the partner. It is a good book, if your partner is well into the healing process. I don't recommend this book if your partner has just begun healing. If they've just started healing, read this as a companion book to Ken Graber's *Ghosts in the Bedroom*. I found some of the sections in *Allies in Healing* helpful and enlightening. But when I got to the sections dealing with sex my heart sank. To be told to get used to being a nun/monk is more than a little disheartening.

A very useful book, but it also emphasizes/idealizes the fact that these are one sided relationships, and that you are involved with a person who has an enormous difficulty becoming close with or identifying with others. It provided me with the clarity to see that at least the relationship I was in was not working, and that my partner would never realize my sacrifices in the name of "our" life, nor be in a position to reciprocate until she could trust me. The disservice this book does to the partner is it seems to downplay the frustration and rage that partners clearly expressed. This is an *extremely* difficult relationship to both be in and walk away from, and the author does not seem to address the anguish of the partner, only how the partner can stuff his/her feelings in the interest of helping the recovering partner get along. One fulfilled partner does not a relationship make, and a 5 year payoff is not guaranteed.

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