



The Survivor's Guide

Sharice A. Lee

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Designed for adolescent survivors of sexual abuse who are in group or individual counselling and written in a style appropriate for this age group, this excellent resource provides information on how survivors may have been affected by abuse. **The Survivor's Guide** will also be valuable to counsellors, psychotherapists and others helping survivors.

The author helps readers to stop blaming themselves and to let go of the image that survivors often have of themselves of being in some way 'bad' and therefore deserving of the abuse. Case histories are included throughout to illustrate concepts introduced by the author. Lee also provides a 'language' that enables survivors to better communicate their experiences and feeling

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