



The Use of the Creative Therapies With Sexual Abuse Survivors

Stephanie L. Brooke

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This book is a useful reference for anyone seeking to provide therapy to survivors of sexual abuse. The approach represented here is a holistic one that utilizes various approaches to heal the various manifestations of sexual abuse trauma. Since the acts associated with such abuse are often so difficult to discuss, this book presents several methods of communicating these unspeakable horrors nonverbally, allowing the survivor to express their trauma with less difficulty. This approach seeks to use the actions of the body to heal the mind. This text contains information relevant to treatment for children, adolescents, and adults, as well as male or female, and in group or individual settings. Many useful activities are outlined and illustrations are provided as examples.

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