

Date:

Bereavement, Trauma & Abuse

3.5 

Title: **Breaking Free Workbook**

Author(s): **Ainscough & Toon**

Publisher: **Sheldon Press**

Year: **2000**

ISBN: **0859698041**

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This workbook is useful for survivors of sexual abuse and also as a resource tool for therapists. It contains practical exercises to help guide the survivor step-by-step through problems that result from being sexually abused as a child. It aims to look towards the future by suggesting different ways to think about the past and to offer new approaches to help the person move on. This workbook also provides important coping techniques to help the person get the right level of support that they require.

This workbook is a companion book to *Breaking Free* (3.4), but the two books can be used separately or together.
(216 pages)

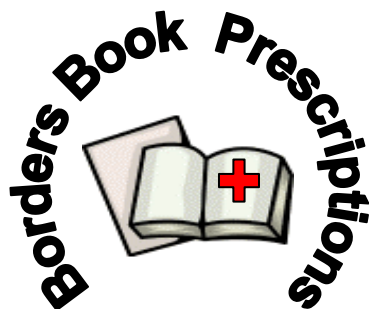
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