

Sexual Assault Center of Pierce County  
633 N. Mildred, Suite J  
Tacoma, WA 98406-1725  
<http://sexualassaultcenter.com>



**24 Hour Crisis/Information & Referral Line (253) 474-7273 or 1-800-756-7273**

## **List of Literature and On-Line Resources**

(Order books on-line to benefit SACPC - coming soon)

If you need additional resource material, please email  
[stephanie@sexualassaultcenter.com](mailto:stephanie@sexualassaultcenter.com).

(As safety permits, please include a phone # where we might reach you if email response presents a problem.)

## **Literature and Workbooks**

### **For Sexual Assault/Abuse Survivors:**

The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery and Growth by Glenn Schiraldi

Life After Trauma: A Workbook for Healing by Dena Rosenbloom and Mary Beth Williams

The PTSD Workbook by Mary Beth Williams and Soili Poijula

I Can't Get Over It: A Handbook for Trauma Survivors by Aphrodite Matsakis, PhD

The Rape Recovery Handbook: Step-by-Step Help for Survivors of Sexual Assault by Aphrodite Matsakis, PhD

Trust After Trauma: A Guide to Relationships for Survivors and those Who Love Them by Aphrodite Matsakis, PhD

### **Sexuality Issues for Survivors**

The Survivor's Guide to Sex: How to have an Empowered Sex Life After Childhood Sexual Abuse by Staci Haines

The Sexual Healing Journey by Wendy Maltz

### **For Partners/Spouses:**

Ghosts In the Bedroom by Ken Graber

What About Me? by Grant Cameron

When You are the Partner of a Rape or Incest Survivor: A Workbook for You by Robert Barry Levine

### **Professional Resources**

Trauma and the Therapist and Transforming the Pain: A Workbook on Vicarious Traumatization by Karen Saakvitne and Laurie Pearlman

Compassion Fatigue by Charles Figley

Secondary Traumatic Stress edited by B. Hudnall Stamm

## **Links to Helpful On-line Resources**

### **Local Resources:**

Child & Family Guidance Center  
[www.cfgcpc.org](http://www.cfgcpc.org)

Good Samaritan Hospital  
[www.goodsamhealth.org](http://www.goodsamhealth.org)

Pierce County Senior Info  
Aging and Long Term Care  
[www.pierceseniorinfo.org](http://www.pierceseniorinfo.org)

Planned Parenthood of Western Washington  
[www.ppww.org](http://www.ppww.org)

Tacoma Area Coalition of Individuals with Disabilities  
[www.tacid.org](http://www.tacid.org)

Tacoma-Pierce County Health Department  
(go to Safety..thenViolence Prevention)  
[www.tpchd.org](http://www.tpchd.org)

Washington Coalition of Sexual Assault Programs  
[www.wcsap.org](http://www.wcsap.org)

Washington State Patrol Sex Offender Registry  
[www.waspc.org](http://www.waspc.org)

YWCA of Pierce County  
[www.ywcapiercecounty.org](http://www.ywcapiercecounty.org)

**National Resources:**

Darkness to Light  
Confronting child sexual abuse with courage  
[www.darkness2light.org](http://www.darkness2light.org)

Feminist.com  
Supports women's equality, justice, wellness and safety  
[www.feminist.com](http://www.feminist.com)

Grant Me the Serenity  
[www.open-mind.org](http://www.open-mind.org)

International Society for the Study of Dissociation  
[www.issd.org](http://www.issd.org)

International Society for Traumatic Stress  
[www.istss.org](http://www.istss.org)

Jackson Katz  
Director, MVP Strategies (Mentors in Violence Prevention)  
[www.jacksonkatz.com](http://www.jacksonkatz.com)

MASA  
Men Against Sexual Assault at the University of Rochester  
<http://sa.rochester.edu/masa>

Men Can Stop Rape  
[www.mencanstoprape.org](http://www.mencanstoprape.org)

The National Center for Post Traumatic Stress Disorder (PTSD)  
[www.ncptsd.va.gov](http://www.ncptsd.va.gov)

Rape Abuse and Incest National Network  
[www.rainn.org](http://www.rainn.org)

White Ribbon Campaign  
Men working to end violence against women  
[www.whiteribbon.ca](http://www.whiteribbon.ca)