

Books

@ Title IX House



For survivors of sexual assault:

[Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life, by Jasmin Lee Cori](#)

This easy-to-read and incredibly helpful guide is a favorite of many survivors and therapists, helping the reader to explore the role trauma has played in their life and transform suffering into peace.

[Healing Sex: A Mind-Body Approach to Healing Sexual Trauma, by Staci Haines](#)

This is the ultimate guide to sex for survivors of sexual abuse. It walks you through everything that can be found in a traditional sex book, but with an understanding of the effects of trauma and exercises to help you heal your body and your mind.

[Resurrection After Rape: A guide to transforming from victim to survivor, by Matt Atkinson \(with contributions by many survivors\)](#)

With a table of contents that reads like a FAQ, this comprehensive and easy-to-read guide is written for women of all ages who are in the process of recognizing and healing from rape.

[Letters to Survivors: Words of Comfort for Women Recovering from Rape, by Matt Atkinson](#)

This book is a colorful and artful collection of letters written by female survivors, interspersed with comments by the author, their psychologist.

[Dear Sister: Letters from Survivors of Sexual Violence, edited by Lisa Factora-Borchers](#)

This collection of letters, written to female-identified survivors from their counterparts, is a slightly more radical and inclusive collection, broadening the definition of “woman.”

[Surviving the Silence: Black Women's Stories of Rape, by Charlotte Pierce-Baker](#)

This compilation begins with the author's story of her rape and the intersectional difficulties that followed and then goes on to include other black women's stories as well as stories from black men who are supporting women in their life who have been raped. Toni Morrison is quoted on the cover: "A book of such intelligent humanity its shocks strengthen us, and its terrors enlighten us ... Demand reading."

[Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body, by Peter A. Levine](#)

Dr. Levine uses years of research and clinical work to guide a twelve-phase healing trauma program that uses physical and mental exercises "to help cleanse the body and mind of the debilitating effects of trauma." A CD is included with the book to help lead you through the exercises.

[Women, Abuse and Trauma Therapy: An Information Guide, by Lori Haskell](#)

A concise and helpful guide for women who are somewhere in the process of receiving therapy related to abuse/trauma, complete with resources and a glossary of trauma-therapy-specific terms.

[8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing, by Babette Rothschild](#)

Using common sense and practical suggestions, this workbook explains why survivors feel the things they do and helps the reader plan and work towards recovery.

[The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, by Ellen Bass & Laura Davis](#)

"*The Courage to Heal* is an inspiring, comprehensive guide that offers hope and a map of the healing journey to every woman who was sexually abused as a child—and to those who care about her. Weaving together personal experience and hundreds of interviews with professional knowledge, the authors provide clear explanations, practical suggestions, and support throughout the healing process."

For all people who want to learn more about sex and consent:

[May I Kiss You? A Candid Look at Dating, Communication, Respect, & Sexual Assault Awareness, by Michael J. Domitrz](#)

A non-confrontational, easy-to-read book that I wish had been assigned to me when I first began dating, this book is full of common man-woman scenarios alongside explanation about why communication is important in any relationship.

[S.E.X.: The all-you-need-to-know progressive sexuality guide to get you through high school and college, by Heather Corinna \(founder & editor of scarleteen.com\)](#)

This guide covers everything you need to know about your “private parts” but were too embarrassed to ask, in a non-judgmental and friendly manner.

[Guide To Getting It On, by Paul Joannides](#)

This more comprehensive guide goes into the history of sex as well as giving specific advice about everything from kissing to various sexual positions. This guide has a more adult tone and is specifically aimed at straight cisgender men and women.

[Healing Sex: A Mind-Body Approach to Healing Sexual Trauma, by Staci Haines](#)

This is the ultimate guide to sex for survivors of sexual abuse. It walks you through everything that can be found in a traditional sex book, but with an understanding of the effects of trauma and exercises to help you heal your body and your mind.

[Managing Traumatic Stress Through Art: Drawing from the Center, by Barry M. Cohen, Mary-Michola Barnes, and Anita B. Rankin](#)

This book is full of therapeutic drawing exercises in which art is used to explore and release traumatic stress in your mind and body. At the end are several patterns and templates which can be copied to complete the exercises within the book.

[Sexuality Education Theory and Practice, by Clint E. Bruess and Elizabeth Schroeder](#)

This book walks an educator through the curriculum necessary for comprehensive sexuality education and provides helpful background information about laws, potential opposition, and the importance of sexuality education.

For loved ones of survivors:

[Life, Reinvented: A Guide to Healing from Sexual Trauma for Survivors and Loved Ones, by Erin Carpenter](#)

This book, interspersed with letters from male and female survivors and loved ones, takes the reader through every stage of healing — from understanding what just happened to understanding how the brain works and what tools you can use to help reclaim your life.

[Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, by Laura van Dernoot Lipsky with Connie Burk](#)

This book is a must-read for anyone whose volunteer activities, close relationships, or career regularly puts them in the face of trauma, providing profiles of organizations and people who have learned how to care for themselves and make their work sustainable.

For trans*-identified people and allies:

[Trans Bodies, Trans Selves: A Resource for the Transgender Community, edited by Laura Erickson-Schroth](#)

Written entirely by transgender or genderqueer authors, this comprehensive resource guide covers everything from exploring identities to growing old as a trans* person.

[Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity, by Julia Serano](#)

(from the cover): Whipping Girl is a personal, analytical, gripping account that debunks popular misconceptions about transsexuality, while exposing the cultural belief that femininity is frivolous, weak, and inherently inferior to maleness and masculinity.

Books about justice / activism:

[Parallel Justice for Victims of Crime, by Susan Herman](#)

In this book, Susan Herman introduces an accessible new framework for how we understand justice. When the offender has been punished, has justice been served? Not quite, according to Herman. The victim of the crime must also be healed, provided for, and attended to by their community, and this is a part of justice that is not accounted for in our society.

[Circle in the Square: Building Community and Repairing Harm in School, by Nancy Riestenberg](#)

Focusing on K-12 schools, this book explains the benefits of a restorative model for building community and addressing conflict, along with anecdotes and scenarios from real schools across the country.

[Restorative Justice and Violence Against Women, edited by James Ptacek](#)

This collection considers the dangers and benefits of restorative justice practices in response to violent crimes against women. Contributors include activists on both sides of the issue as well as many in the middle, leaving the readers to decide for themselves what role restorative justice should play in this sphere.

[Restorative Justice for Domestic Violence Victims: An Integrated Approach to Their Hunger for Healing, by Marilyn Fernandez](#)

An academic text which makes the case for restorative justice in servicing victims of domestic violence, using extensive survey and interview data.

[Yes Means Yes!: Visions of Female Sexual Power and A World Without Rape, by Jaclyn Friedman & Jessica Valenti](#)

Written/Compiled by two candid activists (one of whom helped found Feministing.com), this book is filled with frank essays on everything from “Queering Black Female Heterosexuality” to “Why Nice Guys Finish Last.”

Books about research / clinical experience:

[Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy, by Francine Shapiro](#)

Along with a layman’s explanation of brain science, this book offers real life stories from people who have been helped by EMDR (Eye Movement Desensitization and Reprocessing) alongside EMDR-inspired exercises and techniques for the reader to try on their own.

[Trauma and Recovery: The aftermath of violence — from domestic abuse to political terror, by Judith Herman](#)

Broader in scope than many of the books on this list, this book encompasses many different types of trauma and demonstrates the similarities in the recovery process, with several case studies alongside comprehensive explanations of the phenomena that trauma victims experience.

[In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness, by Peter A. Levine](#)

More theoretical than Dr. Levine’s *Healing Trauma* but still grounded in clinical experience and case studies, “*In an Unspoken Voice* is based on the idea that trauma is neither a disease nor a disorder, but rather an

injury ... that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions.”

[Sexual Victimization: Then and Now, edited by Tara N. Richards & Catherine D. Marcum](#)

This textbook traces the history of sexual victimization and the criminal justice system, with several scholars contributing chapters, data, and studies for further research.

[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma, by Bessel van der Kolk](#)

This book explains in laymen’s terms how trauma affects the body & brain and offers several alternatives to drugs or talk therapy that help restore a sense of peace and control.

Books about men / masculinity:

[Developing Effective Programs and Services for College Men: New Directions for Student Services, edited by Gar E. Kellom](#)

This journal volume “pulls together scholars from men’s and women’s colleges as well as coeducational institutions to better understand the specific challenges facing male college students (especially at-risk college men) from the student affairs and men’s studies perspectives.”

[Men of Color in Higher Education: New Foundations for Developing Models for Success, edited by Ronald A. Williams](#)

In this compilation, “the authors use the methods of feminist theory to uncover the impact of dominant paradigms of White, middle-class, heteronormative masculinity on men of color in general, to define what comprises masculinity for various groups, subgroups and individuals, and to lay bare the social and institutional forces that perpetuate constructions of masculinity that negatively impact men of color.”

[African American Men in College, edited by Michael J. Cuyjet](#)

This collection of essays is divided into two parts. The first part explores the issues and challenges facing African American men before,

during, and after college. The second part presents some programs that have been successful in increasing the number of African American men who make it to graduation and feel supported along the way.

Masculinities in Higher Education: Theoretical and Practical Considerations, edited by Jason A. Laker and Tracy Davis

“Contesting dominant discourses about men and masculinities and binary notions of privilege and oppression, the contributors examine the development and identity of men in higher education today. This edited collection analyzes the nuances of lived identities, intersections between identities, ways in which individuals participate in co-constructing identities, and in turn how these identities influence culture.”

Guyland: The Perilous World Where Boys Become Men (Understanding the Critical Years Between 16 and 26)

This candid, easy-to-read book maps out the social and societal influences that pressure young men to explore and exert often dangerous forms of masculinity. It gives the reader a glimpse into the world of young men throughout high school and college, providing an understanding of what they are going through and explaining why certain phenomena are so common.

Men’s Lives, edited by Michael S. Kimmel and Michael A. Messner

This collection of essays explores men and masculinity throughout various stages of life and how various identities (religion, sexuality, race, etc.) intersect to provide unique experiences in the lives of men.

College Men and Masculinities: Theory, Research, and Implications for Practice, edited by Shaun R. Harper and Frank Harris III

“*College Men and Masculinities* provides the best research and literature on college men, including original synthesis and implications for practice, as well as topics on race, class, and gender in higher education. The book presents a solid analysis and ideas for practical application in every section to aid faculty, staff, and administrators on improving

their campuses by reversing problematic trends and outcomes among male undergraduates.”

Books About Title IX:

[Title IX: A Brief History with Documents, by Susan Ware](#)

This book chronicles the history of Title IX with regards to gender equity in athletics, including historical documents as well as narrative.

[Let Me Play: The Story of Title IX - The Law That Changed the Future of Girls in America, by Karen Blumenthal](#)

A lively book filled with pictures and graphics alongside narrative, telling the story of Title IX and gender equity in athletics over the past few decades.