



Introducing a new series of leaflets

- written by survivors of abuse
- for survivors of abuse
- for people involved in keeping churches safe, and in caring for and supporting survivors of abuse.

The leaflets are written for those of any faith or none. Some of the writing team were from a Christian tradition so some of the leaflets, e.g. 'Understanding spiritual abuse', reflect that faith context.

The leaflets are free to download on the Survivors Voices Press website:
<https://survivorsvoices.org/product-category/leaflets/>

Download as many leaflets as you want for personal use and to share, or for use in teaching sessions. However, if you are using large numbers of leaflets, please consider making a donation to Survivors Voices.

The leaflet entitled "How to Use these Leaflets" is an introduction to the series.

See the full list of all the leaflets overleaf.

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Introduction

- How to use these leaflets
- What do we mean by abuse? An introduction for survivors
- Understanding abuse: an information leaflet for those receiving safeguarding training and those who want basic information about abuse
- Caring for survivors of abuse
- The importance of self-care

The different kinds of abuse

- Understanding emotional abuse
- Understanding sexual abuse
- The impact of rape and sexual assault
- Understanding physical abuse
- Understanding domestic abuse.
- Understanding spiritual abuse
- Especially for men and boys

The root of it all

- Understanding trauma

Learning to manage life as a victim/survivor

- Coping strategies
- Managing anxiety, stress and burnout
- Making sense of depression
- Working through shame and guilt
- Making sense of memories, triggers and flashbacks
- Understanding dissociation
- Dealing with our anger
- Understanding suicidal thoughts

Social perspectives

- Thinking about disclosing abuse
- Searching for justice
- Forgiveness following 'shattering harm'
- Faith and the responses of the church to survivors of abuse

Moving on

- The recovery journey: reconnecting after trauma
- Finding a therapist