

Resources for Domestic Violence, Abuse, Rape and Trauma

- Bass and Davis, [*The Courage to Heal*](#) (book and workbook)
- Melody Beattie, [*Codependent No More*](#)
- Cloud and Townsend, [*Boundaries*](#)
- Judith Herman, [*Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror*](#)
- Harriet Lerner, [*Dance of Anger*](#)
- Simeon Lindstrom, [*Codependency—Loves Me, Loves Me Not*](#)
- Marshall Rosenberg, [*Nonviolent Communication*](#)
- Rachel Goldsmith Turow, [*Mindfulness Skills for Trauma and PTSD*](#)
- [TED talk by Brene Brown](#), "Listening to Shame"
- [TED talk by Leslie Morgan Steiner](#), "Why Domestic Violence Victims Don't Leave"

Other Resources:

- Rape and Abuse Crisis Center here in Jefferson City www.racsjc.org
- National Sexual Assault Hotline (free, confidential, 24/7) www.rainn.org
- Missouri Coalition Against Domestic and Sexual Violence, www.mocadsv.org or 573.634.4161
- Office of Child Advocate – www.oca.mo.gov
- Darkness to Light – Free training through Office of Child Advocate - www.d2l.org
- Missouri Child Abuse and Neglect Hotline: 800.392.3738
- Missouri KidsFirst for Stewards of Children and Mandated Reporter Training www.missourikidsfirst.org/mandate-reporter-training
- Churchnet has funds available to assist with sexual abuse trauma counseling. Contact one of our pastors, or Dr. Brian Ford at bford@churchnet.org.
- The pastors of FBCJC can provide a list of therapists and licensed counselors here in our community