



The Rape Recovery Handbook: Step-by-Step Help for Survivors of Sexual Assault

Aphrodite T. Matsakis PhD

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A woman is raped in this country every two minutes; this guide provides an effective framework for victims to heal from the experience.

If you are a survivor of sexual assault, you may be suffering from symptoms of depression, substance abuse, an eating disorder, panic and anxiety, or posttraumatic stress disorder (PTSD). The Rape Recovery Handbook provides an effective framework in which you can heal. Healing begins by establishing a safety plan that includes how to use this book and what to expect from recovery. In this new book, which is the only step-by-step program that helps victims acknowledge and learn to manage the emotional pain caused by the trauma of sexual assault, trauma expert Aphrodite Matsakis gives you help for coping with the reality of this experience and dealing with the aftermath of conflicting and debilitating feelings.

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