

RESOURCE SHARING PROJECT: #1

As you know, I have many professionals, pastors, teachers, professors, and leaders come to me asking questions about how to help in specific issues regarding domestic violence and sexual assault.

When it is appropriate to share, I am creating the "Resource Sharing Project" where I give ALL those whom I consult with answers to ONE particular consult question.

I hope you find this helpful!

Question: "If a layperson who is not academically trained or educated wanted to read some things to help understand the experience of an abuse survivor and what is involved in the healing journey, what might you recommend to them? This would be a person who really would like to understand what an abuse survivor is going through and wants to support them but is not going to read a lot of heavy academic literature. Are there briefer pieces, websites, or even narrative accounts you would recommend to such a person?"

Answer: "This makes me wish my book was in print already! It would be perfect. I use all those academic resources as the base but I tell stories and weave the words in such a way a lay person could understand and empathize with what it is like to experience chronic trauma. It's technically an academic publisher (and the target audience is pastoral care courses) but we wanted the average faith leader to be able to read and utilize it as well.

But until that is available (this spring, it's in production now), I recommend the book by my colleague Lundy Bancroft: "Why Does He Do That?" Whenever I teach courses I make my students read this and when I'm advising pastors I strongly recommend this book. But it's not academic. It's what every shelter has on the shelf. I've watched so many women who've experienced abuse read this and say "he understands! He knows my partner!"

Lundy is a psychologist who works with batterers and the book is brilliant, explaining the inside of what happens in abuse. As you read, the behaviors of those who are abused make sense because you're given insight on what it is like to be chronically abused and how confusing it is when it's someone you love.

But where Lundy lacks (and my book picks up) is on what's happening internally for a victim (why there's shame, isolation, etc) and what's happening in the body (a reorganization of automatic survival responses). I also go into how we can actually do something to help with the healing journey as well.

As for web resources, I recommend these:

1. An article I wrote on how to help a family or friend being abused: <https://ewc.com/help-victim-domestic-violence/>

2. An article by my dear friend Pamela Jacobs, JD on 5 concrete ways to help: https://www.huffingtonpost.com/pamela-jacobs/5-ways-to-help-someone-wh_b_6064438.html

3. I put together a solid list of resources on the likelihood that a person who claims to be abused is lying here: <http://drchristysim.com/2016/04/17/false-reports-of-violence-assault-are-not-as-common-as-society-believes/>

4. I describe how neurons work in trauma (and offer concrete ways on how to counteract it) here: <http://drchristysim.com/2016/03/24/neurons-that-fire-together-stick-together/>

5. NNEDV is the nation's leading resource for domestic violence. Here are some of their best pages:

A) Basics of DV: <https://nnedv.org/about-dv/what-is-dv/>

B) Facts and Stats: <https://nnedv.org/about-dv/facts-stats/>

6. A project of NNEDV is Women's Law. Where you can find all sorts of resources about each state: <https://www.womenslaw.org/>

7. Futures Without Violence is doing incredible work (especially in relation to health and domestic violence).

A) Main site: <https://www.futureswithoutviolence.org/>

B) Endless resources from the Resource Center: <http://www.futureswithoutviolence.org/search/>

That's a good start! If you need more, let me know. I have so much more I could say. But this is a pretty decent foundation.”

