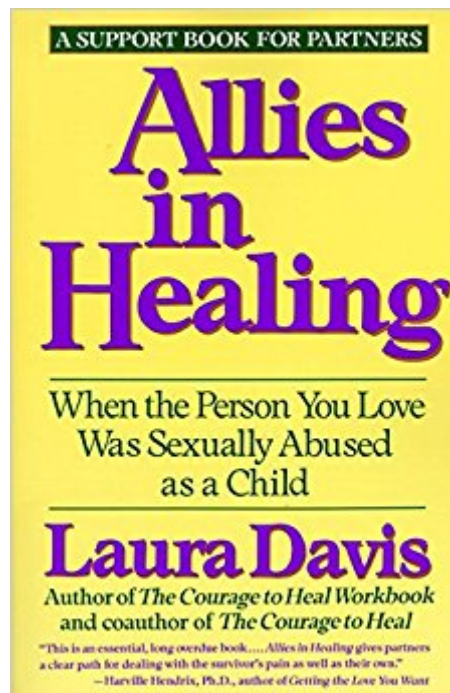




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# Allies In Healing: When The Person You Love Was Sexually Abused As A Child



## Synopsis

"But what about me?" "Is it possible to go one day without dealing with the survivor's issues?" "Will we ever make love again?" "Will the survivor love me in the end?" "How do I know if I should throw in the towel?" Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners—girlfriends, boyfriends, spouses, and lovers—trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity. Addressing partners' most important questions, *Allies in Healing* covers: *The Basics*—answers common questions about sexual abuse. *Allies in Healing*—introduces key concepts of working and growing together. *My Needs and Feelings*—teaches partners to recognize, value, and express their own needs. *Dealing with Crisis*—includes strategies for handling suicidal feelings, regression, and hopelessness. *Intimacy and Communication*—offers practical advice on dealing with distancing, control, trust, and fighting. *Sex*—provides guidelines for coping with flashbacks, lack of desire, differences in sexual needs, and frustration. *Family Issues*—suggests a range of ideas for interacting with the survivor's family. *Partners' Stories*—explores the struggles, triumphs, and courage of eight partners.

## Book Information

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## Customer Reviews

"Partners can now feel supported and guided in their quest for healing--for themselves and for those they love and cherish."--Dan Sexton, Childhelp, U.S.A

Laura Davis is the author of *The Courage to Heal Workbook*, *Allies in Healing*, *Becoming the Parent You Want to Be*, and *I Thought We'd Never Speak Again*. She teaches writing and lives with her family in Santa Cruz, California.

Laura Davis is an extraordinary writer. She takes on the subject of being a partner of a childhood incest survivor (she herself is a survivor) straightforward and with highly actionable information and advice. I have read the book (Kindle) several times, each time gaining new ideas and new insight. I would call this THE BIBLE for partners of incest survivors. A must read if anyone in your life is growing. I can only imagine the number of relationships Ms. Davis has saved with her work.

This book really helped my husband understand some of my behaviors that didn't make sense in the present tense situation...because I was reacting to something that had happened to me in the past and not a current issue. After reading this book, it helped so him to understand that he was not the issue, that I had scars that needed healing. It helped him to assist me and walk beside me. Knowing that he was not the problem, he was able to love my scars as part of who I am. The scars are healing. I honestly feel like this book helped to save our marriage. He still, even after reading this book thru years ago, uses it as a reference. I highly recommend to anyone who loves someone who was abused.

This book is very helpful. It was recommended by a marriage counselor that my partner and I were working with. "Allies in Healing" Offers varying situations and relationships and how situations from a persons past (the survivor) may bring feelings to the surface that may be hard to process and understand as partners or "allies". I still am in the process of finishing the book, but it has been very helpful in understanding some of the situations happening within my own relationship with my partner. How sometimes certain feelings or reactions, although may feel provoking, through some trial and error, I have found myself being able to communicate with my wife more effectively in these situations. On a second note, the copy of the book I purchased wasn't damaged, and was rather new. However, there was a large crack or bend in the back cover where it looks like the book was bent possibly in packaging or storage prior to delivery? Other than that, the shipment came as promised, and on time.

I was in a dilemma with my survivor (and I am a survivor myself), and I found this book. I read it

nonstop, except for the stories at the end which the author recommended I read slowly. This book is the most helpful source I have found so far for being a Partner. The perspectives are diverse, which is important because the attitudes between me and my survivor change. There is a little bit of something for almost every scenario. Mostly, the book provides a "yay! I'm not alone, this really does suck" feeling, which was essential for me to give myself an attitude shift and continue on. After reading this book I realized that my method for solving the dilemma I was in was not working for either of us, and I was able to find a good compromise and understand my survivor from a more fundamental place. I was also able to understand my own role as a Partner more intuitively. I am now seeking additional support as recommended by the book and my life is so much better already! Buy this, if only for the dozens of resources listed at the end of the book for where to get additional perspectives, reading, help, groups.

I bought this book for my mother-in-law. She likes it a lot and says that it is a very good book.

An absolute must read for anyone in a relationship with survivor of childhood sexual abuse. It wasn't until my relationship was abruptly ended that I began my search for answers. I believe that if I had the understanding of my partner that I now have after reading this book, my relationship would of been one of healing and progress instead of the survivor just trying to make it through.

Great book! Very easy read. Learned so much. Really helped me understand what my spouse is dealing with. Made me a better spouse and more patient and understanding. This book saved my relationship.

This book asks the same questions that I have and many that I hadn't thought of yet. It provides very valuable insight into the other half of the story. I have learned so much for this book and I am much more understanding because of it. It doesn't make the issues and concerns go away but provides explanations and information that can contribute to a healthier me, and therefore a healthier relationship. It is my go-to book in this part of our relationship.

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