

Recommended Reading Books on Domestic Violence

The Batterer As Parent 2e: Addressing the Impact of Domestic Violence on Family Dynamics

Lundy Bancroft, Jay Silverman & Daniel Ritchie, © 2011 SAGE

Moving beyond the narrow clinical perspective often applied to viewing the emotional and developmental risks to battered children, this book offers a view that takes into account the complex ways in which a batterer's abusive and controlling behaviors are woven into the fabric of daily life and the impact it has on family functioning. The authors cover the important but often overlooked area of the post-separation parenting behaviors of men who batter, including their use of custody litigation as a tool of abuse. This new edition also includes increased focus on diversity, expanded discussion of parental alienation theories, increased use of tables, and more case examples.

Coercive Control

Evan Stark, © 2007 Oxford University Press

The author provides a rich history of the refuge/shelter movement and a powerful critique of the criminal legal system -- this book is a path-breaking exploration of the entrapment of women in intimate partnership, and it provides an analysis of social context and male social and economic privilege.

The Domestic Assault of Women: Psychological and Criminal Perspectives

Donald G. Dutton, © 1999 UBC Press, Vancouver

This book is a comprehensive study of twenty years of experience with batterers, battered women, police, and academic researchers. By looking at its root causes, the author argues that domestic assault is a public health issue. It includes new chapter on the abusive personality, on traumatic bonding and the battered woman syndrome, and the dramatic increase in dating violence.

Family and Friends' Guide to Domestic Violence

Elaine Weiss, © 2003 Volcano Press

This book is about how to listen, talk and take action when someone you care about is being abused. It offers practical answers to extraordinarily complex questions raised by abuse by connecting the vision of a better world with the imperfect day-to-day reality that is abuse. Included are special sections on understanding psychological abuse, pregnancy, disability, and teen dating violence.

Getting Free

Ginny NiCarthy © 2004 Seal Press.

This pioneering work continues to be a valuable tool for battered women. Thousands of women in support groups have found this book to be a source of hope and practical assistance.

In An Unspoken Voice: How the Body Releases Trauma & Restores Goodness

Peter Levine, © 2010 North Atlantic Books

This book is the culmination of the author's life work -- he draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain, and psyche. The premise is the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions.

It Could Happen To Anyone: Why Battered Women Stay

Ola W. Barnett & Alyce LaViolette, © 1993 SAGE.

This book provides understanding and empathy regarding the complex issue of living with domestic violence and presents an integrated learning theory explanation of the conditioning that culminates in wife abuse, in the resulting state of the victim, and in the decision to stay with an abuser. Case histories are included along with the hopeful

January 2012

voices of survivors.

The Macho Paradox: Why Some Men Hurt Women & How All Men Can Help

Jackson Katz, © 2006 Sourcebooks Inc.

This book comprehensively and convincingly makes the case that violence against women is a men's issue. The author takes the reader deep inside male culture to examine why so many men physically and sexually abuse women and children, including those closest to them. Although written for both women and men, it makes a powerful case to men that the only way to end the abuse and mistreatment of women is for many more self-identified "good guys" to make these issues their own.

Men's Work: How to Stop the Violence That Tears Our Lives Apart

Paul Kivel, © 1992 Hazelden.

In this groundbreaking work, we get to the very heart of the violent behavior that wracks our society. A nationally known expert on men's issues, the author shows men -- and women -- how to confront the harsh realities behind aggression and how to respond in new, productive ways to the political, social, and personal forces that can lead to misogyny, hatred, anger, and violence. This book offers advice that will help men reclaim the power and responsibility needed to unlearn the lesson of control and aggression.

Scared To Leave, Afraid To Stay: Paths from Family Violence to Safety

Barry Goldstein, © 2002 Robert Reed Publishers

This book demonstrates how courts handle divorce, custody, visitation, support, child abuse, marital property, orders of protection and crimes when domestic violence occurs -- and discusses the common tactics abusers use to maintain control over their partners. The average abused woman makes seven attempts to leave her abuser and each time she learns more about resources available. Includes the stories of eleven women who left their abuser and what happened to them before, during and after leaving.

Should I Stay or Should I Go?

Lundy Bancroft & Jac Patrissi, © 2011 Berkley Books

This book is a guide to knowing if your relationship can -- and should -- be saved. It addresses the issue of finding out if one's intimate relationship is beyond hope, really not working, and how to realistically take stock and move forward.

Surviving Domestic Violence: Voices of Women Who Broke Free

Elaine Weiss, © 2000 Agreka Books.

This book tells the stories of twelve women, each a victim of domestic violence. Each of these women has escaped from her abuser and each has reclaimed her dignity and reconstructed her life.

Trauma and Recovery

Judith Herman, ©1992 Basic Books

This book is a classic on the aftermath of violence -- from domestic abuse to political terror. At it's heart, it is the testimony of trauma survivors. The author integrates the social perspectives of trauma without sacrificing either the complexity of individual experience or the breath of political context.

Waking the Tiger

Peter Levine, © 1997 North Atlantic Books

This book offers a new and hopeful vision of trauma, viewing the human animal as a unique being endowed with an instinctual capacity to heal.

When Love Goes Wrong

Susan Schechter & Ann Jones, © 1992 Harper Perennial

This is a personal 'how to' book for every woman with a controlling partner. It takes her step-by-step through the stages of awareness of what's going on, to finding support and protection, to reclaiming her life.

Why Does He Do That? Inside the Minds of Angry and Controlling Men

Lundy Bancroft, © 2002 Penguin Group

This investigation into what makes abusive men tick is alarming, but its candid handling of a difficult subject makes this book a valuable resource for victims and professionals alike...Jargon-free analysis is frequently broken up by interesting first-person accounts. This book promises to be a beacon of calm for many storm-tossed families.

Women and Male Violence: the Visions & Struggles of the Battered Women's Movement

Susan Schechter, © 1982 South End Press

Between 1974 and 1980, projects to help battered women suddenly appeared in hundreds of towns and rural areas. By 1982, the words "battered women's movement" had come to symbolize the conglomeration of organizations serving abused women and their children, embodied in over 300 shelters, 48 state coalitions of service providers, a national grassroots organization, and a multitude of social and legal reforms.