**Domestic Abuse Resources**

**Websites/Articles**

* National Domestic Violence Hotline -- <https://www.thehotline.org>
* Create Soul Space: A Catholic’s Guide to Domestic Abuse -- <https://www.createsoulspace.net>
* Create Soul Space Newsletter -- <https://www.createsoulspace.org>
* Hope’s Garden -- <https://hopesgarden.com>
* You Are Made New Ministry -- <https://youaremadenew.com>
* Catholic for Family Peace -- <http://www.catholicsforfamilypeace.org>
* The Domestic Violence Outreach Program (sponsored by the archdiocese of Chicago) -- <https://pvm.archchicago.org/human-dignity-solidarity/domestic-violence-outreach>
* Domestic Shelters -- <https://www.domesticshelters.org>
* USCCB: “When I Call For Help” -- <https://www.usccb.org/topics/marriage-and-family-life-ministries/when-i-call-help-pastoral-response-domestic-violence>  
  Bloom for Catholic Women -- <https://bloomforcatholicwomen.teachable.com>
* Leslie Vernick -- <https://leslievernick.com>
* Dr. Les Cartner -- <https://survivingnarcissism.tv>

**Books**

***Domestic Abuse:***

* [***Why Does He Do That? Inside the Minds of Angry and Controlling Men***](https://www.amazon.com/Why-Does-He-That-Controlling/dp/0425191656/ref=sr_1_1?crid=1XJUGTF63BWVP&keywords=Why+Does+He+Do+That%3F+Inside+the+Minds+of+Angry+and+Controlling+Men&qid=1683921798&sprefix=why+does+he+do+that+inside+the+minds+of+angry+and+controlling+men+%2Caps%2C183&sr=8-1) by Lundy Bancroft
* [***Daily Wisdom for Why Does He Do That?***](https://www.barnesandnoble.com/w/daily-wisdom-for-why-does-he-do-that-lundy-bancroft/1114036112?ean=9780425265109)By Lundy Bancroft
* [***Should I Stay or Should I Go?***](https://www.barnesandnoble.com/w/should-i-stay-or-should-i-go-lundy-bancroft/1100478642?ean=9780425238899)By Lundy Bancroft and Jac Patrissi
* [***How He Gets Into Her Head: The Mind of the Male Intimate Abuser***](https://www.barnesandnoble.com/w/how-he-gets-into-her-head-don-hennessy/1113871214?ean=9781782050087)by Don Hennessy
* [***The Covert Passive-Aggressive Narcissist***](https://www.barnesandnoble.com/w/the-covert-passive-aggressive-narcissist-debbie-mirza/1127690559?ean=9780998621340)by Debbie Mirza
* [***In Sheep’s Clothing: Understanding and Dealing with Manipulative People***](https://www.goodreads.com/book/show/378161.In_Sheep_s_Clothing)by George Simon, Jr., Ph.D.
* [***The Gaslight Effect***](https://www.amazon.com/gp/product/0767924460/ref=as_li_qf_asin_il_tl?ie=UTF8&tag=btrorg-20&creative=9325&linkCode=as2&creativeASIN=0767924460&linkId=574e6a7d90ef72b4d3a96057d8aa3a47)by Dr. Robin Stern
* [***Stalking the Soul***](https://www.barnesandnoble.com/w/stalking-the-soul-marie-france-hirigoyen/1101062711?ean=9781885586995) by Marie-France Hirigoyen
* [***Enough About You, Let’s Talk About Me***](https://www.barnesandnoble.com/w/enough-about-you-lets-talk-about-me-les-carter/1008709926?ean=9780470185148)by Dr. Les Carter
* [***Breaking the Cycle of Abuse: How to Move Beyond Your Past to Create an Abuse-Free Future***](https://www.barnesandnoble.com/w/breaking-the-cycle-of-abuse-beverly-engel/1100622996?ean=9780471740599)by Beverly Engel
* [***The Verbally Abusive Relationship***](https://www.barnesandnoble.com/w/the-verbally-abusive-relationship-expanded-third-edition-patricia-evans/1128760882?ean=9781440504631)by Patricia Evans
* [***Victory Over Verbal Abuse***](https://www.barnesandnoble.com/w/victory-over-verbal-abuse-patricia-evans/1104456240?ean=9781440525803&aug=1)by Patricia Evans
* [***Verbal Abuse Survivors Speak Out***](https://www.barnesandnoble.com/w/verbal-abuse-survivors-speak-out-on-relationship-and-recovery-patricia-evans/1104435507?ean=9781558503045)by Patricia Evans   
  [***The Verbally Abuse Man: Can He Change?***](https://www.barnesandnoble.com/w/the-verbally-abusive-man-can-he-change-patricia-evans-md-faan-faap/1130665546?ean=9781593376536&aug=1)By Patricia Evans
* [***Controlling People***](https://www.barnesandnoble.com/w/controlling-people-patricia-evans/1017890486?ean=9781580625692&aug=1)by Patricia Evans
* [***The Emotionally Destructive Marriage***](https://www.barnesandnoble.com/w/the-emotionally-destructive-marriage-leslie-vernick/1114257191?ean=9780307731180)by Leslie Vernick
* [***Invisible Chains: Overcoming Coercive Control in Your Intimate***](https://www.amazon.com/Invisible-Chains-Overcoming-Coercive-Relationship/dp/1462520243/ref=pd_bxgy_vft_none_sccl_2/146-7152676-0908220?pd_rd_w=V1jj8&content-id=amzn1.sym.26a5c67f-1a30-486b-bb90-b523ad38d5a0&pf_rd_p=26a5c67f-1a30-486b-bb90-b523ad38d5a0&pf_rd_r=ACBMQ8Q64KRYETG5GVA6&pd_rd_wg=VuHJk&pd_rd_r=5164d82b-3cb7-4d1e-b2e8-e07211bfe801&pd_rd_i=1462520243&psc=1) ***Relationship*** by Lisa Aronson Fontes
* [***The Abusive Personality: Violence and Control in Intimate Relationships***](https://www.amazon.com/Abusive-Personality-Second-Violence-Relationships/dp/1593857179/ref=sr_1_1?crid=3XXBKQG8YBCI&keywords=donald+dutton&qid=1684103390&sprefix=donald+dutton%2Caps%2C222&sr=8-1)by Donald G. Dutton
* [***The Batterer: A Psychological Profile***](https://www.amazon.com/Batterer-Psychological-Profile-Donald-Dutton/dp/0465033881/ref=sr_1_2?crid=3XXBKQG8YBCI&keywords=donald+dutton&qid=1684103390&sprefix=donald+dutton%2Caps%2C222&sr=8-2)by Donald G. Dutton and Susan K. Golant
* [***When Men Batter Women: New Insights Into Ending Abusive Relationships***](https://www.amazon.com/When-Batter-Women-Gottman-Ph-D/dp/1416551336/ref=sr_1_23?crid=7D5PF339HFZJ&keywords=john+gottman&qid=1684103606&s=books&sprefix=john+gott%2Cstripbooks%2C209&sr=1-23)by John Gottman
* [***Healing the Scars of Emotional Abuse***](https://www.amazon.com/gp/product/0800733231/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1) by Gregory L. Jantz, Ph.D. and Ann McMurray
* [***Healing the Scars of Childhood Abuse: Moving Beyond the Past Into a Healthy***](https://www.amazon.com/gp/product/080072772X/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1) ***Future***  by Gregory L. Jantz, Ph.D. and Ann McMurray

***Betrayal Trauma:***

* [***Emotional Blackmail***](https://www.barnesandnoble.com/w/emotional-blackmail-susan-forward/1128004759?ean=9780060928971)by Susan Forward, Ph.D. and Joan Torres
* [***When Your Lover is a Liar***](https://www.barnesandnoble.com/w/when-your-lover-is-a-liar-susan-forward/1111741938?ean=9780060931155)by Susan Forward Ph.D. and Donna Frazier
* [***The Betrayal Bond***](https://www.barnesandnoble.com/w/betrayal-bond-phd-carnes/1103853863?ean=9780757318238)by Patrick J. Carnes, Ph.D. and Bonnie Phillips, Ph.D.
* [***Beyond Betrayal: Overcome Past Hurts & Begin to Trust Again***](https://www.barnesandnoble.com/w/beyond-betrayal-phil-waldrep/1131061616?ean=9780736978774) by Phil Waldrep
* [***Beyond Betrayal: How God is Healing Women (and Couples) from Infidelity***](https://www.amazon.com/Beyond-Betrayal-Healing-Couples-Infidelity/dp/0473337983)by Lisa Taylor
* [***Intimate Deception: Healing the Wounds of Sexual Betrayal***](https://www.barnesandnoble.com/w/intimate-deception-dr-sheri-keffer/1126542228?ean=9780800735050)by Dr. Sheri Keffer
* [***Partner Betrayal Trauma***](https://www.amazon.com/Partner-Betrayal-Trauma-Douglas-Weiss/dp/1881292428) by Douglas Weiss, Ph.D.

***Effects of Abuse:***

* [***Complex PTSD: From Surviving to Thriving***](https://www.barnesandnoble.com/w/complex-ptsd-pete-walker/1117705063?ean=9781492871842)by Pete Walker
* [***The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma***](https://www.barnesandnoble.com/w/the-body-keeps-the-score-bessel-van-der-kolk-md/1117229987?ean=9780143127741)by Bessel Van der Kolk, M.D.
* [***Blind to Betrayal: Why We Fool Ourselves We Aren’t Being***](https://www.amazon.com/Blind-Betrayal-Ourselves-Arent-Fooled/dp/0470604409) ***Fooled*** by Jennifer Freyd and Pamela Birrell

***NPD and BDP:***

* [***Borderline Personality Disorder for Dummies***](https://www.barnesandnoble.com/w/borderline-personality-disorder-for-dummies-charles-h-elliott/1102489305?ean=9780470466537)by Charles H. Elliott, PhD and Laura L.. Smith, PhD
* [***The Everything Guide to Narcissistic Personality Disorder***](https://www.barnesandnoble.com/w/everything-guide-to-narcissistic-personality-disorder-cynthia-lechan-goodman/1102500147?ean=9781440528811)by Cynthia Lechan Goodman, MED and Barbara Leff, LCSW
* [***I Hate You—Don’t Leave Me: Understanding the Borderline Personality***](https://www.barnesandnoble.com/w/i-hate-you-dont-leave-me-jerold-j-kreisman/1110789936?ean=9780399536212)by Jerold J. Kreisman, MD and Hal Straus
* [***Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get on with Life***](https://www.barnesandnoble.com/w/stop-caretaking-the-borderline-or-narcissist-margalis-fjelstad/1112446586?ean=9781442238329)by Margalis Fjelstad
* [***Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship***](https://www.amazon.com/gp/product/1593856075/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1) by Shari Manning (forward by Marsha Linehan)
* [***Stop Walking on Eggshells: Taking Your Life Back When Someone You Love Has Borderline Personality Disorder***](https://www.amazon.com/Stop-Walking-Eggshells-Borderline-Personality/dp/1684036895/ref=sr_1_1?crid=QBUJYD9RKMNN&keywords=walking+on+eggshells+book&qid=1683977793&sprefix=walking+on+%2Caps%2C299&sr=8-1)by Paul T. Mason and Randi Kreger
* [***The Jekyll and Hyde Syndrome: What to Do if Someone in Your Life Has a Dual Personality***](https://www.amazon.com/Jekyll-Hyde-Syndrome-Someone-Personality/dp/0470042249)by Beverly Engel

***Healing:***

* [***Steps to Emotional Freedom: Escaping Intimate Control***](https://www.barnesandnoble.com/w/steps-to-freedom-don-hennessy/1128188875?ean=9781912589005) by Don Hennessy
* [***Out of the Fog: Moving from Confusion to Clarity after Narcissistic Abuse***](https://www.barnesandnoble.com/w/out-of-the-fog-dana-morningstar/1128143019?ean=9780999593523)by Dana Morningstar
* [***Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse***](https://www.barnesandnoble.com/w/healing-from-hidden-abuse-shannon-thomas/1124624568?ean=9780997829082) by Shannon Thomas, LCSW
* [***The Betrayal Bind: How to Heal When the Person You Love the Most Hurts You the Worst***](https://www.amazon.com/Betrayal-Bind-Heal-Person-Worst/dp/1949481778)by Michelle Mays
* [***When Pleasing You is Killing Me: Setting Boundaries With the Controllers in Your*** ***Life***](https://www.goodreads.com/book/show/40644668-when-pleasing-you-is-killing-me) by Les Carter, Ph.D.
* [***Journey Through Trauma: A Trail Guide to the 5-Phase Cycle of Healing Repeated Trauma***](https://www.amazon.com/Journey-Through-Trauma-5-Phase-Repeated/dp/0735216835) by Gretchen L. Schmelzer, Ph.D.
* [***Trauma and Recovery***](https://www.amazon.com/Trauma-Recovery-Aftermath-Violence-Political/dp/0465061710/ref=sr_1_3?crid=24CF9H57ZZK0Z&keywords=Trauma+and+Recovery&qid=1683944120&s=books&sprefix=trauma+and+recovery+%2Cstripbooks%2C331&sr=1-3) by Judith Herman, M.D.
* [***Treating Trauma from Sexual Betrayal: The Essential Tools for Healing***](https://www.amazon.com/Treating-Trauma-Sexual-Betrayal-Essential/dp/0977220869/ref=sr_1_2?qid=1651671610&refinements=p_27%3ADr.+Kevin+B.+Skinner&s=books&sr=1-2) by Dr. Kevin Skinner
* [***Transcending Post-Infidelity Stress Disorder: The Six Stages of Healing***](https://www.amazon.com/Transcending-Post-infidelity-Stress-Disorder-PISD/dp/1587613344) by Dennis Ortman, Ph.D.
* [***Living & Loving After Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment***](https://www.barnesandnoble.com/w/living-and-loving-after-betrayal-steven-stosny/1112570716)by Steven Stonsy, Ph.D.
* [***Oasis Bible Study—A Woman’s Journey Healing from Domestic Abuse, Book One: Restoring Hope and Dignity***](https://www.amazon.com/Oasis-Bible-Study-Domestic-Restoring/dp/1735683205/ref=sr_1_1?crid=QO0L5HE12IRW&keywords=Oasis+bible+study+book+1&qid=1672245173&sprefix=oasis+bible+study+book+1%2Caps%2C157&sr=8-1) by Diane Schnickles
* [***Oasis Bible Study—A Woman’s Journey Healing from Domestic Abuse, Book Two: Finding Truth and Strength***](https://www.amazon.com/gp/product/1735683213/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)by Diane Schnickles

**Podcasts**

* [***Surviving Narcissism***](https://survivingnarcissism.tv/) – Dr. Les Carter covers all aspects of narcissism and toxic relationships
* [***Integrity Restored***](https://integrityrestored.com/podcasts/)– Healing from pornography addiction and betrayal trauma
* [***Leslie Vernick***](https://www.youtube.com/results?search_query=leslie+vernick)– Education and healing for women in abusive relationships
* [***BTR.org***](https://www.btr.org/recovery-podcast/)– Move beyond betrayal trauma
* [***Restore the Glory***](https://www.restoretheglorypodcast.com/)– Healing and restoration with Bob Schuchts and Jake Khym
* [***The Narcissistic Trauma Recovery Podcast***](https://carolinestrawson.com/podcast/) – Carolyn Strawson helps women thrive after the trauma of narcissistic abuse
* [***The Bridegroom Speaks***](https://podcasters.spotify.com/pod/show/hopesgarden) – The Bridegroom Speaks podcast from Hope’s Garden is your source for heart to heart conversations about Christ the Bridegroom and His Divine Love Song.

*Last updated on the Feast Day of our Lady of Fatima, May 13, 2023. This list of recommendations will continue to be updated as new books and resources are published.*