

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.createsoulpace.net>
- Create Soul Space Newsletter -- <https://www.createsoulpace.org>
- Hope's Garden -- <https://hopesgarden.com>
- You Are Made New Ministries -- <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*](#) by Lundy Bancroft
- [*Daily Wisdom for Why Does He Do That?*](#) By Lundy Bancroft
- [*Should I Stay or Should I Go?*](#) By Lundy Bancroft and Jac Patrissi
- [*How He Gets Into Her Head: The Mind of the Male Intimate Abuser*](#) by Don Hennessy
- [*The Covert Passive-Aggressive Narcissist*](#) by Debbie Mirza
- [*Stalking the Soul*](#) by Marie-France Hirigoyen
- [*Enough About You, Let's Talk About Me*](#) by Dr. Les Carter



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- [*Breaking the Cycle of Abuse: How to Move Beyond Your Past to Create an Abuse-Free Future*](#) by Beverly Engel
- [*The Verbally Abusive Relationship*](#) by Patricia Evans
- [*Victory Over Verbal Abuse*](#) by Patricia Evans
- [*Verbal Abuse Survivors Speak Out*](#) by Patricia Evans
- [*The Verbally Abuse Man: Can He Change?*](#) By Patricia Evans
- [*Controlling People*](#) by Patricia Evans
- [*The Emotionally Destructive Marriage*](#) by Leslie Vernick (from a Christian perspective)

Betrayal Trauma:

- [*Emotional Blackmail*](#) by Susan Forward, Ph.D. and Joan Torres
- [*When Your Lover is a Liar*](#) by Susan Forward Ph.D. and Donna Frazier
- [*The Betrayal Bond*](#) by Patrick J. Carnes, Ph.D. and Bonnie Phillips, Ph.D.
- [*Beyond Betrayal: Overcome Past Hurts & Begin to Trust Again*](#) by Phil Waldrep
- [*Beyond Betrayal: How God is Healing Women \(and Couples\) from Infidelity*](#) by Lisa Taylor
- [*Intimate Deception: Healing the Wounds of Sexual Betrayal*](#) by Dr. Sheri Keffer
- [*Partner Betrayal Trauma*](#) by Douglas Weiss, Ph.D.

Effects of Abuse:

- [*Complex PTSD: From Surviving to Thriving*](#) by Pete Walker
- [*The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*](#) by Bessel Van der Kolk, M.D.
- [*Blind to Betrayal: Why We Fool Ourselves We Aren't Being Fooled*](#) by Jennifer Freyd and Pamela Birrell

NPD and BDP:

- [*Borderline Personality Disorder for Dummies*](#) by Charles H. Elliott, PhD and Laura L. Smith, PhD



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- [*The Everything Guide to Narcissistic Personality Disorder*](#) by Cynthia Lechan Goodman, MED and Barbara Leff, LCSW
- [*I Hate You—Don't Leave Me: Understanding the Borderline Personality*](#) by Jerold J. Kreisman, MD and Hal Straus
- [*Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get on with Life*](#) by Margalis Fjelstad
- [*Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship*](#) by Shari Manning (forward by Marsha Linehan)
- [*Stop Walking on Eggshells: Taking Your Life Back When Someone You Love Has Borderline Personality Disorder*](#) by Paul T. Mason and Randi Kreger
- [*The Jekyll and Hyde Syndrome: What to Do if Someone in Your Life Has a Dual Personality*](#) by Beverly Engel

Healing:

- [*Steps to Emotional Freedom: Escaping Intimate Control*](#) by Don Hennessy
- [*Out of the Fog: Moving from Confusion to Clarity after Narcissistic Abuse*](#) by Dana Morningstar
- [*Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse*](#) by Shannon Thomas, LCSW
- [*The Betrayal Bind: How to Heal When the Person You Love the Most Hurts You the Worst*](#) by Michelle Mays
- [*When Pleasing You is Killing Me: Setting Boundaries With the Controllers in Your Life*](#) by Les Carter, Ph.D.
- [*Journey Through Trauma: A Trail Guide to the 5-Phase Cycle of Healing Repeated Trauma*](#) by Gretchen L. Schmelzer, Ph.D.
- [*Trauma and Recovery*](#) by Judith Herman, M.D.
- [*Treating Trauma from Sexual Betrayal: The Essential Tools for Healing*](#) by Dr. Kevin Skinner
- [*Transcending Post-Infidelity Stress Disorder: The Six Stages of Healing*](#) by Dennis Ortman, Ph.D.
- [*Living & Loving After Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment*](#) by Steven Stonsy, Ph.D.



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- [*Oasis Bible Study—A Woman’s Journey Healing from Domestic Abuse, Book One: Restoring Hope and Dignity*](#) by Diane Schnickles
- [*Oasis Bible Study—A Woman’s Journey Healing from Domestic Abuse, Book Two: Finding Truth and Strength*](#) by Diane Schnickles

Podcasts

- [*Surviving Narcissism*](#) – Dr. Les Carter covers all aspects of narcissism and toxic relationships
- [*Integrity Restored*](#) – Healing from pornography addiction and betrayal trauma
- [*Leslie Vernick*](#) – Education and healing for women in abusive relationships
- [*BTR.org*](#) – Move beyond betrayal trauma
- [*Restore the Glory*](#) – Healing and restoration with Bob Schuchts and Jake Khym
- [*The Narcissistic Trauma Recovery Podcast*](#) – Carolyn Strawson helps women thrive after the trauma of narcissistic abuse
- [*The Bridegroom Speaks*](#) – 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.



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