

# 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 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\*](#) 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
- [\*In Sheep's Clothing: Understanding and Dealing with Manipulative People\*](#) by George Simon, Jr., Ph.D.
- [\*The Gaslight Effect\*](#) by Dr. Robin Stern
- [\*Stalking the Soul\*](#) by Marie-France Hirigoyen
- [\*Enough About You, Let's Talk About Me\*](#) by Dr. Les Carter
- [\*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
- [\*Invisible Chains: Overcoming Coercive Control in Your Intimate Relationship\*](#) by Lisa Aronson Fontes
- [\*The Abusive Personality: Violence and Control in Intimate Relationships\*](#) by Donald G. Dutton
- [\*The Batterer: A Psychological Profile\*](#) by Donald G. Dutton and Susan K. Golant
- [\*When Men Batter Women: New Insights Into Ending Abusive Relationships\*](#) by John Gottman
- [\*Healing the Scars of Emotional Abuse\*](#) by Gregory L. Jantz, Ph.D. and Ann McMurray
- [\*Healing the Scars of Childhood Abuse: Moving Beyond the Past Into a Healthy Future\*](#) by Gregory L. Jantz, Ph.D. and Ann McMurray

#### *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

- [\*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.
- [\*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.*