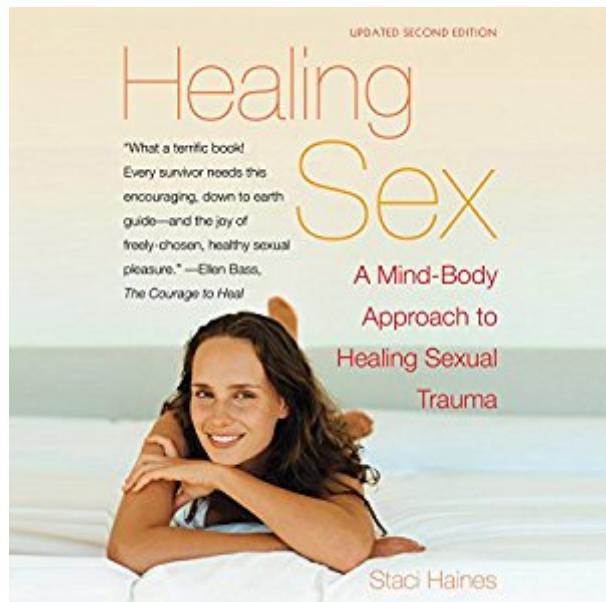


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# Healing Sex: A Mind-Body Approach To Healing Sexual Trauma



## Synopsis

Healing Sex is the encouraging, sex-positive guide for all women survivors of sexual assault - heterosexual, bisexual, lesbian, coupled, and single - who want to delight in their own sexuality. While most books on the topic broach sexuality to reassure women that it's all right to say "no" to unwanted sex, Healing Sex encourages women to learn how to say "yes" - to their own desires and on their own terms. New! Somatics and Healing Trauma: A new introduction explores developments in the field of trauma and the role of the body as an essential place of change, learning, and transformation. New! An updated bibliography and resource section.

## Book Information

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## Customer Reviews

This is a phenomenal book, as is Staci Haines' other book The Survivor's Guide to Sex. It has an extensive list of resources at the end. The author speaks with a clear, engaging voice. But you have to be ready for it, as the author is very clear and direct about the subject matter. I have been consciously healing the wounds of child sexual abuse for over 17 years - in the beginning with lots of therapy, both group and individual, and in recent years, through journaling, prayer, yoga. Healing comes in layers. Currently I am celibate because I am too darn afraid. Staci Haines's book gives me a roadmap for what to expect when I finally am able to put myself out there. She assumes the reader is familiar with dissociation, numbing, leaving the body, PTSD reactions, etc., etc. She just picks up from there, and talks about having sex that feels good and safe, even though you have these issues.

I purchased this book about 6 months after I'd checked out the older version from the Library of the survivors' group that I attend. I found the overall tone of the book to be hopeful, positive and encouraging, but also challenging. The author's premise is that it's not only possible to have a healthy sexual self after surviving sexual abuse, it can be the most dynamic part of a survivor's healing practice. The author also cautions that it won't be easy, and that it takes courage and self-love to take on this work. I particularly liked the chapters on Dissociation and Intimacy.

This is a hard hitting and revealing description of what has occurred to the survivor. Many snippet descriptions are revolting for the partners to read. For any partner of a survivor this will help you gain a insight in helping understand just how vile perps are and what the survivor lives with on a daily. The perps are creatures of such evil that society should eradicate them there should be no attempt made to rehabilitate or otherwise allow them to remain in society. After reading this I have a whole different perspective and respect of my mate and the inner strength she has. The life with a survivor is definitely the biggest rollercoaster ride I have ever experienced. I now am able to understand on some level why there have been times of disconnect, distance, and even the separation. It doesn't make the pain go away but it does make it more understandable. After getting through this book and the many tears shed along the way there was a certain amount of peace I was able to gain knowing I wasn't the cause of some of my partners feelings or lack thereof. I can't say that a more solid relationship has developed but there are schemas which allow for some level of management of the relationship problems that develop. When working with survivors in a committed relationship it is imperative that a counselor versed in these issues is consulted. Good luck, I only wish all the best to anyone who has to address this issue and only hope that the outcome is more positive than what I have experienced. Rikk

As a sex educator and a survivor of multiple forms of sexual violence, this book is the #1 resource I recommend to anyone who asks me where to learn how to begin reclaiming sexual pleasure after trauma. Staci Haines is a leader in the field of body-based trauma recovery and her expertise is delivered with warmth and compassion. Learn about the common responses to trauma that plague us for years after abuse (numbness, disassociation, triggers) and how to begin working with yourself and your lover to craft a sexuality that is authentically yours again. Get this book for yourself, and while you are at it grab a second copy to pass off to a friend. I have three or four copies in circulation amongst my community!

Excellent book for those who are ready. This book explains how sex should feel instead of how one experiences it or experienced it when she was abused. I would NOT recommend this book to individuals that were just starting the healing process, because one should concentrate on healing oneself emotionally and physically before attempting to read this book with regard to sexual abuse issues. This book lead me to understand that I had a not just a emotional problem regarding sex that I have dealt with for many years, but also lead me to the realization that I had a physical problem call Vaginismus. While it does not really address this physical problem that researchers think is due to sexual trauma, it lead me to another book on called "When Sex Seems Impossible: Stories of Vaginismus & How You Can Achieve Intimacy."

Healing Sex: A Mind-Body Approach to Healing Sexual Trauma is very sensitive and well-researched. The approach the writer uses in the book is a good blend of understanding and sharing the latest techniques that help move a person towards healing. Over all there is an acceptance of all people and their journey towards healing. There may be parts of the book that don't apply to a particular reader but, as with any non-fiction book, readers need to take in information with an understanding of what works for them and utilize that information while allowing what doesn't apply go.

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