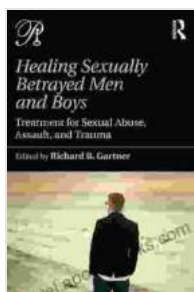


# The Trauma of Sexual Abuse: Psychoanalysis in a New Key

Sexual abuse is a devastating experience that can have a lasting impact on the victim's life. The trauma of sexual abuse can lead to a range of psychological problems, including anxiety, depression, post-traumatic stress disorder (PTSD), and substance abuse. It can also damage relationships and make it difficult to function in everyday life.



## Understanding the Sexual Betrayal of Boys and Men: The Trauma of Sexual Abuse (Psychoanalysis in a New Key Book Series) by Richard B. Gartner

★★★★☆ 4.7 out of 5

Language : English  
File size : 1845 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 360 pages



Traditional approaches to treating the trauma of sexual abuse have often been limited and ineffective. However, a new approach to psychoanalysis, called "trauma-informed psychoanalysis," has shown great promise in helping survivors of sexual abuse to heal and recover.

Trauma-informed psychoanalysis is based on the understanding that trauma can have a profound impact on the way a person thinks, feels, and

behaves. It takes into account the unique experiences of survivors of sexual abuse and provides a safe and supportive environment in which they can begin to heal.

In this groundbreaking book, Dr. Judith Herman, a leading expert on the trauma of sexual abuse, offers a comprehensive overview of trauma-informed psychoanalysis. She discusses the different types of trauma that can occur, the impact of trauma on the mind and body, and the principles of trauma-informed treatment.

Dr. Herman also provides a detailed case study of a woman who was sexually abused as a child and who later developed PTSD. She shows how trauma-informed psychoanalysis helped this woman to overcome her symptoms and reclaim her life.

The Trauma of Sexual Abuse: Psychoanalysis in a New Key is an essential resource for anyone who works with survivors of sexual abuse. It is also a valuable resource for survivors of sexual abuse who are seeking help and healing.

## **Table of Contents**

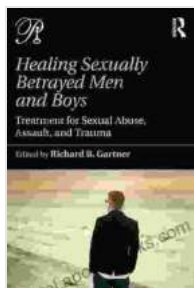
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- The Nature of Trauma
- The Impact of Trauma on the Mind and Body
- The Principles of Trauma-Informed Treatment
- Case Study: A Woman Who Was Sexually Abused as a Child
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## About the Author

Dr. Judith Herman is a clinical professor of psychiatry at Harvard Medical School and the author of the bestselling book *Trauma and Recovery*. She is a leading expert on the trauma of sexual abuse and has developed a new approach to psychoanalysis that is based on the understanding that trauma can have a profound impact on the way a person thinks, feels, and behaves.

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