

The Sexual Healing Journey A Guide For Survivors Of Sexual Abuse Third Edition

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Originally published two decades ago, The Sexual Healing Journey is a highly respected resource for understanding and healing the intimate sexual problems caused by sex abuse.The updated third edition features a new preface, revised materials, and an updated, expanded resource section.

The Sexual Healing Journey: A Guide for Survivors of ...

Wendy Maltz and Sexual Healing Journey are on the list of required readings for those working with sexual trauma and for those who have experienced sexual trauma. This book is very readable, comprehensive, and is for individuals and couples. The problem lies more in the details than anything else.

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Harriet Lerner, PhD, author of "The Dance of Anger""The Sexual Healing Journey" is a precious gift for male and female survivors and for those who care about them."-- Mike Lew, author of" Victims No Longer" "Wendy Maltz takes her readers carefully, step-by-step, through a program of self-healing.

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A Survivor's Healing Journey - Lockey Maisonneuve

--Laura Davis, coauthor of The Courage to Heal and author of Allies in Healing Originally published two decades ago, The Sexual Healing Journey is a highly respected resource for understanding and healing the intimate sexual problems caused by sex abuse.

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"Sexual healing involves a great deal of unlearning. Along the way, we learn a new way to think, feel, and behave sexually. We need to create goals that respect the time it might take us to integrate smaller changes." — Wendy Maltz, The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse

The Sexual Healing Journey Quotes by Wendy Maltz

The relearning touch exercises are described in The Sexual Healing Journey and demonstrated in Maltz's video/DVD, "Relearning Touch: Healing Techniques for Couples." Specific relearning touch exercises include "Sensory Basket," "Safe Nest," "Drawing on Body," "Magic Pen," "Hand-to-Heart," and "Body Massage, with Partner."

Wendy Maltz - Wikipedia

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