



Curriculum Recommendations Report

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Introduction

The Samaritan Women - Institute for Shelter Care endeavors to collect knowledge and perspectives from practitioners in the field of shelter care in order to improve outcomes for survivors nationwide by developing best practices through research and real-life experiences. This survey sought to gather recommendations for curriculum products, books, journals, videos, websites, and other resources used in residential programs that were found to be helpful to survivors.

Methodology

A survey link was sent out by email invitation in February 2021 to over 200 agencies nationwide and was active for five weeks, closing in April 2021. This survey was conducted and analyzed through SurveyMonkey, a web-based survey tool. The survey consisted of 35 questions and took an average of 16 minutes to complete.

Respondents

Seventeen agencies responded to the survey, 29% of which were represented by their Executive Director, 53% by their Program Director/Shelter Manager, and 18% by a different role (such as Case Manager, House Manager, and Director of Outreach & Mentoring). The majority of the respondents have been in direct service for 5 to 15 years; two agencies had fewer than five years of direct service.

About 12% of the respondents operate as stabilization programs, which is usually 3-6 months of residential care with the goal of determining a long-term course of action. The majority of the respondents, 82%, operate as a restorative program, which is long-term care of usually 12 months or more, with the goal of social re-entry. The remaining 6% operate as an independent housing program with support and accountability for their residents.

Sixty five percent of responding agencies serve victims of sex trafficking and/or prostitution/sexual exploitation in any form, 23% serve only verified victims of sex trafficking, and the remaining 12% serve victims of any kind of human trafficking. Twenty-nine percent of the agencies that responded only serve U.S. citizen survivors, 59% serve both U.S. citizens and foreign nationals, and 12% are able to serve undocumented individuals, asylees, and refugees. Seventy-one percent of the agencies serve only female survivors and 29% serve both male and female survivors.

Breakdown of ages served:

- Younger minors (14 and under) - 35% or 6 programs
- Older minors (15-17) - 35% or 6 programs
- Younger adults (18-21) - 65% or 11 programs
- Adults (22-35) - 71% or 12 programs
- Older Adults (36 and over) - 59% or 10 programs
- Adults with child(ren) - 18% or 3 programs





Consensus Recommendations

The following five resources were mentioned most consistently across all survey respondents as being helpful resources to use with survivors.

1. The Narcotics Anonymous and Alcoholics Anonymous materials were referred to 14 times, including *12 Step*, *Big Book*, *Twelve Steps and Twelve Traditions*, and *Living Clean: The Journey Continues*.
2. *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* by Lisa M. Najavits was recommended 13 times as a resource for drug/alcohol addiction, other forms of addiction, self-harm, depression, and to understand trauma/PTSD.
3. *Boundaries* by Henry Cloud & John Townsend was recommended a total of 13 times, especially as material to learn about toxic/abusive relationships and for healthy relationship skill development.
4. Rebecca Bender's materials were recommended 6 times as survivor-authored material that was found useful.
5. *The Body Keeps the Score* by Bessel van der Kolk was recommended 5 times as a source to better understand trauma/PTSD.



The following sections inventory the recommended materials by topical area, regardless of number of mentions. It is worth noting that these are resources that are recommended for us with and by survivors. At the end of this report, we offer a list of recommended materials specific for staff and volunteers working with the survivor population.

Disclaimer

The resources listed here are not necessarily vetted and endorsed by the Samaritan Women - Institute for Shelter Care.

Drug Addiction

Books

- *A Woman's Way Through the 12 Steps* by Stephanie Covington
- *Celebrate Recovery* by John Baker & Rick Warren
- *In My Skin: A Memoir* by Kate Holden
- *Living in Balance: Moving from a Life of Addiction to a Life of Recovery* by Jeffrey Hoffman
- Narcotics Anonymous and Alcoholics Anonymous materials (*12 Step; Big Book; Twelve Steps and Twelve Traditions; Living Clean: The Journey Continues*)
- *Recovery: Freedom from Our Addictions* by Russell Brand
- *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* by Lisa M. Najavits
- *Trapped: Mercy for Addictions* by Nancy Alcorn



Workbooks/ Guided Journals

- *A Woman's Addiction Workbook: Your Guide to In-Depth Healing* by Lisa M. Najavits
- *A Woman's Way Through the 12 Steps* by Stephanie Covington
- *Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): Patient Workbook* by Sudie E. Back, et al.
- *Living with Your Higher Power* by Joanne Hubal & James Hubal
- *Living with Others* by Joanne Hubal & James Hubal
- *Power Over Addiction: A Harm Reduction Workbook for Changing Your Relationship with Drugs* by Jennifer Fernandez

Websites

- <https://www.hazelden.org/>
- <https://www.treatment-innovations.org/seeking-safety.html>

Videos

- Celebrate Recovery (YouTube testimonies)
- Dr. Gabor Mate's videos



Alcohol Dependency/Use Disorder

Books

- Alcoholics Anonymous materials (*Twelve Steps and Twelve Traditions; Big Book*)
- *A Woman's Way Through the 12 Steps* by Stephanie Covington
- *Celebrate Recovery* by John Baker & Rick Warren
- *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* by Lisa M. Najavits
- *Staying Sober: A Guide for Relapse Prevention* by Terence T. Gorski & Merelene Miller

Workbooks/ Guided Journals

- *A Woman's Way Through the 12 Steps* by Stephanie Covington
- *Living with Your Higher Power* by Joanne Hubal & James Hubal
- *Living with Others* by Joanne Hubal & James Hubal

Websites

- <https://www.hazelden.org/>
- <https://www.celebraterecovery.com/>
- <https://www.samhsa.gov/find-help/national-helpline>

Videos

- My Name is Bill W. (movie on founder of AA)
- Celebrate Recovery - YouTube testimonies
- Dr. Gabor Mate's videos



Other Forms of Addiction (money, sex, shopping, etc)

Books



- *Is it Love, or Is it Addiction?* by Brenda Schaeffer
- *No Stones: Women Redeemed from Sexual Addiction* by Marnie C. Ferree
- *Out of the Shadows: Understanding Sexual Addiction* by Patrick Carnes
- *Starved: Mercy for Eating Disorders* by Nancy Alcorn
- *Survivor's Guide to Money: How to Start Using Money as a Tool After It was Used Against You as a Weapon* by Megan Lundstrom

Workbooks/ Guided Journals

- *Living with Your Higher Power* by Joanne Hubal & James Hubal
- *Living with Others* by Joanne Hubal & James Hubal
- *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* by Lisa M. Najavits

Websites

- <https://www.hazelden.org/>

Videos

- *Celebrate Recovery - YouTube testimonies*

Childhood Sexual Abuse/Incest

Books

- *Shelter from the Storm: Hope for Survivors of Sexual Abuse* by Cynthia Kubetin & James Mallory
- *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* by Ellen Bass & Laura Davis
- *The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse* by Dan B. Allender
- *Violated: Mercy for Sexual Abuse* by Nancy Alcorn



Workbooks/ Guided Journals

- *Princess Lost: The Story of Our Daughters* by Celestia Tracy
- *The Journey to Hope: Overcoming Abuse* by Becca C. Johnson

Websites

- <https://www.culturereframed.org/>



Self-Harm

Books

- *Beyond Cut: Real Stories, Real Freedom* (The Mercy for... Series) by Nancy Alcorn
- *Cut: Mercy for Self-Harm* by Nancy Alcorn
- *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* by Lisa M. Najavits

Workbooks/ Guided Journals

- *DBT Skills Training Handouts and Worksheets* by Marsha M. Linehan

Depression

Books

- *Battlefield of the Mind* by Joyce Meyer
- *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* by Lisa M. Najavits



Understanding Trauma/PTSD

Books

- *8 Keys of Safe Trauma Recovery* by Babette Rothschild
- *Combatting Cult Mind Control* by Steve Hassan
- *Deceived by Shame, Desired by God* by Cynthia S. Humbert & Scott Morton
- *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* by Lisa M. Najavits
- *The Body Keeps the Score* by Bessel van der Kolk
- *Treatment of Complex Trauma* by Christine A. Courtois & Julian D. Ford

Understanding Trauma/PTSD (continued)

Workbooks/ Guided Journals



- *101 Trauma Informed Interventions* by Linda Curran
- *Beyond Trauma Workbook* by Stephanie S. Covington
- *Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* by Arielle Schwartz
- *Healing Trauma with Guided Drawing: A Sensorimotor Art Therapy Approach to Bilateral Body Mapping* by Cornelia Elbrecht
- *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* by Lisa M. Najavits
- *The Dialectical Behavior Therapy Skills Workbook for PTSD* by Kirby Reutter
- *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms* by Soili Poijula & Mary Beth Williams
- *Transforming the Living Legacy of Trauma* by Janina Fisher
- *Treating Traumatic Stress in Children and Adolescents* by Margaret E. Blaustein & Kristine M. Kinniburgh

Websites

- <https://braintap.com/>
- <http://rachelgrantcoaching.com/>
- <https://rolandbal.com/>

Emotional Regulation

Books

- *Internal Family Systems* by Richard C. Schwartz
 - *Polyvagal Exercises for Safety and Connection* by Deb Dana
 - *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment* by Janina Fisher & Pat Ogden
 - *The Body Keeps the Score* by Bessel Van der Kolk
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Emotional Regulation (continued)

Workbooks/ Guided Journals

- CBT Toolbox
- *DBT Skills Training Handouts and Worksheets* by Marsha M. Linehan
- *DBT Skills Workbook* by Jeffrey Brantley, Matthew McKay, & Jeffrey C. Wood
- IFS Workbook by Internal Family System
- Mindfulness Skills Workbook
- *Somatic Psychotherapy Toolbox* by Manuela Mischke-Reeds

Websites

- <https://braintap.com/>
- <http://rachelgrantcoaching.com/>
- <https://rolandbal.com/>



Suicide Ideation

Workbooks/ Guided Journals

- *DBT Skills Training Handouts and Worksheets* by Marsha M. Linehan

Sleep Dysfunction

Websites

- <https://braintap.com/>

Toxic/Abusive Relationships

Books

- *Boundaries* by Henry Cloud & John Townsend
- *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself* by Melody Beattie
- *Every Single Woman's Battle: Guarding Your Heart and Mind Against Sexual and Emotional Compromise* by Shannon Ethridge
- *Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives* by Pia Mellody, J. Keith Miller, & Andrea W. Wells
- *How to Rise Above the Abuse: Victory for Victims of Five Types of Abuse* by June Hunt
- *I Hate You—Don't Leave Me: Understanding the Borderline Personality* by Jerold J. Kreisman & Hal Straus
- *Safe People* by Henry Cloud & John Townsend
- *The Betrayal Bond: Breaking Free Exploitive Relationships* by Patrick Carnes
- *Trauma Bonding: Understanding and Overcoming the Traumatic Bond in a Narcissistic Relationship* by Lauren Kozlowski
- *Why Does He Do That?: Inside the Minds of Angry and Controlling Men* by Lundy Bancroft



Workbooks/ Guided Journals

- *Boundaries Workbook: When to Say Yes When to Say No to Take Control of Your Life* by Henry Cloud & John Townsend
- *Healing the Trauma of Abuse: A Women's Workbook* by Mary Ellen Copeland & Maxine Harris
- *Journey Beyond Abuse: A Step-By-Step Guide to Facilitating Women's Domestic Abuse Groups* by Kay-Laurel Fischer & Michael F. McGrane
- *The Christian Codependence Recovery Workbook: From Surviving to Significance* by Stephanie Tucker
- The Gaslighting Recovery Workbook

Websites

- Hazelden REBT - <https://www.hazelden.org/store/item/3812?Rational-Emotive-Behavior-Therapy-REBT-Complete-Program>
- <https://polarisproject.org/>

Videos

- "Very Young Girls" - https://www.amazon.com/gp/video/detail/B00IGQ9434/ref=atv_dp_share_cu_r

Sexuality/Gender Dysphoria

Books

- *A Guide to Gender* by Sam Killermann
- *Beyond Love* by Douglas Weiss
- *Boys & Sex* by Peggy Orenstein
- *Girls & Sex* by Peggy Orenstein
- *Love & Sex: A Christian Guide to Healthy Intimacy* by Nancy Houston



Videos

- “Then God Made A Woman” video series - <https://www.youtube.com/playlist?list=PLgNZhwcVGEaT62O8ZjBMJaLQXlhLd2c6Z>

Money Management Skills

Books

- *Survivor’s Guide to Money: How to Start Using Money as a Tool After It was Used Against You as a Weapon* by Megan Lundstrom

Workbooks/ Guided Journals

- All-State Foundation Moving Ahead Curriculum (formerly Purple Purse)
- Financial Peace
- *Survivor’s Guide to Money Workbook* by Megan Lundstrom

Websites

- Bridges Out of Poverty & Getting Ahead
- <https://gatewaypeople.com/resources/stewardship>



Healthy Relationships

Books

- *Boundaries* by Henry Cloud & John Townsend
- *Safe People* by Henry Cloud & John Townsend
- *The Peacemaker: A Biblical Guide to Resolving Personal Conflict* by Ken Sande

Workbooks/ Guided Journals

- *Boundaries Workbook: When to Say Yes When to Say No to Take Control of Your Life* by Henry Cloud & John Townsend
- *Journey Beyond Abuse: A Step-By-Step Guide to Facilitating Women's Domestic Abuse Groups* by Kay-Laurel Fischer

Websites

- <http://rachelgrantcoaching.com/>



Parenting Skills

Books

- *Parenting: 14 Gospel Principles That Radically Change Your Family* by Paul David Tripp
- *Parenting with Love and Logic* by Foster Cline and Jim Fay
- *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Daniel J. Siegel & Tina Payne Bryson
- *When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse* by Lundy Bancroft

Websites

- <https://child.tcu.edu/about-us/tbri/#sthash.JGLloYfA.W8mpaQgM.dpbs>
- www.loveandlogic.com
- <https://mendpregnancy.org/services/>



Job Skills Development

Workbooks/ Guided Journals

- Jobs for Life

Websites

- www.careeronestop.org
- www.dressforsuccess.org

Questions about Religion

Books

- *Absolute Basics of the Christian Faith* by Phil Tallon
- *Breaking Free*
- *Experiencing God*
- *Keeping the Faith: Guidance for Christian Women Facing Abuse* by Marie M. Fortune
- *The Armor of God* by Priscilla Shirer
- *The Story of God, the Story of Us: Getting Lost and Found in the Bible* by Sean Gladding



Websites

- <https://churchcares.com/>
- <https://www.rightnowmedia.org/>

Jesus' Life, Works, and Saving Grace

Books

- *Epic* by John Eldredge
- *Living Inside the Rainbow* by Brook Susan Parker
- *The Little Prince* by Antoine de Saint-Exupery
- *The Shack* by William Young
- *Victory Over Darkness* by Neil T. Anderson



Workbooks/ Guided Journals

- *Discerning the Voice of God* by Priscilla Shirer
- *Keys to Freedom* by Mercy Multiplied
- *The Armor of God* by Priscilla Shirer

Other

- Small bible study groups



Bible Study

Print version of Bible

- Celebrate Recovery Bible
- Life Recovery Bible
- New International Version
- New Living Translation
- The Message



Devotionals

- Beth Moore's studies
- Celebrate Recovery 365 Devotional
- Jesus Calling
- *Seamless* by Angie Smith
- *Unshakeable* by Christine Caine

Books

- *Courageous Women of the Bible* by LaTan Murphy

Games



- Mindfulness cards
- Jenga with questions on the blocks
- GROK
- StoryCards



Survivor-Authored Materials

While genre of survivor-authored materials is extensive, the following are the work products that shelters have found to be most helpful.

Books

- *And Life Continues* by Wendy Barnes
- *Ending the Game* by Rachel Thomas
- *Fallen* by Annie Lobert
- *Free Cyntoia* by Cyntoia Brown-Long
- *Girls Like Us* by Rachel Lloyd
- *In Pursuit of Love* by Rebecca Bender
- *Leaving the Life: Embracing Freedom from Exploitation* by Jessa D. Crisp, Becca C. Johnson, & Karalyn C. Johnson
- *Love's Redeemed Daughter* by Heather Heartflo
- *Paid For* by Rachel Moran
- *Purchased: Leaving the Sex Trade* by Deanna Lynn
- *Roadmap to Redemption* by Rebecca Bender
- *Runaway Girl* by Carissa Phelps
- *Scars & Stilettos* by Harmony Dust & Harmony Grillo
- *The Slave Across the Street* by Theresa Flores

Other

- Elevate Academy - <https://elevate-academy.org/>
- *Find Your Way* by Thistle Farms
- *Find Your Way Home* by Thistle Farms
- Treasures - <https://www.iamatreasure.com/>





Resources for staff and volunteers educational/ skills-development

The survey invited shelters to make recommendations for materials that have been particularly helpful in training staff and/or volunteers to work effectively with survivors. The following are those recommendations.

Books

- *Counseling Survivors of Sexual Abuse* by Dr. Diane Langberg
- *Domestic Violence Advocacy: Complex Lives/Difficult Choices* by Jill Davies & Eleanor Lyon
- *Girls Like Us* by Rachel Lloyd
- *Prostitution, Trafficking, and Traumatic Stress* by Melissa Farley
- *Renting Lacy* by Cindy Coloma & Linda Tuhiwai Smith
- *Sex Trafficking and Commercial Sexual Exploitation: Prevention, Advocacy, and Trauma-Informed Practice* by Lara B. Gerassi
- *The Body Keeps the Score* by Bessel van der Kolk
- *Trauma and Recovery* by Dr. Judith Herman
- *Trauma Stewardship* by Connie Burk & Laura van Dernoot Lipsky



Resources for staff and volunteers educational/ skills-development (continued)

Videos

- Complex Trauma: Understanding and Treatment by Dr. Diane Langberg - https://www.youtube.com/watch?v=otxAuHG9hKo&ab_channel=FOCLOnline
- Complex Trauma: Going Deeper by Dr. Diane Langberg - https://www.youtube.com/watch?v=4n8ydiaWmNc&ab_channel=FOCLOnline
- “Flesh” - Documentary that profiles two survivors and how “rescue” is just the beginning of a survivor’s challenges. <https://vimeo.com/channels/308615>
- “Girlhood” - Documentary on girls challenged by growing up in the juvenile justice system. https://www.youtube.com/watch?v=gh6eRsbXYwM&ab_channel=TheeSymphony%27sCultureChannel
- How to Work with Shame (NICABM video series) - <https://www.nicabm.com/program/shame/>
- “Nefarious: Merchant of Souls”- <http://nefariousdocumentary.com/>
- “Overview of Sleep: Implications for Trauma Survivors” by Kathleen Kendall-Tackett - https://www.youtube.com/watch?v=CAZgTNDAN60&ab_channel=KathleenKendall-Tackett
- “Sex+Money” - Documentary on sex trafficking in America and the interrelated issues. <http://sexandmoneyfilm.com/>
- “The Making of a Girl” - A short documentary with several stories from first-person perspective of a trafficked girl. https://www.youtube.com/watch?v=ZvnRYte3PAk&ab_channel=bfnmusic
- “The Paradox of Trauma-Informed Care” TED Talk by Vicky Kelly - https://www.youtube.com/watch?v=jFdn9479U3s&ab_channel=TEDxTalks
- “Trade” - Film that offers a more realistic picture of transnational trafficking into America. <https://www.amazon.com/Trade-Kevin-Kline/dp/B0010XXEHW>
- “Trust” - Film about online predators and how easily a child can be deceived, effectively conveys the ethos of the girl’s father. <https://www.amazon.com/Trust-Clive-Owen/dp/B00501976U>

Resources for staff and volunteers educational/ skills-development (continued)

Other

- BHTEN narcan trainings and mental health first aid - <https://www.bhten.com/>
- Books by exploiters
- Managing Aggressive Behavior training
- National Human Trafficking Hotline trainings/webinars - <https://humantraffickinghotline.org/nhth-hhs-online-trainings>
- Office for Victims of Crimes training - <https://www.ovcttac.gov/views/resources/index.cfm?nm=vxy>
- The Sanctuary Model - <http://www.thesanctuaryinstitute.org/about-us/the-sanctuary-model/>

Other Recommendations for Staff

Books

- *7 Habits of Highly Effective Teens* by Sean Covey
- *Anxiety Gone* by Stanley Hibbs
- *Strengths Finders 2.0* by Tom Rath
- *The Christian Woman's Complete Guide to Health: Everything You Need to Know About You! Adolescence to Menopause and Everything in Between* by Scott Farhart & Elizabeth King
- *The Gifts of Imperfection* by Brene Brown

Other

- Girls' Circle model - <https://onecirclefoundation.org/girls-circle>
- Neuro Emotional Technique (NET) - <https://nycim.com/neuro-emotional-technique-net/>

