

UPDATED SECOND EDITION

# Healing Sex

"What a terrific book!  
Every survivor needs this  
encouraging, down to earth  
guide—and the joy of  
freely-chosen, healthy sexual  
pleasure." —Ellen Bass,  
*The Courage to Heal*

A Mind-Body  
Approach to  
Healing Sexual  
Trauma



Staci Haines

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



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While most books on the topic broach sexuality and then reassure women that it is all right to say “no” to unwanted sex, *Healing Sex* encourages women to understand how to say “yes” to their own desires and independently conditions. The first encouraging, sex-positive guide for all women survivors of sexual assault ? heterosexual, bisexual, lesbian, coupled, and single ? who wish to reclaim their sex lives. This mind-body method of healing from sexual trauma was created by Staci Haines, who provides been educating in the region of sexual abuse, sex education, and somatic curing for over 15 years. Her techniques are ideal for anyone looking for a new method to heal from trauma, beyond traditional chat therapy.



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But you have to be ready for it, as the writer is very clear and direct about the topic matter. If you had recently broken your leg, you'll not start teaching for a marathon; you must heal relatively from the primary wound before you optimize your hip and legs and body for a meeting of exceptional character. Recovery from sexual trauma is no different - the wounds should be stabilized before this book will end up being of the most use. That said, this book is completely wonderful for those who are stabilized enough to pursue a healthy, authentic, fulfilling sexuality after enduring trauma (and by that statement I'm not suggesting that people who are not ready for the book "don't need" to re-enter existence, they just need more time to heal, just like the soon-to-be marathon runner who has a brand-new cast on the leg). Staci Haines completely "gets it" and includes a very concrete route of healing with particular exercises and activities to assist you divest your sexuality of lingering shame from something that happened to you well beyond your own control, and embrace your daily life force in a way that is appropriate to YOU. This book is great for survivors or those that work with survivors. A few negative reviews appear to me that these were not ready to completely absorb the suggestions. Once the work triggers an excessive amount of trauma for me, I stop reading/working and go take out the angst on some dirty meals or laundry, or take action comforting for my soul. You are in control, so take control and become prepared for the 99.9% probability of some angst with this important work. so someone can walk them to understanding. There's not really a test at the end to generate a quality, so don't feel like you have to drop a Ben Franklin on toys you don't want at the Adam and Eve site to earn your "A+" in the class. Today, it's time for true sex ed. now we can see that sex/wellness education is effective since these numbers have dropped significantly. You need some allies (as Haines suggests in the reserve) and a contingency plan (give Walker a browse) to try your own psychic surgery for wounds that operate this deep. Having a therapist or support group obtainable would be great, as you may need an outside, nonjudgmental way to obtain support. Your most well-meaning friends may overflow with an abundance of appreciate for you, however they are probably not really trained for the proper responses to operating through trauma, and when you're at your most vulnerable, an oddly-phrased remark can feel just like a slap in the facial skin. Please equip yourself properly for this endeavor. We empathize with the readers of the book who have opened the webpages with tremendous hope, only to end up feeling overwhelmed at the content (a few of whom left testimonials). We can not minimize the impact of their violence. YES to Sex Positive Education! I don't feel the book should suffer in its review when the issue is more likely the absence of a precise description, which can be improved by Amazon, or an appropriate fit to the reader, which is a more intangible factor. Occasionally family members and loved ones are a lot more ready for you to jump out of grieving waters in to the recovery waters, and that could be an instance in which a book like this is completely inappropriate at a specific time. Survivors need to come to this sort of work from their own volition. The fight for no sex ed in college led to years of high teen pregnancies. the fact that it was the wrong reserve for purchasers shouldn't detract from its competence. Can't recommend this reserve more than enough. Making "mental" lists instead of writing out the info on paper or on your computer is like watching a fitness video when you eat popcorn on the sofa. Visualizing yourself doing the physical activities isn't the same as actually doing them. There's therapeutic value on paper out your thoughts and acting out the exercises; if you put in the most work, you'll see the most prize. AWESOMENESS OF THIS BOOK: What We absolutely like about Haines' style of therapy is that she recognizes and addresses the truth that often abuse doesn't happen in a vacuum (especially abuse within the family). She recognizes the victim in the context of a larger family system and depending on how many other self-work you've recently engaged in, you will probably find corollaries between the development of self and the development of your healthful sensual self as guided by Haines. THUMBS UP ON SPECIFICS! I will upgrade my review as I complete that work and try some "translations." Among the early exercises is usually determining everything you "like," which can seem basic and perhaps a bit silly for most healthy

individuals, but can be an incredibly huge issue for victims. In the past, what I've "liked" was to remain mainly mentally present during intimate occasions with my brain NOT totally leaving the planet, since it was so well-trained to do from years of abuse. The notion that I would "like" something beyond "not really completely freaking out" is thrilling and liberating. This seems like an exercise that will help outside the bedroom with my recently developing self as well, as I've divested of the narcissists around whom I orbited for life, and seek to fill my entire life using what brings joy to me instead of continuously reacting to others. Once more, it may seem silly to healthy individuals, but when Ms. Testimonials throughout the chapters touch on every spectral range of reactions and emotions. Some of the activities intended to resurrect and restore a healthy sexuality could be quickly translated into actions of a non-sexual nature to sort out other accompanying problems of identity. In working with adult fallout from childhood family issues, I've read a lot more than my fair share of books on narcissism and codependency that spent 99% of their web pages describing pathology and resulting manifestations in others, however when it found what I needed probably the most - proactively treating the effects that I've wrestled with for a lifetime - the books spend the last 1% offering pithy comments without specific actions. Would recommend for just about any survivor Exceedingly helpful in processing trauma and being within as soon as. Staci Haines gives very specific criteria to identify issues and incredibly specific guidelines to recovering, but her ratio can be an inverse of the other books, with the bulk of the pages focused on recovery activities. BUFFET OF Satisfaction: Yes, as others possess mentioned, Haines offers a variety of alternatives that could or may possibly not be your cup of tea. You certainly need not adopt every choice presented for you. Complex PTSD: From Surviving to Thriving: A GUIDE AND MAP FOR DEALING WITH CHILDHOOD TRAUMA <http://a>. What Haines does is provide a nonjudgmental description of (completely legal in every 50 states!) actions that bring pleasure that you may or may not appreciate, while separating sensual joy from the residual feelings from the damage of violence. Haines sights sex as an integral part of both physical and spiritual health without pushing any particular agenda other than her support for your path to health. OVERALL: The tone is kind, caring, and compassionate, perfect for a book of such a sensitive nature designed for an audience produced fragile by the actions of others. America is certainly rife with hangups relative to sex, but there is no "teeheehee" factor here, nor will there be vulgarity. Also, let's revisit that notion that she sees the individual in a greater context of family members and community, therefore there's absolutely room that you can not really "like" something if it conflicts together with your religious or personal beliefs, and zero judgment implied. You should be in a location in your healing where you can have an open mind, realize that this is talking to people with a variety of likes - you might dislike many, and that is OK, but do not judge others. Haines offers given us an excellent road map for achieving intimacy when it appears against all chances. I motivate others to get this book to create that journey as well. Healing will come in layers. Excellent Reserve - Not for the beginner This book is amazing. Helpful Help me through an extremely difficult time period in my entire life having it in kindle was great i could read more privately Coercive rather than Helpful This books is actually How to Get Through Your Trauma by Still Doing All the Sex Acts YOUR LOVER Wants You To.. Thumbs up Great publication for it's designed audience. this book loaded in the gaps for me and established me on my way to sense more free and empowered inside my body. how helpful was it for our parents developing up in a lifestyle that didn't discuss natural body functions much less sex? But you are in control. I ordered this for a trauma survivor guidance class. I wish I had found this reserve sooner for the sheer positive nature of it, as I have traversed some extremely dark roads to come quickly to this place where I could approach probably the most significant work of most - the road to intimacy. Take what you need, and allow rest go.. Presently I am celibate because I am too darn scared. She walks you through how to actually complete triggers -and avoidance isn't the way out -or we'd end up being out already, right? That being said, definitely a difficult book to get through and probably not really the best one if you are just starting

out in your healing - if you are the greatest gauge for everything you can handle. She shows that you carry out not do this alone. Most of us need support. Maybe those that primarily feel negatively concerning this publication could consider talking with a professional about the parts they find troubling. No where in this publication will she suggest you have sexual intercourse you don't need. I love Pete Walker's reserve, Complex PTSD: From Surviving to Thriving ..Sex positive education may feel like "too much" for a lot of. Again this book isn't for the beginner. For me, this book is completely five out of five stars in achieving what it seeks to accomplish;.. "Sexual violence is the most intimate damage there is, and given our society's means of (not) dealing with issues of the sort, it is potentially the most difficult injury to heal.co/eCDh36M) since it put a name and a remedy on what I used to call my mental "runaways. It's most likely they've experienced that violence minimized their entire life, offering a false feeling of readiness to deal with the issue, only to discover within several pages of the publication that their violence had taken on its naturally gigantic proportions. Needed this for a trauma survivor course, and the materials, exercises and references are excellent! Too much judgement and shame. I found the non-judgmental writing excellent and apparent to help readers recognize that trauma reactions are automated defenses that are learned. Therefore, then, with practice, clear communication and love, they may be unlearned. Pac Guy no longer has somebody(s) running the joystick, where will she proceed if she doesn't need to get gobbled up by ghosts? References to other materials in the appendices are specially helpful for additional reading. I highly recommend this reserve, and thank the author on her behalf well-written material. profoundly healing Really highly effective and healing, one of the best books I've run into for dealing with sexual trauma. ?YOU HAVE TO DO THE TASK: Seems silly to say this, but the work in this book isn't unlike the fitness machine in your bedroom under those clothes - if you don't do the work, you will not get the benefit.. As others have said, you really have to be prepared to sort out stuff before you read it. When You're Ready This is a phenomenal book, as is Staci Haines' other book The Survivor's Guideline to Sex. It has an extensive set of resources by the end. The writer speaks with a very clear, engaging voice. Greatest healing waters to get intimacy - for all those ready to make the leap FIVE-STAR ENDORSEMENT with CAVEAT REGARDING READINESS: As mentioned by others, the materials in this book may be advanced in case you are just starting the healing up process and/or your trauma is very recent. I have already been consciously recovery the wounds of child sexual misuse for over 17 years - in the beginning with lots of therapy, both group and individual, and in recent years, through journaling, prayer, yoga. It really is never too past due to be happy (or more happy). She offers suggestions and ways to try to get you back to your body and get back your power from deep within. Staci Haines's reserve gives me a roadmap for what things to anticipate 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 accumulates from there, and talks about having sex that feels great and safe, while you have these issues. Thank heavens, there's none of that silliness going on right here! Great for those that work with survivors of sexual assault. THERE WILL BE TRIGGERS: It doesn't matter how much processing you've done regarding a violent event, when you re-open those wounds, actually for the content and optimistic purpose of living a more fulfilling life, you're going to have some angst, re-lived trauma, and possibly flashbacks. After decades of working towards healing, there was often something lacking for me. Five Stars My therapist recommended this book - it had been very helpful if you ask me.



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