Ritual Abuse 101: Recognizing and Treating Survivors

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Topics include: what ritual abuse is, symptoms that survivors often display, and events that may trigger memories, flashbacks, or cult call-backs. Treatment issues covered: feeling overwhelmed, stabilization, teaching communication and reparenting skills, and issues around integration and medication. Therapists, survivors (including those not identifying as ritual abuse survivors), and their allies are welcome.

Resource List

BOOKS
I urge therapists to read books written for survivors, and survivors to read books written for therapists. There is much to learn from everybody!

Note: Check Amazon for used books.

Ritual Abuse, Ritual Crime, and Healing (ra-info.org) has a large number of annotated bibliographies on various aspects of healing

**An Introduction to Satanic Cults**


I recommend this for anybody not familiar with intergenerational Satanic cults. It tells one family’s story and explains the psychology of each member’s behavior. What most struck me was the depth of compassion the author has for everybody, including perpetrators, who are usually presented as one-dimensionally evil.
Books on Healing


A classic with invaluable information about many issues that arise in healing from childhood sexual abuse. Includes some material specifically about ritual abuse.

*Preview in Google books*


Checklists, writing and art projects, open-ended questions, and activities. Topics include: the healing process, creating safety, crises, therapy, healthy sex, asking for help, breaking silence, letting go of shame, and preparing for family contact.

*Preview in Google books*
Davis, Laura. (1992) *Allies in Healing: When the Person You Love Was Asexually Abused as a Child.* Harper Collins, NY, NY. Written in the format of “The Courage to Heal,” this book covers topics such as communication, sex, emergencies, and interacting with the survivor’s family. Girlfriends, boyfriends, spouses, and lovers are all included. *Preview in Google books*


Miller, Alison (2014) *Becoming Yourself: Overcoming Mind Control and Ritual Abuse*. Karnac Books, London, England. With an emphasis on understanding and communicating with various parts, this book concentrates on working through traumatic memories and dissolving internal barriers. Issues covered include internal and external safety, dealing with being triggered, difficulties in therapy, sexuality, and spiritual abuse. *Preview In Amazon*

**BLOGS**
Blogs contain a wealth of information, and those with comment sections provide an easy way to meet survivors. There are a great number of blogs on dissociation, PTSD, and all aspects of healing from child sexual abuse.

A majority of websites, including blogs, have been archived by the WayBack Machine at https://web.archive.org/ To search, type in the url you are looking for. Choose a year and click on a blue dot in the calendar. (Other colors indicate errors.) You may have to try several blue dots. You will find that many of the links on the page still work.

Informational blogs

Kate is Rising. Hundreds of resources on all aspects of healing from ritual abuse. http://kate1975.wordpress.com/

Third of a Lifetime: curated PTSD resources by Sarah E. Olson contains an exhaustive list of blogs that were active a couple of year ago.


**Extreme Abuse Survey**’s blog contains news articles as well as essays on a number of different topics. https://eassurvey.wordpress.com/

**The Dissociative Initiative: For, by, and about people with multiplicity, dissociation, and amnesia.** https://di.org.au/

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**A Sampling of Personal Blogs by Survivors**

Jean Riseman’s blog, Ritual Abuse. Essays on healing from ritual abuse (both personal and
general), plus information on the background of Satanic holidays, a ritual calendar, book reviews, some art and poetry, and more. [http://ritualabuse.wordpress.com/](http://ritualabuse.wordpress.com/)

**Grace Uncensored.** Essays on child abuse, healing, recovery seen from the client’s and therapist’s point of view, the big picture of organized pedophilia, by a ritual abuse and mind control survivor. [http://graceuncensored.blogspot.com](http://graceuncensored.blogspot.com)

Other blogs by Grace:
**The Dirtiest Secret Behind Child Abuse.** [http://thedirtiestsecret.blogspot.com](http://thedirtiestsecret.blogspot.com)
**The Art Journey of Grace.** [http://graceartjourney.blogspot.com](http://graceartjourney.blogspot.com)
**Know Dissociation.** [http://knowdissociation.blogspot.com](http://knowdissociation.blogspot.com)
**Understanding and Healing From Designer Dissociation.** [http://forbiddentopic.blogspot.com](http://forbiddentopic.blogspot.com)
**Believe the Children.** [http://believeethechildren.blogspot.com](http://believeethechildren.blogspot.com)

Discovering Serenity. A ritual abuse survivor shares her healing journey. https://neloran.wordpress.com

Talk to J8. A Christian survivor writes for survivors of all (or no) faiths. /http://thoughtsfromj8.com

dialogues in realism. Essays and poetry about life after the cult. https://dialoguesinrealism.wordpress.com

TREASURE TROVES

International Society for the Study of
Trauma and Dissociation (ISSTD)  
https://www.isst-d.org

https://www.isst-d.org/resources/adult-treatment-guidelines/


Dissociation Screening Tools, Diagnostic Instruments https://www.isst-d.org/resources/

Find a Therapist https://isstd.connectedcommunity.org/network/network-find-a-professional
Articles by Ellen Lacter, Ph.D.
http://endritualabuse.org

Every single article is well worth reading!!

Full article index http://endritualabuse.org/full-article-index

Adult and adolescent indicators of ritual trauma.

Some indicators of trauma-based mind control programming.
http://endritualabuse.org/some-indicators-of-trauma-based-mind-control-programming-2/?fbclid=IwAR1ujbjyK02cu_B1DbhJ5Aij2RWe7ZHntxc0yCBt8r7lbdRxo_PcuGCaT0U

Web resources: Ritual abuse and mind control.
http://endritualabuse.org/links-references/

The following articles are really helpful for
people who know they are still being abused (or are not sure.)
