The Domestic Violence Center of Chester County

Direct Service Advocate Continuing Education Guide

** CONTENT WARNING – Most of the resources on this list, due to the nature of the issue of Domestic Violence, may depict graphic accounts of violence: verbal, emotional, sexual/physical abuse, and some may include explicit language and even discussion of homicide. **

Online Resources

- PCADV recorded webinars http://www.pcadv.org/Training/Webinars/
- NRCDV online training and webinars https://www.nrcdv.org/training/
- National Center on Domestic Violence, Trauma & Mental Health online training and resource center http://www.nationalcenterdvtraumamh.org/trainingta/
- Lessons from Literature Resource Library http://www.lessonsfromliterature.org/resourcelibrary.html

Podcasts

- Stuff Mom Never Told You podcast
  Episode: Domestic Violence 101
  https://www.stuffmomnevertoldyou.com/podcasts/domestic-violence-101.htm
- Domestic Violence Podcasts (list) https://player.fm/podcasts/Domestic-Violence
- inSocialWork Podcast from University at Buffalo School of Social Work
  https://www.insocialwork.org/episode_category.asp?cat=Violence%20-%20Domestic,%20Interpersonal,%20and%20Structural

Books: Nonfiction/Memoir

Angry Men and the Women Who Love Them: Breaking the Cycle of Physical and Emotional Abuse by Paul Hegstrom

A Teenager's Journey: Overcoming a Childhood of Abuse by Richard B. Peizer

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A Woman Like You: The Face of Domestic Violence by Vera Anderson

A Woman's Field Manual and Survival Guide for Leaving the Abusive Spouse by S.A. Wolfe

But He'll Change – End the Thinking That Keeps You in An Abusive Relationship by Joanna V. Hunter

Convicted Survivors by Elizabeth Dermody

Coping with Family Violence by Morton L. Kurland

Couldn't Keep It to Myself: Testimonies from Our Imprisoned Sisters by Wally Lamb

Crazy Love: A Memoir by Leslie Morgan Steiner

Cuando el Monstruo Despierta: Confesiones de Padres de Adolescentes by Maria Antonieta Collins

Dangerous Relationships: How to Identify and Respond to the Seven Warning Signs of a Troubled Relationship by Noelle C. Nelson

Defending Our Lives: Getting Away from Domestic Violence and Staying Safe by Susan Murphy-Milano

Educated by Tara Westover

Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You by Susan Forward

Family & Friends' Guide to Domestic Violence: How to Listen, Talk, and Take Action When Someone You Care About is Being Abused by Elaine Weiss

Finding Your Voice: A Path to Healing for Survivors of Abuse by Mannette Morgan

Goodbye, Sweet Girl: A Story of Domestic Violence and Survival by Kelly Sundberg

Healing the Scars of Emotional Abuse by Gregory L. Jantz & Fleming H. Revell

Healing Your Life: Recovery from Domestic Abuse by Candace Hennekens

Hiding from Reality: My Story of Love, Loss, and Finding the Courage Within by Taylor Armstrong

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I Closed My Eyes: Revelations of a Battered Woman by Michele Weldon

If I Am Missing or Dead: A Sister's Story of Love, Murder, and Liberation by Janine Latus

In the Dream House: A Memoir by Carmen Maria Machado

Invisible Scars: How to Stop, Change, or End Psychological Abuse by Catharine Dowda

It Could Happen to Anyone: Why Battered Women Stay by Alyce D. LaViolette and Ola W. Barnett

Mejor Sola Que Mal Acompanada: For the Latina in an Abusive Relationship by Myrna Zambrano

Naming the Violence: Speaking Out About Lesbian Battering by Kerry Lobel

No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us by Rachel Louise Snyder

"Not to People Like Us:" Hidden Abuse in Upscale Marriages by Susan Weitzman, PhD

Saving Beauty from the Beast by Vicki Crompton & Ellen Zelda Kessner

Scared Silent: The Mildred Muhammad Story: A Memoir by Mildred Muhammad

Shattered: Six Steps from Betrayal to Recovery by Fay A. Klingler and Bettyanne Bruin

Some Bright Morning, I'll Fly Away: A Memoir by Alice Anderson

Surviving Domestic Violence: Voices of Women Who Broke Free by Elaine Weiss

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by Ellen Bass and Laura Davis

The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself by Beverly Engel

The Verbally Abusive Relationship: How to Recognize It and How to Respond by Patricia Evans

To Be an Anchor in the Storm: A Guide for Families and Friends of Abused Women by Susan Brewster

Too Good to Leave, Too Bad To Stay by Mira Kirshenbaum

Trauma and Recovery: The Aftermath of Violence – from Domestic Abuse to Political Terror by Judith Lewis Herman

Violent Partners: a Breakthrough Plan for Ending the Cycle of Abuse by Linda G. Mills

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse by Lundy Bancroft

Whose Face is in The Mirror? The Story of One Woman's Journey from The Nightmare Of Domestic Abuse To True Healing by Dianne Schwartz

Why Does He Do That?: Inside the Minds of Angry and Controlling Men by Lundy Bancroft

Women with Controlling Partners: Taking Back Your Life from a Manipulative or Abusive Partner by Carol A. Lambert

Books: Fiction

A Woman is No Man by Etaf Rum

An Early Frost (and it's prequel novel, October Snow) by Jenna Brooks

Behind Closed Doors by B.A. Paris

Big Little Lies by Liane Moriarty

Bitter End by Jennifer Brown

Black and Blue by Anna Quindlen

Blood Family by Anne Fine

Center of Gravity by Laura McNeill

City of the Lost by Kelley Armstrong

Crows Over a Wheatfield by Paula Sharp

Dance Upon the Air by Nora Roberts

Dear Wife by Kimberly Belle

Eleanor & Park by Rainbow Rowell

Enchanted Afternoon by Susan Wiggs

False Diamond by Veronica Heley

Faultline by Janet Tashjian

Girl on the Train by Paula Hawkins

Grace is Gone by Emily Elgar

Hush Little Baby by Suzanne Redfearn

Into the Darkest Corner by Elizabeth Haynes

It Ends with Us by Colleen Hoover

Just After Midnight by Catherine Ryan Hyde

Just Between Us by Rebecca Drake

My Blue Suede Shoes by Tracy Price-Thompson and Taressa Stovall

Never Let You Go by Chevy Stevens

Normal People by Sally Rooney

Nowhere to Turn by Lynette Easton

Notes on a Scandal by Zoë Kate Hinde Heller

Picture Perfect by Jodi Picoult

Purple Hibiscus by Chimamanda Ngozi Adichie

Safe Haven by Nicholas Sparks

Secrets of Eden by Chris Bohjalian

Spencerville by Nelson DeMille

Split by Swati Avasthi

Still Life with Tornado by A.S. King

Strange Fits of Passion by Anita Shreve

The Chosen One by Carol Lynch Williams

The Color Purple by Alice Walker

The End of Always by Randi Davenport

The Girl on the Train by Paula Hawkins

The Great Alone by Kristin Hannah

The Keeper by Jessica Moor

The Last to Let Go by Amber Smith

The Letter by Kathryn Hughes

The Liar by Nora Roberts

The Lullaby Sky by Carolyn Brown

The Mill River Recluse by Darcie Chan

The Sky is Mine by Amy Beashel

The Wife Between Us by Greer Hendricks & Sarah Pekkanen

The Woman in the Lake by Nicola Cornick

The Woman Who Walked Into Doors by Roddy Doyle

This Charming Man by Marian Keyes

Tidelands by Philippa Gregory

What You Wish For by Fern Michaels

Where the Crawdads Sing by Delia Owens

White Bodies by Jane Robins

Wings of Glass by Gina Holmes

You: A Novel by Caroline Kepnes

Documentaries

Behind Closed Doors

Victims of domestic violence bravely face the camera as they describe the horrors they've endured at the hands of those they love. Can be streamed on Netflix or at https://www.youtube.com/watch?v=YZS1JSwBNKM&vl=en.

Private Violence

2014 American documentary film directed and produced by Cynthia Hill. The film is a gripping story of domestic violence survivors. A domestic-violence victim turns advocate to seek justice for all violence survivors. The film premiered in the U.S.

Documentary Competition program at the 2014 Sundance Film Festival on January 19, 2014, and it ended up winning the Candescent Award.

*Every F*cking Day of my Life*

Married at 16 years – with 18 years of violence following – left Wendy terrified. She summoned the courage to deal with her husband the only way she knew possible. A harrowing portrait of domestic abuse, the project draws heavily on video shot by the dead abuser, as his wife, Wendy Maldonado, spends her final days of freedom before going to jail for his murder. Can be streamed at https://topdocumentaryfilms.com/every-fcking-day-of-my-life/

Dangerous Love

Danielle Lloyd embarks on a journey to understand the violent and controlling relationship she stayed in from the summer of 2004 until she won Miss GB in 2006. Can be streamed n YouTube at https://www.youtube.com/watch?v=0yIAY2tbnOE

Dear Zachary: A Letter to a Son About His Father

In 2001, 28-year-old Dr. Andrew Bagby is found dead in a park in Pennsylvania. He had been shot by his ex-girlfriend, who then fled to Canada, where she was able to walk free on bail, pregnant with Andrew's child. Andrew's enraged parents campaign to gain custody of the child and convict their son's killer. Filmmaker Kurt Kuenne pairs this story with home movies and interviews with those who knew Andrew, hoping to give his best friend's son an opportunity to discover who his dad was.

Movies & Television Series

Note: When watching depictions of abuse (especially dramatizations) in film and television, please consider what red flags and abusive behaviors are shown (for example, can you see the cycle of abuse?) but also *consider the way the media/Hollywood frames domestic violence.* Does this inform your take on the film and its portrayal of abuse?

To assist with your consideration of media depictions of domestic violence, please read these articles along with your film/television study:

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Big Little Representations: How Hollywood Shapes Our Views of Domestic Violence, by Stefanie Sidortsova (Michigan Technological University, March 3, 2018)

When women are abused on screen — and how that shapes opinions about whose stories we believe in real life, by Nina Metz (Chicago Tribune, February 15, 2018)

- Gaslight (1944, Not Rated)
- The Burning Bed (1984, Made for TV Movie, TV-14)
- Purple Rain (1984, R)
- The Color Purple (1985, PG-13)
- Sleeping with the Enemy (1991, R)
- Not Without My Daughter (1991, PG-13)
- Men Don't Tell (1993, Not Rated)
- This Boy's Life (1993, R)
- What's Love Got To Do With It (1993, R)
- Fear (1996, R)
- Unforgivable (1996, PG-13)
- Sleeping with the Devil (1997, PG)
- Enough (2002, PG-13)
- Te Doy Mis Ojos/Take My Eyes (2003, NR [Nudity and Violence])
- Waitress (2007, PG-13)
- Reviving Ophelia (2010, TV-14)
- Safe Haven (2013, PG-13)
- Murdered By My Boyfriend (2014, BBC Documentary/Drama Movie, Not Rated – Violence)
- Big Little Lies (2017, HBO Series, TV-MA)
- 'Til Death Do Us Part (2017, PG-13)
- I, Tonya (2017, R)

- The Glass Castle (2017, PG-13)
- A Star is Born (2018, R)
- You (2018, Netflix Series, TV-MA)
- Herself (2020, R)