

Resources on Emotional Abuse



Books

It's Not You: How to Identify and Heal from Narcissistic People by R. Durvasala

Why Does He Do That? by Lundy Bancroft

The Verbally Abusive Relationship: How to recognize it and how to respond by Patricia Evans

Blame Changer by Carmel O'Brien
(Australian book)

Podcasts:

Navigating Narcissism Podcast – Ramani Durvasala

Why She Stayed Podcast – Stories from survivors of emotionally abusive relationships

Understanding and Ending Abusive Relationships episode – The Adult Chair Podcast, ep. 336

Overcoming Relationship PTSD episode - The Adult Chair Podcast, ep. 232

Navigating Narcissism and High-Conflict Co-Parenting episode - The Adult Chair Podcast, ep. 339

Dear Sugars Podcast - Episodes We Love: Emotional Abuse - March 28, 2020

Breaking Free From Narcissistic Abuse Podcast

The Post Separation Abuse Podcast – by Australian Divorce coach Danielle Black who specialises in helping women navigate separation from abusive partners.

BTR.ORG (Betrayal Trauma Recovery) Podcast

Other Resources:

www.thedivorcecourse.com.au – An Australian resource that offers a podcast, free webinars, and an online course designed by a female lawyer for women navigating divorce. Very practical and providing all the information you need to prepare or self-represent in separation proceedings.

www.BTR.org – Join group sessions for women healing from Betrayal Trauma (abusive relationships), led by a trained coach in the area.

Book: Surviving Your Split: A Guide to Separation, Divorce and Family Law in Australia by Lucy Mannering and Rebekah Mannering

www.onemomsbattle.com – Online Community and coaching in relation to custody issues and separation from an abusive partner.

Online course for recovery after coming out of an abusive relationship -
www.strongerthanbefore.ca/trauma-bond-recovery