



**Healing from
Incest:
Intimate
Conversations with
My Therapist**

by
**Geri Henderson,
and
Seanne Emerton,
Authors' Photos**

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**Healing from Incest:
Intimate Conversations with My Therapist**
This book tells the journey of a victim-turned-survivor,
working with her therapist to find healing.

Book Excellence Award – July 2018

<https://bookexcellenceawards.com/2018-Finalists-c29486566?offset=30>

Geris: Incest creates immense shame in families, shame that is crippling, especially for the victim. On the other hand, coming into the light of truth has been liberating; it has brought me more peace and freedom than I had before.

Seanne: Geri is very much a survivor. She was living the life of a victim before her healing journey began. It seemed like a long road before she could see herself as a survivor and live her life as such. This is the story of that road, the twists and turns it took, and the hope she has found along the way.
-excerpts from *Healing from Incest*

The statistics of childhood trauma are shocking. For example:

- A Bureau of Justice report shows 16 out of 1000 children between the ages of 12 and 17 have been victims of rape/sexual assault.
- A study conducted in 1986 found that 63% of women who had suffered sexual abuse by a family member also reported a rape or attempted rape after the age of 14, statistics that have held steady for the past 20 years.
- Children who had an experience of rape or attempted rape in their adolescent years were 13.7 times more likely to experience rape or attempted rape in their first year of college.

For those who recognize this as their own story, this frank and genuine narrative will be reassuring in its descriptions of one woman's journey toward hope and healing.

“Henderson’s report of the candid dialogue and Emerton’s highly skilled interventions allow readers to feel that they are participating in the therapeutic process. They show us how one can emerge from years of suffering and successfully move toward peace and happiness.”

- *Suzy Schulz (MME)*

Approved mediator affiliated with The Mediation Center, Lincoln, NE

FINALIST, BOOK OF THE YEAR AWARD, 2015

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Geri Henderson, PhD, currently teaches writing and literature in Europe and has published a number of articles on medieval mysticism and the pedagogy of language and writing in EFL environments.

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