



Creciendo Libre: Manual para Sobrevivientes de la Violencia Doméstica

Michael Hertica, Wendy Deaton, Christell Quinche

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Help your Spanish-speaking clients break the pattern of abuse!

A workbook for your Spanish-speaking clients! Battered women often become so frightened, isolated, and self-doubting that they don't realize that they are being victimized. They may minimize the seriousness of the abuse and make excuses for the abuser. The checklists, questionnaires, and personal stories in *Creciendo Libre* can provide the shock of recognition they need to be able to say, "This is wrong. It has to end."

Combining psychological insight with practical safety information, *Creciendo Libre* helps the reader to understand—and end—the vicious cycle of wooing, tension, violence, and remorse that characterizes all levels of domestic violence. It outlines a series of steps abused women can take to ensure their emotional and physical safety.

Creciendo Libre offers both practical and psychological resources, including:

- lists of abusive behaviors from ridiculing family members to physical violence
- common rationalizations for abuse used by both victims and perpetrator
- detailed discussions of protection orders and other legal matters
- detailed preparations and safety precautions that may make leaving less dangerous
- advice on what to take with you when you leave
- guidelines for establishing safe relationships in the future

Creciendo Libre provides readers with a straightforward, action-oriented approach to the problem of domestic violence. A companion volume available separately, *A Therapist's Guide to Growing Free* (available in English only), offers therapists a comprehensive outline of the issues, tasks, and goals involved in treatment with victims and survivors.

Rompe el patrón del abuso—de una manera segura!

Mujeres abusadas muchas veces llegan a temer, aislarse, y a auto dudarse al punto que no logran reconocer que estan siendo victimizadas. Ellas podran minimizar la seriedad del abuso y hacer excusas para encubrir al ofensor. Las listas, cuestionarios, y relatos personales en *Creciendo Libre* pueden proveer el susto necesario para que ellas reconozcan que, "Esto esta mal y tiene que terminar."

Combina la revelación psicologica e información practica, para ayudar a que el lector de *Creciendo Libre* pueda entender y parar-el ciclo vicioso del cortejo, la tension, la violencia, y la culpabilidad que caracteriza todos los niveles de la violencia doméstica. Este libro delinea una serie de pasos para que la mujer abusada llege ha asecurar su seguridad emocional y física.

Creciendo Libre ofrece recursos practicos y psicologicos incluyendo:

- listas de comportamientos abusivos desde la rediculización de los miembro de la familia hasta la violencia

física

- racionalizaciones del abuso comunmente utilizadas por la victima y el ofensor
- una explicación detalladas sobre la orden de protección y otros asuntos legales
- preparación y medidas de precaución detalladamente explicados que puedan hacer que el irse sea menos peligroso
- consejos sobre lo que se debe llevar cuando decida irse
- guías para establecer una relación segura en un futuro

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