

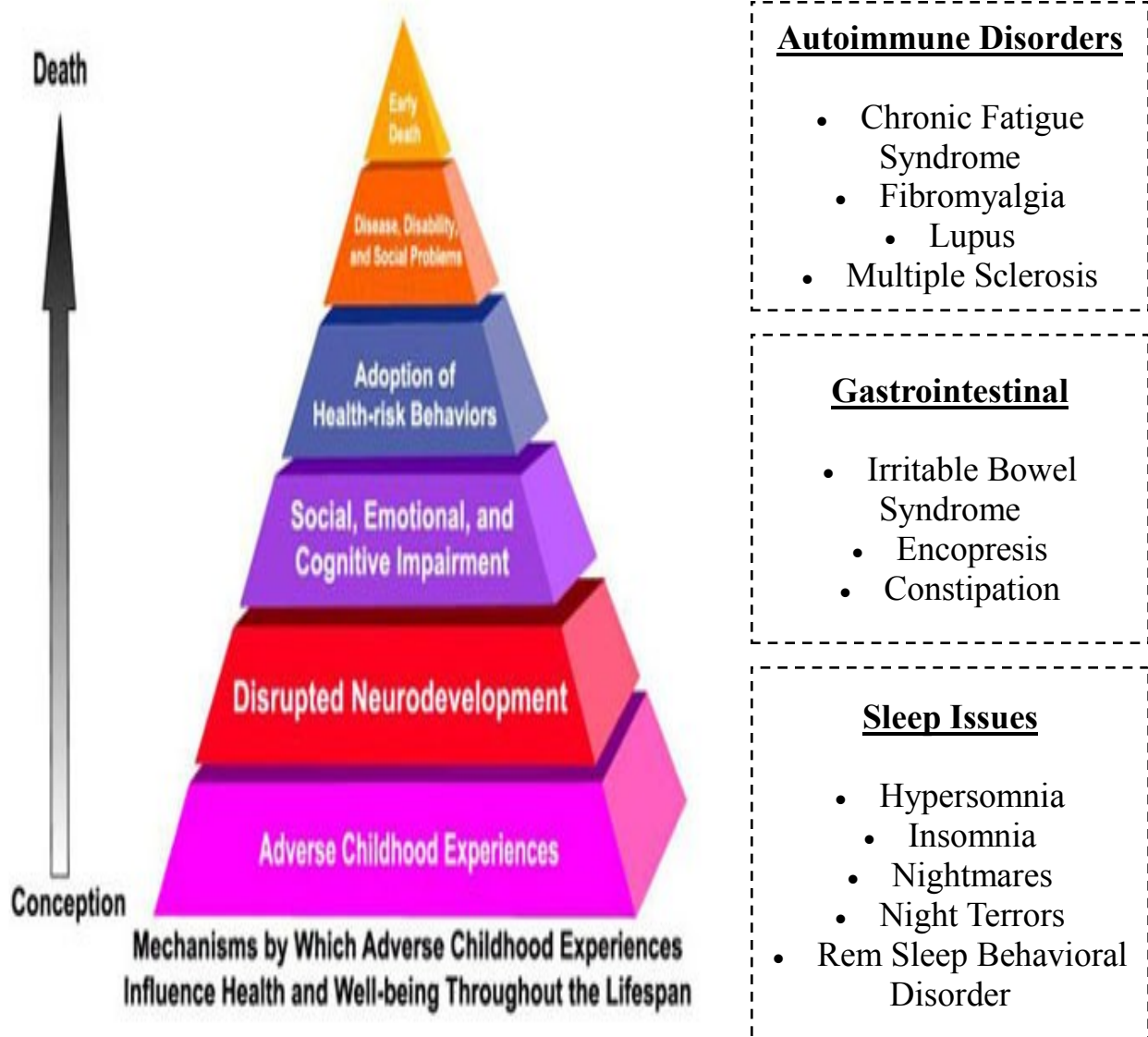
BREAKING THE SILENCE

...to stop the Cycle of pain

Bodywork on Survivors Supplement: Further Information and Resources

Adverse Childhood Experiences Study

“The pyramid below helps visualize the process by which harsh experiences such as abuse, neglect, and loss of birth parent(s) during childhood result in health problems in adulthood.”



Books on Physical Effects of Trauma

The Body Bears the Burden

Trauma, Dissociation, and Disease

Robert C. Scaer, MD

Waking the Tiger

Healing Trauma

Peter A. Levine

The Body Remembers

The Psychophysiology of Trauma and Trauma Treatment

Babette Rothschild

The Body Never Lies

The Lingering Effects of Cruel Parenting

Alice Miller

About Breaking the Silence

Mission Statement

Breaking the Silence is a non-profit organization dedicated to raising public awareness of child abuse realities and prevention techniques through survivor empowerment and community education.

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