



# Trauma, Stress, and Resilience Among Sexual Minority Women: Rising Like the Phoenix

*Kimberly Balsam*

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Prevent victimization of sexual minority women by raising your awareness level!

Trauma, Stress, and Resilience Among Sexual Minority Women: Rising Like the Phoenix is the first resource to examine trauma, violence, and stress as experienced by lesbian and bisexual women. You'll gain a better understanding of the stressors that these women experience, including the cultural/social trauma of living with homophobia and heterosexism as well as the individual traumas of verbal, physical, and sexual abuse. This book contains never-before-seen data that investigates the prevalence, impact, and meaning of traumatic experiences in the lives of sexual minority women.

In Trauma, Stress, and Resilience Among Sexual Minority Women, top researchers use direct quotes and case examples to illustrate and personalize the emotional strain these women endure. Furthermore, they address constructive individual and community responses that promote resilience and healing. The information and strategies contained in this book will help sexual minority women, as well as the practitioners who serve them, understand and heal from the impact of individual and cultural trauma.

This book will increase your knowledge of:

- developmental issues facing lesbian and bisexual youths
- the impact of sexual abuse history on the “coming out” process
- ethnic/racial differences in trauma among lesbian and bisexual women
- the prevalence and impact of traumatic experience among HIV+ lesbian and bisexual women
- the unique stressors facing African-American lesbians—and how they cope
- organized religion’s approaches to homosexuality and how this impacts lesbian and bisexual women

Trauma, Stress, and Resilience Among Sexual Minority Women also shows how data on same-sex domestic violence and hate crimes can be gathered and used as a tool for social and political advocacy, bringing about positive changes that can improve the lives of many lesbian and bisexual women. This book is insightful reading for mental health, health, and social service professionals working with lesbian and bisexual clients or patients, and activists and individuals who work for organizations that serve the gay/lesbian/bisexual/transgender communities.

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This Trauma, Stress, and Resilience Among Sexual Minority Women: Rising Like the Phoenix is new way for you who has fascination to look for some information mainly because it relief your hunger associated with. Getting deeper you in it getting knowledge more you know or perhaps you who still having little digest in reading this Trauma, Stress, and Resilience Among Sexual Minority Women: Rising Like the Phoenix can be the light food to suit your needs because the information inside this kind of book is easy to get simply by anyone. These books develop itself in the form that is reachable by anyone, yeah I mean in the e-book form. People who think that in book form make them feel tired even dizzy this reserve is the answer. So there is absolutely no in reading a guide especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss it! Just read this e-book variety for your better life and knowledge.

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