Resources

ESSENTIAL READINGS

Acker, S. E. (2013). *Unclenching our fists: Abusive men on the journey to non-violence*. Nashville, TN: Vanderbilt University Press.

This book shows how difficult it is for men who batter or emotionally abuse women to change their ways. But sometimes it is possible. The book provides in-depth interviews with culturally and economically diverse men who were once emotionally and/or physically violent with women and who overcame their violence through long, hard work in groups for battering men. After the interviews, Acker provides words of wisdom to women whose men say they are trying to overcome their battering.

Bancroft, L. (2002). *Why does he do that? Inside the minds of angry and controlling men*. New York: Putnam's Sons.

This book explains why angry and controlling men say and do the things they do. It describes their behaviors as a choice based on faulty thinking, rather than as impulsive outbursts.

Bancroft, L., & Patrissi, J. A. C. (2011). *Should I stay or should I go? A guide to knowing if your relationship can and should be saved*. New York: Berkley Books.

This book is designed to help women who are in relationships with abusive or destructive men reach a decision about the future of their relationships. It provides concrete advice and describes a program for reaching an informed decision. It helps readers separate the effects of their own actions and their partner's addictions, immaturity, mental illness, and abuse.

Stark, E. (2007). *Coercive control: How men entrap women in personal life*. New York: Oxford University Press.

This book describes and critiques the modern movement against intimate partner violence. It describes how many women who are battered by their partners are subject to treatment that resembles being held hostage more than it does assault by a stranger. The book advocates for changes in laws and attitudes regarding women victims of intimate partner violence, and tells the in-depth stories of three women who endured severe violence as well as near-constant control.

ORGANIZATIONS AND HELP LINES

In the United States

National Domestic Violence Hotline
www.thehotline.org

If you are in danger of domestic violence, call the National Domestic Violence Hotline, 1-800-799-SAFE (1-800-799-7233) or TTY 1-800-787-3224

National Sexual Violence Hotline
www.rainn.org/get-help/national-sexual-assualt-hotline

If you are in danger of sexual violence, call the National Sexual Violence Hotline, 1-800-656-HOPE (1-800-656-4673)

National Coalition Against Domestic Violence
www.ncadv.org

The NCADV is a coalition aimed at instituting legislative change to improve services and prevention for all communities victimized by domestic violence.

National Center on Domestic Violence, Trauma, and Mental Health
www.nationalcenterdvtraumamh.org

This organization aims to meet the mental health needs of survivors of domestic violence and their children across the lifespan. On their website they also have a list of United States domestic violence organizations, including those dedicated to helping victims from specific cultures.

National Indigenous Women's Resource Center
www.niwrc.org

The National Indigenous Women's Resource Center addresses domestic violence and safety for Indian women. The NIWRC seeks to enhance the capacity of American Indian and Alaska Native tribes, Native Hawaiians, and Tribal and Native Hawaiian organizations to respond to domestic violence.

National Network to End Domestic Violence
http://nnedv.org

NNEDV was founded by domestic violence survivors and works to make domestic violence a national priority, change the way communities respond to domestic violence, and strengthen efforts against intimate partner violence at every level of government.

Stalking Resource Center
www.victimsofcrime.org/our-programs/stalking-resource-center

This center provides resources, information, training, and support to the general public as well as professionals. It also provides links to local resources.

In Canada

Canada does not have a national center or organization; rather, each province has its own resources. For a list of resources by province, go to *www.casac.ca/content/anti-violence-centres*.

In England

If you are in danger of domestic violence, call 0808-2000-247.

Refuge
www.refuge.org.uk
Refuge provides shelter, advocacy, prevention, and culturally specific services to women and children affected by domestic violence.

Women's Aid
www.womensaid.org.uk
Women's Aid helps women and children throughout the United Kingdom and supports domestic and sexual violence services.

In Ireland

If you are in danger of domestic violence, call 1800-341-900.

Women's Aid Ireland
www.womensaid.ie

In Scotland

If you are in danger of domestic violence, call 0800-027-1234.

Scottish Women's Aid
www.scottishwomensaid.org.uk
The Scottish Women's Aid organization has resources pertaining directly to coercive control, in addition to intimate partner violence.

In Australia

If you are in danger of domestic violence, call 1-800-RESPECT (1-800-737-732).

National Sexual Assault, Family and Domestic Violence Counseling Line
www.1800respect.org.au

The website also has online counseling available 24 hours.

Women's Services Network
http://wesnet.org.au

WESNET is a national advocacy organization working on behalf of women and children who are experiencing or have experienced domestic or family violence.

In New Zealand

If you are in danger of domestic violence, call 0800-REFUGE or 0800-733-843.

Women's Refuge New Zealand
https://womensrefuge.org.nz

Women's Refuge is an organization for women and children dedicated to preventing and stopping family violence in New Zealand.

Speak Out Loud
http://speakoutloud.net

Speak Out Loud is a website dedicated to exploring coercive control. Its creator, Clare Murphy, PhD, is both a survivor of coercive control and a scholar of it. She offers blog posts on various aspects of coercive control relationships.

In India

For a list of domestic violence resources in India by region, go to *www.bellbajao.org/home/resources*.

References

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8. Dunn, J. (2002). *Courting disaster: Intimate stalking, culture, and criminal justice*. New Brunswick, NJ: Aldine Transaction.