

“Social Media In The COVID-19 Era”

Virtual CLAW, April 25, 2020

Coordinator: Dale G. Ross, msw

Private Therapist / Counselor / Educator / Writer

Suggested Readings & Resources:

When I Say No, I Feel Guilty, by Manuel J. Smith, Bantam Books, 1975.

Still one of the best books on basic assertive behavior, with easy to understand examples. It allows the individual to use his/her intellect to reach compromises versus emotional battles or arguing.

Codependent No More, by Melody Beattie, Hazelden Foundation, 1987.

Many people find this book opens their eyes about ways in which they devote/give too much of themselves (and their energies), leaving themselves feeling unhappy/unsatisfied in their own lives.

Healing The Shame That Binds You, by John Bradshaw, Health Communications, Inc., 1988.

The best book I have found to explain the ‘mechanics’ of dysfunctional families and the ‘roles’ individuals find themselves forced to play, including how to expose ‘family secrets’ and ‘facts’ set people free!

Out of the Shadows – Understanding Sexual Addiction, Patrick Carnes. 2001, Hazelden Publications.

From *THE* author on addictions. He has several excellent books.

The Hero Within (Six Archetypes We Live By) and Awakening The Heroes Within (Workbook), Carol S. Pearson. 1989 & 1991. San Francisco, Harper & Row, and Harper Collins. Uses story format to explain family roles/scripts.

Change Your Brain, Change Your Life, Daniel G. Amen, M.D. 1998. New York: Three Rivers Press. A New York Times Bestseller. Also a video series on PBS television.

The Courage To Heal Workbook – For Women And Men Survivors Of Child Sexual Abuse,

By Laura Davis, Harper & Row, 1990. For individuals with **any** major hurts, abuses or neglects in their lives. I found by simply substituting the issues for the titles’ child sexual abuse, it allows/assists the individual in learning how to ‘heal’ and ‘let go of the past’ so we become free to choose how we ‘want’ to live our lives. Very Powerful! I find the book can be done in any order, but it is important to write out the details! I suggest using a notebook for separate events

Allies In Healing – When The Person You Love Was Sexually Abused As A Child, by Laura Davis,

Harper Collins, 1991. A support book for partners. As in the above selection, I found you can simply substitute the subject of **any** major hurt, abuse or neglect. Brief explanations to situations of relationship conflict, followed by a page or two of the mechanics of how the past is unfairly influencing the present, along with simple suggestions on how to improve the situation. Also excellent for individuals to learn how their feelings evolved and how ‘healing’ works.

Websites:

Internet search: domestic violence; intimate partner violence; power and control wheel; narcissism; stalking; bullying
“Watts The Safe Word”, Excellent YouTube Leather educational series

The National Domestic Violence Hotline website: <http://www.thehotline.org> 1 - 800 - 799 - SAFE (7233)

Michigan Coalition to End Domestic & Sexual Violence [/www.mcedsv.org](http://www.mcedsv.org) (see ‘resources’ and then ‘fact sheets’)

The Missouri Coalition Against Domestic & Sexual Violence <http://www.selfrepresent.mo.gov/file.jsp?id=11251>

A New Power & Control Wheel website <http://speakoutloud.net/intimate-partner-abuse/new-power-and-control-wheel>

Dale G. Ross, msw Private Practice Counselor / Therapist

(since 1985) lmsw acsw, caadc, ncc

206 Americana Plaza, 28475 Greenfield Rd,

Southfield, MI 48076 Telephone: (248) 544-7041

E-mail: RealitiesUnlimited@Comcast.net

“Stopping The Madness” online book of 30 years of Dale’s writings (on Amazon.com, \$6.)

Kink Aware Professionals listing of the **National Coalition For Sexual Freedom** www.ncsfreedom.org

Dale was the invited guest on the YouTube video **“The Ascension Show - Mental Health and the BDSM Lifestyle”** (Oct, 2017)

Facebook: Dale has both a personal page and a professional page - **“Stopping The Madness”**