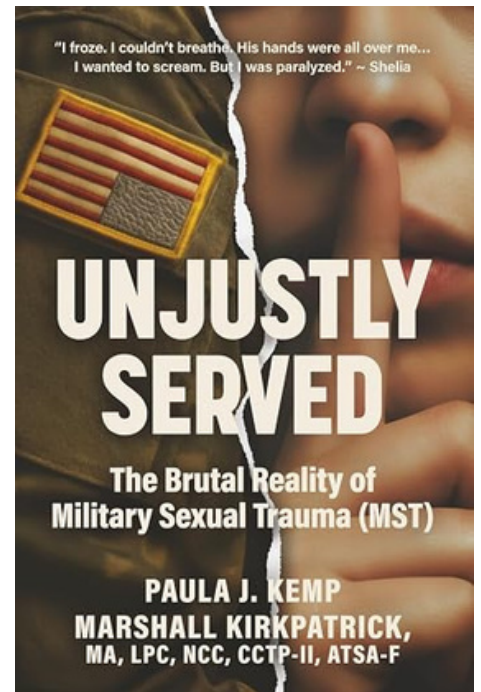
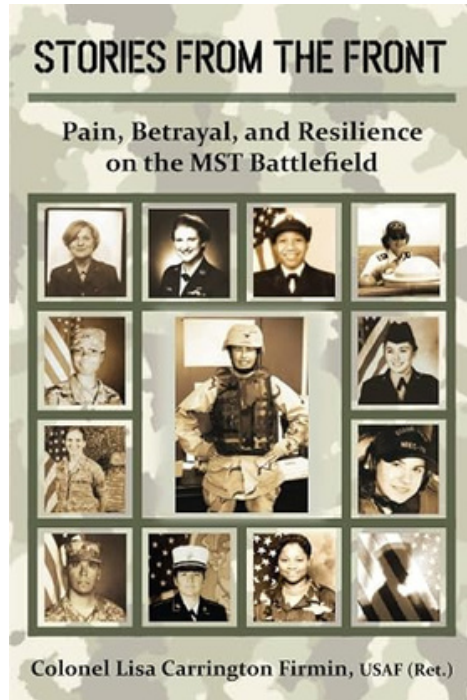


Sexual Health Digest

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Military Sexual Trauma Resources

Unbreakable

Unbreakable: Surviving Military Sexual Trauma while Living with PTSD by Marcia Elizabeth

This book chronicles the transformation of a young girl who leaves home for the first time and emerges as a stronger, wiser, woman. Through struggles with abandonment, journeys, trust, anger, addiction, and emotional hardship, she finds a path to healing and recovery offering hope and inspiration to those on their own.

Stories From the Front

Stories from the Front: Pain, Betrayal, and Resilience on the MST Battlefield by Colonel Lisa Carrington Firmin, USAF

The book brings together diverse voices to document experiences of sexual harassment, assault, and related abuse within the military, highlighting both the trauma endured and the resilience and empowerment that followed. Many contributors share their stories publicly for the first time, offering an unflinching account of MST across generations and service contexts.

Unjustly Served

Unjustly Served: The Brutal Reality of Military Sexual Trauma by Paula J. Kemp, Marshall Kirkpatrick

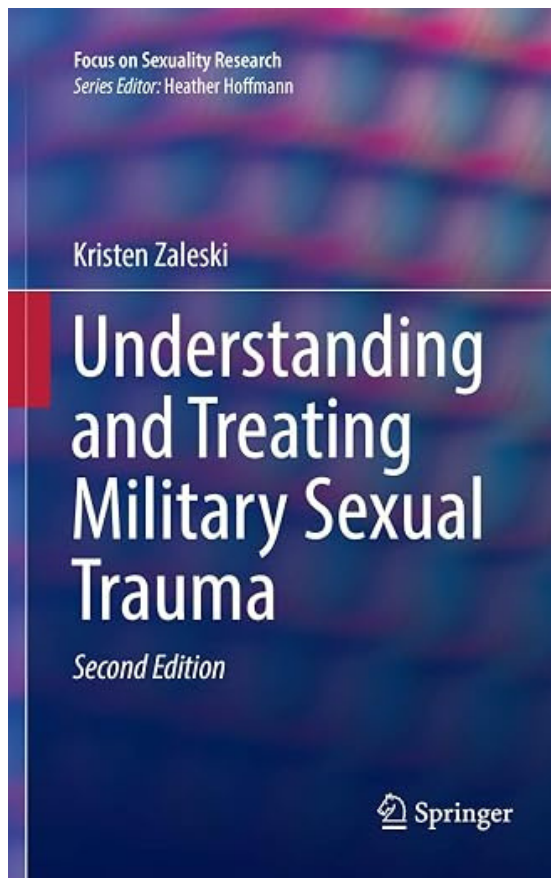
The collection highlights systemic failures that often silenced or discredited survivors, leading to lasting personal and professional harm. Alongside these accounts of trauma, the book emphasizes resilience and calls for accountability, recognition, and meaningful change within military systems.

Featured Books on “Military Sexual Trauma”

Understanding and Treating Military Sexual Trauma

Understanding and Treating Military Sexual Trauma (Focus on Sexuality Research) by
Kristen Zaleski

Reading & Research; Audience-Provider, Supervisor, Supervisee

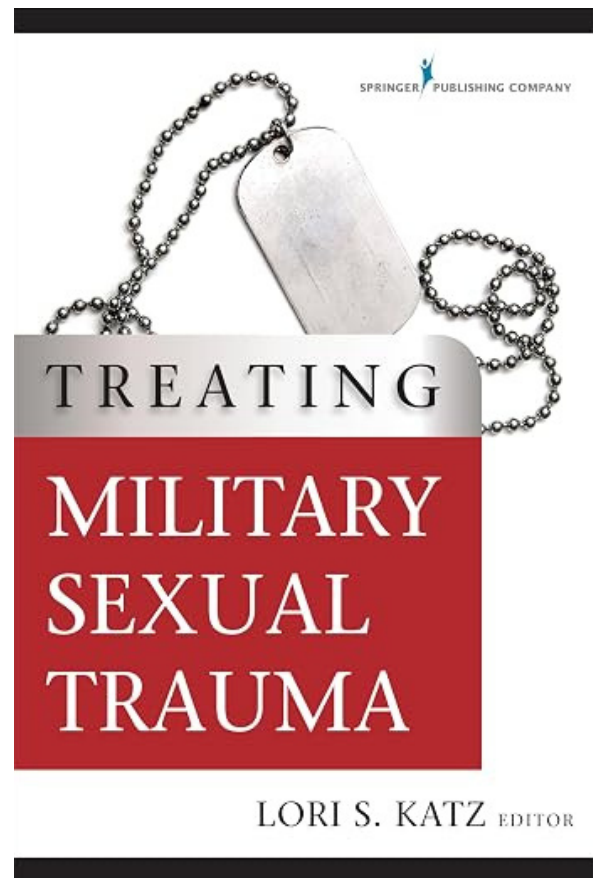


This book examines the widespread problem of sexual assault in the military, exploring how military culture can foster sexual violence, victim-blaming, and barriers to justice. Using an attachment and trauma-informed perspective, it analyzes the lasting impact on survivors and critiques conventional treatment approaches, advocating for individualized therapies that address the physical, psychological, and neurological effects of trauma.

Treating Military Sexual Trauma

Treating Military Sexual Trauma by **Lori S. Katz**

Reading & Research; Audience-Provider, Supervisor, Supervisee



Easy to read and filled with insightful clinical vignettes, this book offers essential guidance for clinicians serving veteran populations. This book serves as a comprehensive clinical resource on Military Sexual Trauma (MST), bringing together leading experts to explore its nature and impact. It outlines both established and emerging evidence-based treatments and explains how MST differs from other forms of trauma, highlighting the need for specialized approaches to care.
