

**Psychosocial facets of resilience: implications for preventing posttrauma psychopathology, treating trauma survivors, and enhancing community resilience**  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4185137/>

**Emotional Expression and Physical Health: Revising Traumatic Memories or Fostering Self-Regulation?**  
[Greenberg, Melanie A., Camille B. Wortman, and Arthur A. Stone 1996.pdf](#)

**Heal2End - CSA Survivor Talks about Rape Fantasies**  
<https://heal2end.org/qa26/>

**The Real-Life Benefits of Reading Fiction**  
<https://www.google.com/amp/s/www.psychologytoday.com/us/blog/your-future-self/201806/the-real-life-benefits-reading-fiction%3famp?espv=1>

**The Surprising Power of Reading Fiction: 9 Ways it Make Us Happier and More Creative**  
<https://www.google.com/amp/s/buffer.com/resources/reading-fiction/amp/?espv=1>

**Therapist Talks About Using Fiction to Cope**  
<https://twitter.com/KingzCustard/status/1461747934287048714?s=20&t=JtimufEQHw-9JCJtMIDlZg>

**Another Therapist Talks about Using Fiction to Cope**  
[https://twitter.com/Lemon\\_Zester/status/1501553061289861124?s=20&t=JtimufEQHw-9JCJtMIDlZg](https://twitter.com/Lemon_Zester/status/1501553061289861124?s=20&t=JtimufEQHw-9JCJtMIDlZg)

**Thread of sources relating to using taboo artistic expression as a safe avenue for coping with traumatic experiences**  
<https://mobile.twitter.com/notherroommate/status/1469256948365205504>