

Book Resources

Wounded by Faith: Understanding and Healing from Spiritual Abuse.

Edited by Rev. Dr. Neil Damgaard

A new collection of essays edited by the Reverend Dr. Neil Damgaard. It has two audiences in mind: recovering victims and the religious community at large. While it was written as an aid to help victims who are grappling with their faith, the book also seeks to clarify the meaning of spiritual abuse and instruct religious communities on how to effectively welcome victims of spiritual abuse.

When Hearts Become Flame: An Eastern Approach to the Dia-Logos of Pastoral Counseling

Author: Stephen Muse

This book is about the spirituality of personal encounter in and through Christ. Pastoral dialogue involves an integrated mindful personal presence and interested unknowing that engages the other with the same vulnerability and alertness that one brings to God in prayer. Inner discernment and ascetical struggle along with existential engagement with and for others in working for a just and humane world are equally important in response to God's love given for all.

Truth and Repair: How Trauma Survivors Envision Justice

Author: Judith Lewis Herman, MD.

The conventional retributive process fails to serve most survivors; it was never designed for them. Renowned trauma expert Judith L. Herman argues that the first step toward a better form of justice is simply to ask survivors what would make things as right as possible for them. In *Truth and Repair*, she commits the radical act of listening to survivors. Recounting their stories, she offers an alternative vision of justice as healing for survivors and their communities. Deeply researched and compassionately told, *Truth and Repair* envisions a new path to justice for all.

The Heart of Domestic Abuse: Gospel Solutions for Men Who Use Control and Violence in the Home.

Author: Chris Moles

Domestic abuse and violence are on the rise in our culture today, and just as prevalent in the church. With an estimated one-fourth of women in the church living with abuse and violence, pastors and biblical counselors need to have the resources to offer hope and help. It is time for godly men in the church to call abusive men to repentance and accountability. Here is a valuable resource for every church leader and Christian man.

The Cry of Tamar: Violence against Women and the Church's Response.

Author: Pamela Cooper-White

In this comprehensive, practical, and gripping assessment of various forms of violence against women, Pamela Cooper-White challenges the Christian churches to examine their own responses to the cry of Tamar in our time. She describes specific forms of such violence and outlines appropriate pastoral responses.

Violence Among Us: Ministry to Families in Crisis

Author: Brenda Branson

This book offers practical help in identifying abusive situations. It has strategic counseling tips, case studies and models of effective ministry to both the victim and the perpetrator. There are resource lists which include domestic violence hotlines and shelters, faith-based organizations, abuser treatment programs, and information on legal and safety issues.

The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing

Author: Beverly Engel

Whether you suspect you are being emotionally abused, fear that you might be emotionally abusing your partner, or think that both you and your partner are emotionally abusing each other, this book is for you. *The Emotionally Abusive Relationship* will tell you how to identify emotional abuse and how to find the roots of your behavior. Combining dramatic personal stories with action steps to heal, Engel provides prescriptive strategies that will allow you and your partner to work together to stop bringing out the worst in each other and stop the abuse.

The Diabolical Trinity: Healing Religious Trauma from a Wrathful God, Tormenting Hell, and a Sinful Self

Author: Mark Gregory Karria

The Diabolical Trinity gives voice to those affected by these beliefs but also offers a psychological, sociological, and philosophical examination of Hell itself. Most importantly, *The Diabolical Trinity* delves into the latest research in psychology, neuroscience, and psychotherapy.

to offer wise principles and healing practices for those seeking to move beyond the damaging effects of such toxic beliefs. Whether you have been personally affected by the doctrine of Hell, or are a therapist, coach, or spiritual director working with those who have, "The Diabolical Trinity" is must-read, providing essential tools for education, recovery, and growth.

Emotional Abuse: Silent Killer of Marriage - A 30-Year Abuser Speaks Out

Author: Austin James

Go on a revealing, first hand journey with a man, husband, and father who spent 33-years locked in the prison of emotional abuse, as it destroyed his 24-year marriage and crippled the woman and children he loves. Experience the awakening that hurled him through a nightmarish journey to the most inner core of his soul.

Called to Peace: A Survivor's Guide to Finding Peace and Healing After Domestic Abuse

Author: Joy Forrest

What do you do when you don't believe in divorce, but find yourself in a toxic, or even dangerous, marriage? This is an agonizing struggle for many women; it certainly was for Joy Forrest, founder of Called to Peace Ministries. Even then, she found herself overwhelmed by guilt and shame. As a devout Believer, Joy immersed herself in prayer and Bible study and, over time, began to see God's heart for the oppressed and realized the erroneous beliefs that had kept her in bondage. Joy's story and insight will help you to recognize the signs of an abusive relationship, as well as provide you spiritual truths to combat guilt and promote healing after abuse. Whether you are in an abusive relationship yourself, or desire to help someone else who is suffering from domestic abuse, this book offers hope, inspiration, and biblical guidance.

Something's Not Right: Decoding the Hidden Tactics of Abuse--and Freeing Yourself from Its Power

Author: Wade Mullen

Maybe you don't know for sure: all you know is something feels off when you think about a certain relationship or interaction with an institution or organization. You feel alone and confused—but calling it "abuse" feels extreme and unsettling, a label for what happens to other people but not you. Yet you can't shake the feeling: something's not right.

From Pride to Humility: A Biblical Perspective

Author: Dr. Stuart Scott

Sometimes seeing ourselves in a compare and contrast manner helps us realize the need for change. This small (28 pages) and easy to read Biblically based book about pride and humility contains a self-evaluation checklist for each topic.

Boundaries Updated and Expanded Edition: When to Say Yes, How to Say No To Take Control of Your Life

Author: Dr. Henry Cloud

This mega-selling book has hundreds of applications to relationships, including those that have been violent. Understanding where I end and you begin is critical to accepting what I can control about you, and what I need to adjust inside of me.

Being There

Author: Dave Furman

Writing from the unique perspective of one who needs care on a daily basis, Dave Furman offers support, wisdom, and encouragement to those who are called to serve others who are hurting.

Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation.

Author: Dan B. Allender

First published in 1989, Dan Allender's *The Wounded Heart* has helped hundreds of thousands of people come to terms with sexual abuse in their past. Now, more than twenty-five years later, Allender has written a brand-new book on the subject that takes into account recent discoveries about the lasting physical, emotional, relational, and spiritual ramifications of sexual abuse.

The Soul of Shame: Retelling the Stories We Believe About Ourselves

Author: Curt Thompson

Psychiatrist Curt Thompson unpacks the soul of shame, revealing its ubiquitous nature and neurobiological roots. He also provides the theological and practical tools necessary to dismantle shame, based on years of researching its damaging effects and counseling people to overcome those wounds.

Other Resources:

Article: Eastern Orthodox Christianity and Men's Violence Against Women

Author: Elizabeth A. Gassin Ph.D.

While sharing some characteristics with Roman Catholicism and Protestantism, Eastern Orthodox Christianity also has theological convictions and a cultural history that differ from Christian traditions in the West. This chapter introduces mental health professionals and clergy to the structure and beliefs of this religious tradition. In addition, the author discusses a sampling of theological and cultural factors that contribute to men's violence against women, and movements and ideas within the faith system that can be used to educate Eastern Christian communities about abuse, assist survivors in healing from violence, and help perpetrators to develop healthier relationship skills.

DOMESTIC VIOLENCE: IDENTIFYING AND RESPONDING TO DOMESTIC VIOLENCE IN THE GREEK ORTHODOX COMMUNITY

GREEK ORTHODOX ARCHDIOCESE OF AMERICA GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, Inc. 126 East 37th Street • New York, NY 10016 Main Telephone Number: 212.977.7770 • Fax: 212.977.7784 Confidential Social Work Direct Line: 212.

POLICIES, STANDARDS, AND PROCEDURES OF THE ORTHODOX CHURCH IN AMERICA ON SEXUAL MISCONDUCT.

Approved by the Holy Synod of Bishops at the March 2014 Holy Synod Meeting.

<https://www.oca.org/files/PDF/sexual-misconduct/2014-04-PSP-Sexual-Misconduct.pdf>