

Wounded Heart Hope For Adult Victims Of Sexual Abuse

Repressed Memories - Renee Fredrickson 1992-07

Buried memories of sexual abuse can have a devastating impact on a victim's relationships, work, and health. Using case histories, Renee Fredrickson stresses the importance of recovering these memories as a crucial step in healing, and she explains various therapeutic processes used in memory retrieval.

Caught in the Acts of Grace Bible Study Leaders Guide for Women - Darla Weaver 2011-01-14

In modern society, 1 in 3 women have been sexually abused in some form. Currently the news relays stories of women and girls being trafficked as sex slaves. The problems in our world are growing. Christians must face their own demons in order to respond to the needs of others, instead of turning a blind eye or over-reacting to those problems. This bible study is designed to help women who have been sexually abused to overcome the residuals of that abuse in a safe and down-to-earth manner, using the Bible and psychology in a complementary way. The end result sought for is a restored woman with a desire to minister to others. We have been first-hand witnesses of beautifully changed lives, healed marriages and restored families as a result of this study.

Allies in Healing - Laura Davis 2012-11-13

"But what about me?" "Is it possible to go one day without dealing with the survivor's issues?" "Will we ever make love again?" "Will the survivor love me in the end?" "How do I know if I should throw in the towel?" Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners—girlfriends, boyfriends, spouses, and lovers—trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity. Addressing partners' most important questions, *Allies in Healing* covers: The Basics—answers common questions about sexual abuse. *Allies in Healing*—introduces key concepts of working and growing together. *My Needs and Feelings*—teaches partners to recognize, value, and express their own needs. *Dealing with Crisis*—includes strategies for handling suicidal feelings, regression, and hopelessness. *Intimacy and Communication*—offers practical advice on dealing with distancing, control, trust, and fighting. *Sex*—provides guidelines for coping with flashbacks, lack of desire, differences in sexual needs, and frustration. *Family Issues*—suggests a range of ideas for interacting with the survivor's family. *Partners' Stories*—explores the struggles, triumphs, and courage of eight partners.

Healing the Wounded Heart - Dan B. Allender 2016-02-23

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. With great compassion Allender offers hope for victims of rape, date rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, exposing the raw wounds that are left behind and clearing the path toward wholeness and healing. Never minimizing victims' pain or offering pat spiritual answers that don't truly address the problem, he instead calls evil evil and lights the way to renewed joy. Counselors, pastors, and friends of those who have suffered sexual harm will find in this book the deep spiritual guidance they need to effectively minister to the sexually broken around them. Victims themselves will find here a sympathetic friend to walk alongside them on the road to healing.

Helping Victims of Sexual Abuse - Lynn Heitritter 2006-06

An updated resource for victims of sexual abuse provides a valuable perspective on how abuse affects children and the family dynamics that play into its development, offering practical tools that can lead adult victims into full recovery in Christ. Reprint.

Not Quite Healed - Cecil Murphey 2013

How are sexual abuse survivors to overcome the challenges they are sure to face? Finding strength in community with other survivors is one key to recovery. In *Not Quite Healed*, two survivors join forces to share insight and encouragement on the issues that challenge them most. After a candid discussion about each issue, the authors provide a self-affirming statement that men can study, memorize, and recite on their darkest days.

Journey to Heal - Sutherland, Crystal 2016-04-27

A path of hope and healing for survivors of childhood sexual abuse A woman who was sexually abused as a child is confronted with many internal questions: Am I worthless? Will I get past the pain? Do I matter to God? These and similar questions can carve a deep hole in an already wounded soul. Too often, the lies of worthlessness are believed, the pain becomes too much to handle, and survivors find themselves making choices that lead to more heartbreak. With over 42 million survivors (both male and female) in the United States alone, the need for a clear path to healing is great. Crystal Sutherland—herself a survivor of CSA—knows that while the recovery process is complex, healing is possible with God's help. For women who want to progress from simply coping to living abundantly, *Journey to Heal* guides readers through seven essential steps to recovery found in Scripture. Candid and open about her personal journey of healing, Crystal comes alongside her reader as a friend who understands. Infused with biblical truths, stories of hope from other survivors, and practical wisdom, this book leads women to discover the life of wholeness God has for them.

Hush - Nicole Braddock Bromley 2008-09-01

Childhood sexual abuse is running rampant, yet it's the best-kept secret in our nation today. Its victims grow into adulthood with their little child's heart trapped in the pain and torment of their past. Nicole Braddock Bromley shares her own story and the steps to moving from silence to healing. *Hush* exposes the harsh realities of childhood abuse, explains the pain it causes, examines the false beliefs it creates, and empowers survivors to begin a personal journey toward healing by breaking the silence. With words of understanding and comfort, Nicole tells the real-life stories of those whose voices would otherwise never be heard. She is straightforward enough to pierce the hearts of those in a survivor's circle of influence, yet careful to tread lightly on what could be tender words.

The Wounded Heart - Dan B. Allender 1992-04

The only workbook available on sexual abuse written from a biblical perspective, *The Wounded Heart Workbook* helps readers think and feel through the complex issues discussed in Dr. Allender's previous work, *The Wounded Heart*. Includes special sections for men and for victims of multiple abuse as well as ideas for group discussions.

The Wounded Heart - Dan Allender 2014-02-27

For those who have experienced childhood sexual abuse and those who love and care for them, *The Wounded Heart* offers a tender, compassionate window into the psychological effects of abuse and the theological foundations for healing. Thirty years ago, with great courage and vision, Dan Allender brought Christians to the table to acknowledge, understand, and help victims heal from their experience of the evil of sexual abuse. His work continues to help victims and those who love them to honestly acknowledge their abuse, understand the unique challenge of repentance for victims of abuse, and learn to love boldly in defiance of their trauma. Ultimately Dan offers the bold assurance to sexual abuse victims that even they can find their way to joy and hope in the comforting embrace of a good God. *The Wounded Heart* has sold over 400,000 copies and has been the first book family, friends, counselors, pastors, and victims have turned to in search of Christian answers to the calamity of sexual abuse. With a new introduction reflecting on the ongoing importance of the book, and a companion workbook for personal and group recovery, *The Wounded Heart* continues to offer an urgently needed word of grace in a world ravaged by sexual abuse.

Breathe - Nicole Braddock Bromley 2009-05-01

A least one out of every three women and one out of every six men have experienced some form of sexual abuse. Regardless of the circumstances of the violation, every survivor can attest that it will impact relationships with parents, friends, spouses, children, and God. Sexual abuse survivors are often left feeling isolated and without anyone to trust. But it does not have to be this way. Nicole Braddock Bromley understands the fears and anxieties victims face as they seek to build healthy relationships after sexual abuse. As a survivor herself, Nicole offers readers the power and hope necessary to share their story, build intimacy, and develop healthy communication in all their relationships. *Breathe* also serves as a helpful tool for those in relationship with an abuse survivor by providing guidance, confidence, and encouragement as they seek to help and support.

The Wounded Heart Companion Workbook - Dan Allender 2014-02-27

Find help and hope for your journey toward healing. Thousands of men and women have experienced life-reviving healing from Dr. Dan Allender's *The Wounded Heart*. This companion workbook will help you work through the complex issues of sexual abuse in a concrete way. Designed to be used on your own or in a group, the workbook will lead you step by step through the process of change: facing the truth about past and present experiences and feelings; wrestling with God, other people, and yourself; and understanding the goals and fears that have determined how you relate to others. It also includes specific sections for men, ideas for discussion-group facilitators, and reflective quotations from other victims of sexual abuse.

When a Woman You Love Was Abused - Dawn Scott Jones 2012-08-01

The U.S. Department of Health and Human Services reports that 80 percent of childhood abuse victims later suffer from at least one abuse-induced psychological disorder. It's proven that the effects of childhood abuse follow women into adulthood. Yet few men are prepared to deal with those effects, even when their own wife is the one who is suffering. And their wife's suffering becomes their own suffering as their needs aren't being met by a wife who is powerless to control her inner turmoil. Author, pastor, and survivor Dawn Scott Jones candidly shares her own abuse experience to help husbands understand the varied emotions, fears, distorted thoughts, and triggers that hold their wives captive. In practical and accessible language, Jones explains the stages of the healing journey (processing denial, asking for help, grieving, expressing anger, learning to forgive, and finding resolution). Building on that knowledge, Jones then moves to an honest discussion of what husbands can do to help. Whether it's creating a healing environment, understanding the need for control, building trust, or even just praying for healing, a husband plays an active role in helping his wife survive and thrive despite her past abuse. Offering hope for a healthy marriage relationship, *When a Woman You Love Was Abused* answers the questions men have and offers the advice they need to help their wives finally find peace.

When a Man You Love Was Abused - Cecil Murphey 2010

For all women who know and love a survivor of sexual assault, best-selling author Cecil Murphey has penned an honest and forthright book about helping the man in your life survive--and thrive--despite past abuses.

Rid of My Disgrace - Justin S. Holcomb 2011-01-05

The statistics are jarring. One in four women and one in six men have been sexually assaulted. But as sobering as these statistics are, they can't begin to speak to the darkness and grief experienced by the victims. The church needs compassionate and wise resources to care for those living in the wake of this evil. Other books attempt to address the journey from shame to healing for victims of sexual abuse, but few

are from a Christian perspective and written for both child and adult victims. In *Rid of My Disgrace*, a couple experienced in counseling and care for victims of sexual assault present the gospel in its power to heal the broken and restore the disgraced. Justin and Lindsey Holcomb present a clear definition of sexual assault and outline a biblical approach for moving from destruction to redemption. *Rid of My Disgrace* applies a theology of redemption to the grief, shame, and sense of defilement victims experience. This book is primarily written for them, but can also equip pastors, ministry staff, and others to respond compassionately to those who have been assaulted. Part of the Re:Lit series.

Beyond Our Control - Leila Rae Sommerfeld 2009-03-01

Counselor Leila Rae Sommerfeld shares her own story and a message of hope in this detailed guide to recovery after sexual assault.

The Emotionally Destructive Relationship - Leslie Vernick 2007-08-15

Leslie Vernick, counselor and social worker, has witnessed the devastating effects of emotional abuse. Many, including many in the church, have not addressed this form of destruction in families and relationships because it is difficult to talk about. With godly guidance and practical experience, Vernick offers an empathetic approach to recognizing an emotionally destructive relationship and addresses the symptoms and the damage with biblical tools. Readers will understand how to: Reveal behaviors that are meant to control, punish, and hurt Confront and speak truth when the timing is right Determine when to keep trying, when to get out Get safe and stay safe Build an identity in Christ This practical and thorough resource will help countless individuals, families, and churches view abuse from God's perspective and understand how vital it is for victims to embrace His freedom from the physical, emotional, spiritual, and generational effects of emotionally destructive relationships.

Redeeming Heartache - Dan B. Allender, PLLC 2021-09-14

Find freedom and healing from painful memories and relational struggles and learn how your past has uniquely prepared you to experience more joy. Tragedy and pain inevitably touch our lives in some way. We long to feel whole, but more often than not, the way we've learned to deal with our wounds pushes us away from the very restoration we need most. Renowned psychologist Dr. Dan Allender and counselor and teacher Cathy Loerzel present a life-changing process of true connection and healing with ourselves, God, and others. With a clear, biblically trustworthy method, Allender and Loerzel walk you through a journey of profound inner transformation--from the shame and hurt of old emotional wounds to true freedom and healing. Drawn from modern research and their pioneering work at The Allender Center, they will help you identify your core trauma in one of the three outcast archetypes--the widow, orphan, or stranger--and chart your path of growth into the God-given roles of priest, prophet, or leader. This book will help you learn: What to do about feeling out-of-place and directionless How your coping mechanisms create a false sense of health How to embrace your divine calling and find lasting reconciliation How your heart wounds are your unique invitation to true strength and purpose. Your past pain does not dictate your life. Answer the call to healing and discover your life's beautiful story and a future of hope and freedom.

Abused Boys - Mic Hunter 1991-06-25

A long overdue book by a psychologist who has extensive clinical experience treating male victims of child sexual abuse, it explodes the myth that sexual abuse of male children is rare, or that the consequences are less serious than for girls. Hunter examines the physical and emotional impact of abuse on its victims and the factors affecting recovery. With personal case histories of victims and their families, this is a powerfully written and meticulously researched book that is a landmark in the field of child sexual abuse literature.

WOUNDED HEART - 2017

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