Resource List: Information on Abuse

The resources listed below align with Focus on the Family’s philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at focusonthefamily.com.

Included
Books  Broadcasts  Websites, Q&As, and Resource Lists  Referrals

Books

**Castaway Kid** by Rob Mitchell (2007) • 9781589974340 •
As an orphan, Mitchell grew up alongside kids who were “co-survivors” rather than friends. Becoming a Christian as a teenager, he found what he was looking for: home and family in a relationship with God.

**Changes That Heal** by Dr. Henry Cloud (1993) • 9780310214632 •
Discover four important steps to break free from a difficult past, learn to experience true healing, and find renewed strength to move forward in life.

**Complete Guide to Baby & Child Care: From Pre-Birth Through the Teen Years** by Focus on the Family (2007) • 9781414313054 •
Learn how to meet children’s specific needs and create an environment where they can thrive. In addition to basic information on child-rearing, chapters also address neglect and physical, sexual, and emotional abuse.

**The Controlling Husband: What Every Woman Needs to Know** by Dr. Ron Welch (2014) • 9780800722302 •
For situations where both spouses are willing to address the issue of a husband’s control, Welch offers insights and tools to help them find healing for a hopeful future.

**The Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It** by Leslie Vernick (2007) • 9780736918978 •
Vernick addresses the devastating effects of emotional and verbal abuse—and she offers biblically based hope for recognizing abuse, stopping it, and surviving its impact through God’s love.

**Finding Home: An Imperfect Path to Faith and Family** by Jim Daly (2011) • 9781434768940 •
Finding Home paints a powerful picture of God’s relentless love and how the Lord can redeem the broken lives of children who’ve suffered abandonment, abuse, and alcoholism. Daly recounts the tale of his harrowing childhood—and of a God that allowed him enough glimpses of grace to know he wanted more from life.

**Healing the Scars of Emotional Abuse** by Gregory L. Jantz, Ph.D. (2009) • 9780800733230 •
Whether caused by words, actions, or indifference, emotional abuse can be very damaging. For those who’ve been abused, Jantz shares strategies and insights from Scripture to overcome the past and rebuild a positive self-image.

**Love Must Be Tough: New Hope for Marriages in Crisis** by Dr. James Dobson (2007) • 9781414317458 •
This book addresses disrespect in marital relationships, and it offers hope for troubled or abusive marriages, victims of infidelity, and others on the brink of divorce.
Mending the Soul: Understanding and Healing Abuse by Steven Tracy (2008) • 9780310285298 •
In this well-researched, biblically based resource, Tracy surveys the nature and effects of physical, verbal, sexual, and spiritual abuse—as well as strategies for prevention and recovery.

Mending the Soul, Student Edition by Steven Tracy and Celestia Tracy (2011) • 9780310671435 •
Abused or abandoned teens often feel alone and condemned to a life of risky behavior and unhealthy relationships. The Tracys share how to recognize harmful people and patterns in order to live in hope and wholeness.

No More Bullies: For Those Who Wound or Are Wounded by Frank Peretti (2003) • 9780849943362 •
Peretti describes the emotional pain and physical abuse he endured at the hands of his classmates—and he offers encouragement to those who have been hurt. He also counsels those who have wounded others, and he advises parents and teachers about preventing bullying.

Rich in Love: When God Rescues Messy People by Irene Garcia (2014) • 9781434706881 •
Married for forty-five years and counting, the Garcias vulnerably share their story of teen pregnancy and marriage, alcoholism and abuse—and how forgiveness and healing in Christ led them to a new season that has included either birthing, fostering, or adopting thirty-two children.

Shame Lifter: Replacing Your Fears and Tears With Forgiveness, Truth, and Hope by Marilyn Hontz (2009) • 9781414318967 •
Do you struggle to overcome memories of verbal, emotional, or physical abuse? If so, you may suffer from unhealthy shame—which can produce bitterness and negativity. Hontz tells her deeply personal story of releasing her own shame and embarking on a life of truth, forgiveness, and freedom.

The Subtle Power of Spiritual Abuse by David Johnson and Jeff VanVonderen (2005) • 9780764201370 •
Even churches, which should be safe havens, are susceptible to manipulating and abusing congregants. Learn to recognize healthy and unhealthy leadership dynamics, and find help to leave abusive circumstances.

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Wounded by Words: Healing the Invisible Scars of Emotional Abuse by Susan Osborn, Karen Kosman, and Jeenie Gordon (2008) • 9781596690493 •
Caustic words can leave lasting emotional scars—but there is hope. Drawing on scriptural examples and personal experiences, the authors offer insight about how to combat this invisible destroyer and work toward healing and wholeness in Christ.

Allowing God to Heal My Messy Marriage — I, II (Domingo and Irene Garcia) • 9781624719738 •
The Garcias married in their teens with a baby already on the way. For the next 10 years, Domingo’s drinking and abuse embittered Irene to the point of seeking a divorce. But when they each encountered God’s forgiveness and embraced a fresh start, they discovered hope that their marriage might actually work. Now married for 47 years (in 2015), the Garcias share how they changed destructive patterns and embraced God’s plan for their marriage.

Finding Freedom From Destructive Relationships — I, II (Leslie Vernick) • 9781624711893 •
Vernick shares about her own difficult relationship with her mother and offers insights from her book The Emotionally Destructive Relationship to help others recognize and deal with abusive relationships.

Finding Hope in the Midst of Domestic Violence — I, II (Doris Rivera-Black) • 9781624719660 •
Rivera-Black shares her testimony of a five-year-long marriage of irrational jealousy, controlling behavior, verbal abuse, psychological manipulation, and sexual assault. Due to guilt over a failed first marriage, she felt compelled to forgive her abuser and try to save her marriage. But when her daughter shared that she feared for her mother’s safety, Rivera-Black took action to separate. Her husband kidnapped her at gunpoint, planning to kill her. She escaped, gave her life to Christ, learned to forgive her abuser, and now offers help and hope to other victims of domestic violence.

Forgiving My Father — I, II (David Meece) • 9781624712357 •
Meece tells the moving story of his painful past, and his struggles to forgive his father and find God’s healing.
Healing Childhood Traumas – I, II (Stephanie Fast) • 9781624718632
Fast describes the horrors of her life as a mixed-blood orphan in Korea after the Korean War—and of her rescue by a World Vision worker who placed her in their orphanage. She relates her adoption by missionaries, her salvation at age 15, and her emotional and spiritual healing process, including her struggle with anger and hatred, both toward herself and toward Korean people. Fast encourages us not to rush God’s timing and purpose during the healing process.

My Journey to Faith and Family – I, II (Jim Daly) • 9781624716850
Daly recounts his troubled childhood—sharing how those turbulent years helped shape the man he is today and prepared him to reach out to families around the world as president of Focus on the Family.

Reclaiming Hope and Safety in a Destructive Marriage – I, II (Leslie Vernick) • 9781624715273
Sharing from her own life experience and years of counseling, Vernick explains how to identify various types of abusive relationships that women, in particular, may experience—and how to find safety and healing.

Transformed: Overcoming My Dark Past – I, II (Marilyn Williams) • 9781624717857
Williams suffered sexual abuse at the hands of family from an early age. She confided in a high school counselor, which led to the prosecution of her father—but he was returned to the home. Her college dreams died, and she became socially phobic, eventually displaying multiple personality disorder. But she married a good man, and God restored her peace.

Unveiling the Heart of an Abandoned Child – I, II (Rob Mitchell) • 9781624718137
When Mitchell was 3, his mother abandoned him at an orphanage. He spent the next 14 years enduring heartache, shame, loneliness, and constant physical abuse. But his desperation eventually turned to hope when he surrendered his life to Jesus.

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Focus on the Family
Websites, Q&As, and Resource Lists

Play It Safe: Dealing With Domestic Violence • downloadable information sheet
  • bit.ly/2gMbN3c
  Learn four things you can do to counteract violence while keeping yourself and your children as S.A.F.E. as possible: Watch for Signals. Practice accountability. Be aware of feelings. Have an escalation plan in place.

Abuse and Addiction
  • focusonthefamily.com/lifechallenges/abuse_and_addiction

Q&As
  • focusonthefamily.com/family-q-and-a
    Browse our Q&As for advice and encouragement.

Resource Lists
  • focusonthefamily.com/family-q-and-a/resources-and-referrals
    Find recommended resources and referrals listed by topic, including:
    Comfort & Encouragement • RL003
    Information on Sexual Abuse • RL044A

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Referrals

Focus on the Family Counseling Consultation Line
If you’re struggling and need someone to talk to, Focus on the Family offers a free phone counseling consultation with a licensed counselor. Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they’d love to speak with you. You can also search our directory for a licensed Christian counselor in your area [https://ccn.thedirectorywidget.com].
Life Skills International
651 Chambers Road, Suite 203
Aurora, CO 80011
303/340-0598
lifeskillsintl.org
- This organization offers a program to stop domestic violence by bringing the perpetrator to accountability and providing skills for both the batterer and the victim.

Mercy Multiplied
P.O. Box 111060
Nashville, TN 37222
615/831-6987
mercymultiplied.com
- This biblically based organization offers hope and healing for young women seeking freedom from life-controlling problems, such as depression, drug and alcohol addictions, eating disorders, and physical and sexual abuse.

National Council on Child Abuse and Family Violence
Washington Square
1025 Connecticut Avenue Northwest, Suite 1000
Washington, D.C. 20036
202/429-6695
nccafv.org
- This group works to prevent intergenerational family violence by bringing together community and national stakeholders in both volunteer and professional positions.

Open Hearts Ministry, Inc.
5340 Holiday Terrace, Suite 9
Kalamazoo, MI 49009
269/383-3597
ohmin.org
- This Christian organization comes alongside those who’ve been abused to help them find healing and wholeness in Christ.

Parents Anonymous, Inc.
250 West First Street, Suite 250
Claremont, CA 91711
909/621-6184
parentsanonymous.org
- This international organization is committed to the prevention and treatment of child abuse.

Referrals to secular organizations dealing with specialized areas of knowledge shouldn’t be read as an indication that their stances necessarily align with Focus on the Family’s perspective in all areas.