Resource List: Information on Sexual 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

Beyond Our Control: Reconstructing Your Life After Sexual Assault by Leila Rae Sommerfield (2009) • 9780825436826 • Sommerfield shares her story of recovery after rape, encouraging victims to overcome the scars associated with sexual abuse.

Breathe: Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse by Nicole Braddock Bromley (2009)
• 9780802448651 •
Written by a survivor of sexual abuse, this resource offers biblical accounts and stories from other survivors to bring healing. Breathe covers topics ranging from mentoring and friendships to intimacy and marriage.

Parental support is a crucial factor in a child’s successful recovery following sexual abuse. But supportive adults in the Church also play an important role. Learn a practical, proactive approach to recognizing and responding to this heartrending hurt.

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 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 physical abuse, sexual abuse, emotional abuse, and neglect.

Door of Hope: Recognizing & Resolving the Pains of Your Past by Jan Frank (1995) • 9780785279662 •
As a victim of incest, Frank understands the emotions with which abuse victims struggle—and she offers ten steps toward recovery. Learn the symptoms and negative traits of abuse, and how to establish a healthy self-image and a right relationship with God and others.

Hidden Joy in a Dark Corner by Wendy Blight (2009) • 9780802414960 •
Blight came home to a knife-wielding intruder who sexually abused her. She lived in a prison of fear and despair for years—until she turned to God for healing and restoration. Her story will encourage and reassure victims and caregivers.

Hush by Nicole Braddock Bromley (2007) • 9780802448644 •
“Moving from silence to healing after childhood sexual abuse”

Mending the Soul: Understanding & Healing Abuse by Steven R. Tracy (2008) • 9780310285298 •
Tracy discussed the effects of physical, verbal, sexual, and spiritual abuse—as well as strategies for prevention and recovery.
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**My Friend Is Struggling With Past Sexual Abuse** by Josh McDowell and Ed Stewart (2009) • 9781845504434

Directed to teens, this resource provides biblical wisdom and practical advice about finding help and working toward healing—whether they have suffered sexual abuse directly or are friends with someone who has.

**Not Quite Healed: 40 Truths for Male Survivors of Childhood Sexual Abuse** by Cecil Murphey and Gary Roe (2013) • 9780825435335

Whether struggling with relying on God, living behind a mask, dealing with flashbacks and recurring dreams, or learning to forgive, Murphey and Roe (survivors themselves) offer hope and comfort for the ongoing journey of recovery.

**On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse** by Diane Mandt Langberg, Ph.D. (1999) • 9780842343626

For victims of sexual abuse, this book describes the damage caused and what healing involves. Accounts from fellow survivors testify to the truth that there is hope and healing through Jesus Christ.

**When a Man You Love Was Abused** by Cecil Murphey (2010) • 9780825433535

“A Woman’s Guide to Helping Him Overcome Childhood Sexual Molestation”

**When a Woman You Love Was Abused** by Dawn Scott Jones (2012) • 9780825429750

“A Husband’s Guide to Helping Her Overcome Childhood Sexual Molestation”

**The Wounded Heart** by Dan Allender, Ph.D. (2008) • 9781600063077

“Hope for adult victims of childhood sexual abuse”

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### Broadcasts

**Abuse: One Survivor’s Story – I, II** (Michael Reagan) • 9781624711350

As a child, Reagan’s history of illegitimacy and adoption led him to hate God and himself—and being sexually molested by a camp counselor only increased his despair. But his healing and salvation came when he surrendered everything to God. And with the support of his wife, Reagan began to forgive those who had hurt him and to understand the depth of Christ’s love.

**Finding Healing From Sexual Assault – I, II** (Leila Sommerfeld and Kathleen Terrill) • 2350000010652

Sommerfeld and Terrill are both survivors of rape. They vulnerably describe what happened and the years of fear, depression, and devastation they experienced. But both women felt God drawing them into a relationship of healing and reconciliation.

**God’s Hope for Wounded Hearts – I, II** (Dan Allender, Ph.D.) • 9781624711077

Even in the Christian community, we often avoid discussing topics that cast doubt on God’s faithfulness and care—but doing so can make sexual abuse difficult to acknowledge. Allender shares from his own past to encourage others to bring their wounded souls to the Lord for healing, and to learn how to share their hearts with others.

**Healing the Wounds of Childhood Sexual Abuse – I, II** (Lisa Harper) • 9781624711046

Harper was abused as a young child, and despite having a successful ministry when she reached adulthood, she unconsciously continued to live with the shame of her history. But through Christian counseling, a deep trust in the Lord, and forgiving those who harmed her, she experienced true healing.

**How Your Past Impacts Your Relationships** (Shelly Beach) • 9781624715044

Beach shares her personal journey of being attacked by a serial rapist and how that affected her life, resulting in an intense need to control everything around her, including her marriage and parenting. But the more she surrendered her thought life to God on a moment-by-moment basis, the more she learned to live in light of His grace and truth.

**Helping Your Husband Overcome Childhood Sexual Abuse – I, II** (Cecil Murphey, Gary Roe) • 9781624718946

Murphey and Roe, both survivors of childhood sexual abuse, tell others that there is hope. Marriage is possible, but wives need to know they are not responsible for their husband’s healing.

**Helping Your Wife Overcome Childhood Sexual Abuse – I, II** (Dawn Scott Jones) • 9781624718847

Scott Jones talks about her journey as recounted in her book *When a Woman You Love Was Abused*. Her father molested her from age 12 through 17, and her first marriage ended after 28 years—ultimately due to her inability to be intimate and her husband’s infidelity and abandonment. She cautions that the husband is a second victim when his wife has been abused. Learn how you can help a spouse in the healing process.
Men & Sexual Abuse: Hope for Wounded Hearts – I, II (Dan Allender, Ph.D.) • 9781624711398 •
Sexual abuse has long been seen only as a woman’s issue, but Allender explores the ramifications on men. Especially for children, incidents of abuse can lead to sexual confusion—but there is hope for healing and an abundant, healthy life.

Transformed: Overcoming My Dark Past – I, II (Marilyn Williams) • 9781624717857 •
Williams suffered sexual abuse at the hands of her father, grandfather, and their friends from an early age. Desperate for help, she confided in a high school counselor, which led to the prosecution of her father—but he was then returned to the home. Her college dreams died, and she became socially afraid, eventually displaying multiple personality disorder. But she married a good man, and over a 12-year process God restored her peace.

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

Website: 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 •
  - Hope & Healing After Abortion • RL044 •
  - Information on Abuse • RL001

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].

Embrace Grace
773 Lonesome Dove Trail, Suite B
Hurst, TX 76054
817/755-8484
embracegrace.com
- This non-profit seeks to “empower churches across the nation to be a safe and non-judging place for the girls to run to when they find out they are pregnant, instead of the last place they are welcomed because of shame and guilt.”
Just Imagine Ministries (Leila Rae Sommerfeld)
503/807-3364
leilarae.com
- “Having overcome an assortment of trials (divorce, rape, and other challenges), I can give you hope in overcoming your trials as well.”

Mercy Multiplied
P.O. Box 111060
Nashville, TN 37222
615/831-6987
mercyministries.org
- This 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 Center for Missing & Exploited Children
Charles B. Wang International Children’s Building
699 Prince Street
Alexandria, VA 22314
800/843-5678
missingkids.com
- This group assists parents, children, law enforcement officials, schools, and communities in recovering missing children and raising public awareness about ways to help prevent child abduction, molestation, and sexual exploitation.

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 wholeness in Christ.

Prevent Child Abuse America
228 South Wabash Avenue
10th Floor
Chicago, IL 60604
800/244-5373
preventchildabuse.org
- This secular non-profit organization works with local, state, and national groups to promote healthy parenting and community involvement as effective strategies for preventing 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.