



Resource List: Information on Sexual Abuse

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books](#)
[Broadcasts](#)
[Webpages, Q&As, and Resource Lists](#)
[Referrals](#)

Books

[Beyond Our Control](#) by Leila Rae Sommerfield (2009) • 9780825436826 •

“Reconstructing Your Life After Sexual Assault”

[Breathe](#) by Nicole Braddock Bromley (2009) • 9780802448651 •

“Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse”

[Caring for Sexually Abused Children: A Handbook for Families & Churches](#) by R. Timothy Kearney (2001) • 9780830822461 •

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. 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 discusses the effects of physical, verbal, sexual, and spiritual abuse—as well as strategies for prevention and recovery.

[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 by Cecil Murphey and Gary Roe (2013) • 9780825442704 •

“40 Truths for Male Survivors of Sexual Abuse”

On the Threshold of Hope by Diane Mandt Langberg, Ph.D. (1999) • 9780842343626 •

“Opening the Door to Healing for Survivors of Sexual Abuse”

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”

Broadcasts

Abuse: One Survivor’s Story (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 (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 (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 (Lisa Harper) • 9781624711046 •

Harper was abused as a young child. 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 (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’re not responsible for their husband’s healing.

Helping Your Wife Overcome Childhood Sexual Abuse (Dawn Scott Jones) • 9781624718847 •

Scott Jones’ 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.

Impacting the Culture by Walking With Jesus (Lisa Harper) • 2350000009687 •

Harper discusses some of the difficult life challenges she’s experienced—including sexual abuse as a child—and how she’s learned to depend on God, accept His love, and live out her faith.

Men & Sexual Abuse: Hope for Wounded Hearts (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 (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 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 God restored her peace.

**Focus on the Family
Webpages, Q&As, and Resource Lists**

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 the following:

- **Comfort & Encouragement** • RL003 •
- **Hope & Healing After Abortion** • RL044 •
- **Information on Abuse** • RL001 •

Referrals

Focus on the Family Counseling Consultation Line

If you're hurting 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.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

Embrace Grace

700 Bedford Euless Road
Hurst, TX 76053
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.

625 Kenmoor Ave. SE
Ste. 350 #48859
Grand Rapids, MI 49546-
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.