

InCourage

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LET'S TALK ABOUT IT

Aftercare Resources outside the Portland metro area

Books

Mending the Soul: Understanding and Healing Abuse

by Steven R. Tracy

This book provides a well-researched biblical and scientific overview of abuse. A broad overview, it deals with the various types of abuse, the various effects of abuse, and the means of healing.

Hold Me Tight

by Dr Sue Johnson

Heralded by the New York Times and Time as the couples therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. Through case studies from Dr Sue Johnson's practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

Restoring Sexual Identity: Hope for Women Who Struggle With Same-Sex Attraction

by Anne Paulk

Are you or someone you know struggling with same-sex attraction? Is lesbianism an inherited predisposition? Find answers to this and other critical questions. Women, their families and friends wrestling with this issue will find practical advice for healing and change.

Unwanted: How Sexual Brokenness Reveals Our Way to Healing

by Jay Stringer

A ground-breaking resource that explores the "why" behind self-destructive sexual choices. The book is based on research from over 3,800 men and women seeking freedom from unwanted sexual behavior, be that the use of pornography, an affair, or buying sex.

Starting Over: A Step by Step Guide To Help You Rebuild Your Life After a Breakup

by Thomas A. Whiteman and Randy Petersen

If you've recently gone through a divorce or relational breakup, you know how difficult it is to recover your sense of identity, balance, and hope. The flood of emotions and impulses surrounding a divorce can leave you feeling permanently angry, bitter, fearful, or lonely. And the most natural thing in the world is to want relief. But be careful.

Online Resources

-**Mending the Soul:** www.mendingthesoul.org; to join a group: caryn.amandola@mendingthesoul.org

-**Online Counseling:** Leslie Vernick: www.leslievernick.com

-**12-step Recovery:** National Association for Christian Recovery www.nacr.org

-**Celebrate Recovery:** Christ-Centered 12-step program: www.celebraterecovery.com

-**Safe Families:** Porn and Sex Addiction; Setting Captives Free; Christians in Recovery. www.safeamilies.org

-**Power and Control Wheel** <http://www.ncdsv.org/images/PowerControlwheelNOSHADING.pdf>

Resources by Phone

National Suicide Prevention Lifeline 1-800-273-8255 and suicidepreventionlifeline.org

Military Families: Psychological Health Resource Center 1-866-966-1020

Focus on the Family, Counseling Department 1-855-771-HELP