

TRAUMA AND ABUSE

At CCV, we believe no matter what physical trauma or abuse you have had to endure, you can find healing and hope. Through renewing your mind with scripture and in relationship with others, you can find physical, emotional, relational and spiritual wholeness.

BIBLICAL FOUNDATION

- Psalm 73:26
- 2 Corinthians 1:3-4
- Matthew 5:4



ONLINE RESOURCES

For further online resources on the topic of abuse, [click here](#).

For emergency shelters and other services for victims of abuse, visit [A New Leaf](#).

ABUSE

[Mending The Soul](#)

Steven R. Tracy

This book provides a well-researched biblical and scientific overview of the various types of abuse, such as sexual, physical, neglect, spiritual and verbal. It also explains the various effects of abuse and insight into healing.

SEXUAL ABUSE

[The Wounded Heart](#)

Dan Allender

This book offers hope for adult victims of childhood sexual abuse. It is an intensely personal and specific look as he explores the soul damaged by sexual abuse and lays hold of the hope buried there by the only One who can bring complete healing.

[Rid of My Disgrace](#)

Justin Holcomb

Rid of My Disgrace combines biblical and theological depth with up-to-date research. This book is primarily written for those who have been assaulted (either as children or adults) but also equips family, friends, pastors, and others to care for victims in ways that are compassionate, practical, and informed.

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TALK TO SOMEONE

For support and counseling for women dealing with abuse, visit [Hope Women's Center](#).

Get connected in a [CCV Group](#) to get engaged in a community that can support you through life's ups and downs.

DOMESTIC ABUSE

[The Emotionally Destructive Marriage](#)

Leslie Vernick

For any woman caught in an emotionally destructive marriage, this book offers a personalized path forward. Based on decades of counseling experience, her intensely practical, biblical advice will show you how to establish boundaries and break free from emotional abuse.

[Is It My Fault?](#)

Justin Holcomb

The effects of domestic violence are devastating and can have long-lasting distressing consequences. It is common for victims of domestic violence to suffer from ongoing depression and recurring nightmares, self-harm, panic attacks, substance abuse, and more. Justin addresses the issue of domestic violence with the powerful and transforming Biblical message of grace and redemption.