



Trauma & Abuse

Biblical Foundation | *Psalm 73:26, 2 Corinthians 1:3-4, Matthew 5:4*

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.

CCV RESOURCES

Need Help?

AZ Sexual and Domestic Violence

Helpline:

<https://arizonasurvivors.org/>

(800) 782-6400

Messages

To watch one or more CCV Messages that relate to this topic:

When Life Seems...

Life's Toughest ?'s

Samson

Joseph

The Prodigal

Talk To Someone

Get connected in a CCV Group to become engaged in a community that can support you through life's ups and downs.

Get Connected!

Talk to someone who can connect you with counselors and professionals in the community.

Talk to Someone

Abuse

Forgiving What You Can't Forget

Lysa TerKeurst

Have you ever felt stuck in a cycle of unresolved pain, playing offenses over and over in your mind? You know you can't go on like this, but you don't know what to do next. Lysa TerKeurst has wrestled through this journey. But in surprising ways, she's discovered how to let go of bound-up resentment and overcome the resistance to forgiving people who aren't willing to make things right.

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.

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.

OTHER RESOURCES

Services

For emergency shelters and other services for victims of violence and abuse.

A New Leaf

For support and counseling for women navigating abusive relationships.

Hope Women's Center

For a clinical mental health assessment with multi-disciplinary treatment.

Mental Health Center of America

For resources and virtual coaching for women in unhealthy and destructive marriages.

Leslievernick.com

Trauma

You Rise Glorious

Mike Foster

Every fierce and free life starts with that at the core. And every reader longs for a passionate and unstoppable spirit. This book will equip the reader to fight for hope and victory for others and also themselves.

Try Softer

Aundi Kolber

Learn how God specifically designed our bodies and minds to work together to process our stories and work through obstacles. Through the latest psychology, practical clinical exercises, and her own personal story, Aundi equips and empowers us to connect us to our truest self and truly live. This is the "try softer" life.