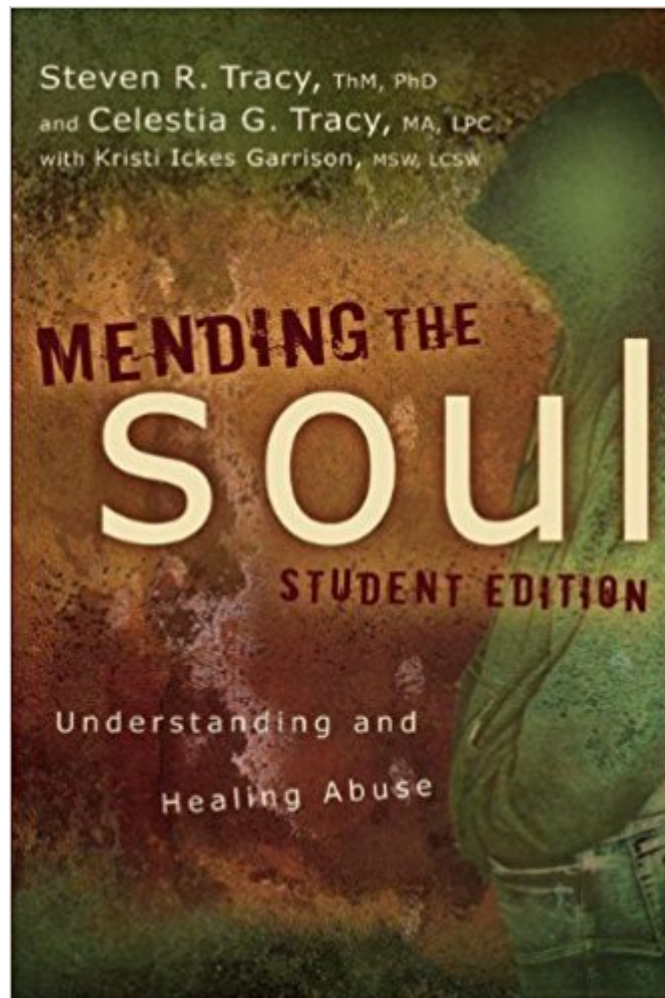




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Mending The Soul Student Edition: Understanding And Healing Abuse



Synopsis

For teenagers who have experienced any kind of abuse or abandonment, it can often feel like hope is lost and they're doomed to stay stuck in unhealthy habits and patterns. This teenage edition of *Mending the Soul* was written to show teens that by following a path of restoration and allowing God's grace to touch their heart's deepest wounds, they will find hope and healing as they work through their pain. It will help them navigate the emotional trauma of abuse and abandonment, as well as recognize signs of unhealthy families and dating relationships. Armed with a better understanding of their past and how the effects of abuse can lead to risky behaviors, shame, trauma and isolation, teens will be encouraged to face their brokenness, to heal and forgive and to look toward their hope-filled future. A practical resource for teens, *Mending the Soul, Student Edition* also offers insight into the struggles parents and ministry leaders face when working with teenage victims of abuse.

Book Information

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Customer Reviews

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. Abuse can be sexual, physical, neglect, spiritual, and verbal. The chief arguments pursued throughout the book are: (1) abuse is far more rampant than most Christians realize, but due to human depravity and satanic influence, widespread abuse is predicable. (2) All types of abuse create profound, long-term soul damage due to the way abuse perverts various aspects of the

image of God. (3) God is the healing redeemer. Human salvation came through horrible physical abuse. (4) Healing must take place in the context of relationships. Humans are deeply impacted by others due to being made in the image of God. Just as surely as abusive relationships have tremendous power to wound the soul, so healthy relationships have tremendous power to nurture and heal the soul. Questions answered in the book include: - How can a genuine believer abuse a child? - Why would someone abuse a child? - How can parents and children's workers identify abusers? - How can abuse victims heal? - What does genuine healing look like? - Is anger appropriate or hurtful for abuse victims? - Where does forgiveness fit in? Helpful sample child protection policy, application, screening interview, and warning signs of potential abusers equip ministry leaders. Illustrations, case studies, and art therapy drawings.

Steven R. Tracy is Professor of Theology and Ethics at Phoenix Seminary in Phoenix, Arizona. He graduated from Western Conservative Baptist Seminary (MDiv, ThM), and received a PhD in New Testament from the University of Sheffield, England. He was a pastor for fifteen years and has extensive pastoral counseling experience. He and his wife Celestia, who is a family therapist, are the founders of Mending the Soul Ministries, a non-profit Christian organization that provides training, curriculum, and education on abuse prevention and healing. Dr. Tracy is the author of various articles on abuse and sexuality, serves on the Governor's Commission to Prevent Violence against Women for the State of Arizona, and serves on the Fatality Review Team for the City of Phoenix. A Mending the Soul workbook is available for individual or group use, and can be obtained at: www.mendingthesoulministries.org. Celestia G. Tracy is president and founder of Mending the Soul Ministries and MTS Partnerships for Professional Development. She received an M.A. in Counseling/Psychology from Lewis and Clark College in Portland, Oregon. After sixteen years of private counseling she currently enjoys consulting, writing training, and developing community based resources that equip parents and leaders in an informed and compassionate response to abuse. Celestia has expertise with children, trauma, marriage, intimacy, and sexuality. Kristi Ickes Garrison is a Licensed Clinical Social Worker who has worked in the public schools for ten years and is the Director of Karis Student Resources, LLC. Kristi specializes in helping students who have experienced abuse, depression and suicide, addiction, and pregnancy and offers dynamic trainings to youth workers and parents on working effectively with teens.

Steven R. Tracy has made an excellent contribution to the growing collection of biblical counseling literature possessed by the Church. He writes with three assets that serve him well: a broad

knowledge of psychological studies of abusers and their victims, a deep well of experience in counseling victims of abuse and molestation, and a rich foundation of training in handling the Scriptures accurately. The book is divided into three parts: the nature of abuse, the effects of abuse, and the healing path. He delivers, resoundingly, what each part promises. Mixing insights from psychological studies, careful exegesis of Scripture, and case studies, Tracy fully explores the horrific damage that abusers and abusive families perpetrate on victims. But he does not fall into the trap of ennobling and white-washing the victims. He also explores the (understandable) sinful responses of victims to their abuse, and he's not afraid to label those responses as sin. In a word, this is gentle pastoral care of souls ravaged by abuse, wrapped into an insightful, honest volume. Whether you are coming from the "Christian counseling" side of the aisle, or the "Biblical counseling" side, you'll find much that's useful. Tracy does a good job of staying true to Scripture while fully employing the observations and statistics of the world of psychology. The chapters on "Facing the Brokenness" and "Rebuilding Intimacy with God" are outstanding. Here is real hope and practical guidance for counselors who are working with victims of abuse and molestation. As a sidelight, those who are helping combat veterans dealing with PTSD might find useful insights in this volume. Tracy does a good job of showing the relationships between various kinds of high-stress high-trauma experiences. The weakest part of the book, in my estimation, is his chapter on forgiveness. While I find myself in agreement of most of what he has to say, I think there are better treatments elsewhere. It's a niggling, quibbling point, though, when you consider the overall excellence of the book.

This is an excellent book which describes abuse, the mentality of abusers, and how to heal from abuse. It is written from a Christian perspective and provides numerous scripture quotes to illustrate the book's content. It provides excellent validation of the experiences of those who have suffered abuse and scriptural encouragement for the survivors. There were many insights, including the fact that being abused teaches a child the character of Satan, rather than the character of God, and that Christ knew suffering in his own earthly life. Isaiah refers to the Messiah as "A Man of Sorrows". The book also states that it is appropriate for an abuse victim to pray that the abuser will be "covered in shame", so that the abuser will repent. If the abuser does not repent, the victim is to pray that the abuser will be destroyed. This thinking was foreign to me before reading it here, but it does appear to be in line with the Bible's teaching, including the imprecatory Psalms. The last chapter, on

forgiveness, is one I wish everyone could read. This chapter discusses forgiveness from a scriptural basis, contrasted with the views held by secular psychology and common/cultural beliefs. This is a very deep book and it is well worth reading slowly in order to get the maximum benefit.

This book was recommended by my daughters counselor. I bought one for myself. She came to be apart of our family as an older teen. Her whole life to that point was lived in severe physical and emotional abuse and neglect. After several years, she is just now, with the help of her counselor and this book, working through her past abuse, which has been tainting her life more than she ever realized. This book is a God send! It has been so helpful in establishing what abuse is, effects of abuse, and how to heal from it. I would recommend it to all people. it is so helpful in understanding people who have gone through abuse.

Very healing, very enlightening. This is a very useful book for Christians and Jews, even for those without faith. Steven Tracy gives a fascinating read of Biblical (or Talmudic) stories of abuse and the responses. In the process, he understands some of the deep-seated issues with domestic and family abuse in our culture. He's very good as well at looking at self-destructive patterns and at getting out of the mindset of blaming the victim. It's a very reasoned and honest look and has some very practical advice and first person stories. If you have been in an abusive situation, or know someone who has, there's lots of good material in here to reflect upon.

So far this book has had the most factual statistics or information that I have found in my researching. It is clear and understandable. For those who need to know before reading this is a biblically based book. For the Christian it's perfect. For the non-christian, if you can look past that it has great information and may even help you help the Christians in your realm of influence. I'll be reading again to take notes and will probably but a couple dozen because sadly I know too many people this can help, from victims to pastors to leaders and to family members to help them understand!

I was hooked after the first few pages.....I was eating it up....such a comfort, while I am dealing with past abuse issues right now. One of the very best books I have read on healing from abuse yet. I have read hundreds of books on healing. Big on facing issues, and brings great understanding to the table. You wont be disappointed, if you are serious about getting free..

I consider this a "must read" for every Christian. It delves into the understanding and healing for those who suffered adverse childhood experiences, and opens up what the Bible has to say about abuse in clear understandable terms. It was recommended to me by a woman who works with severely abused women and I thank God for the day I found it.

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