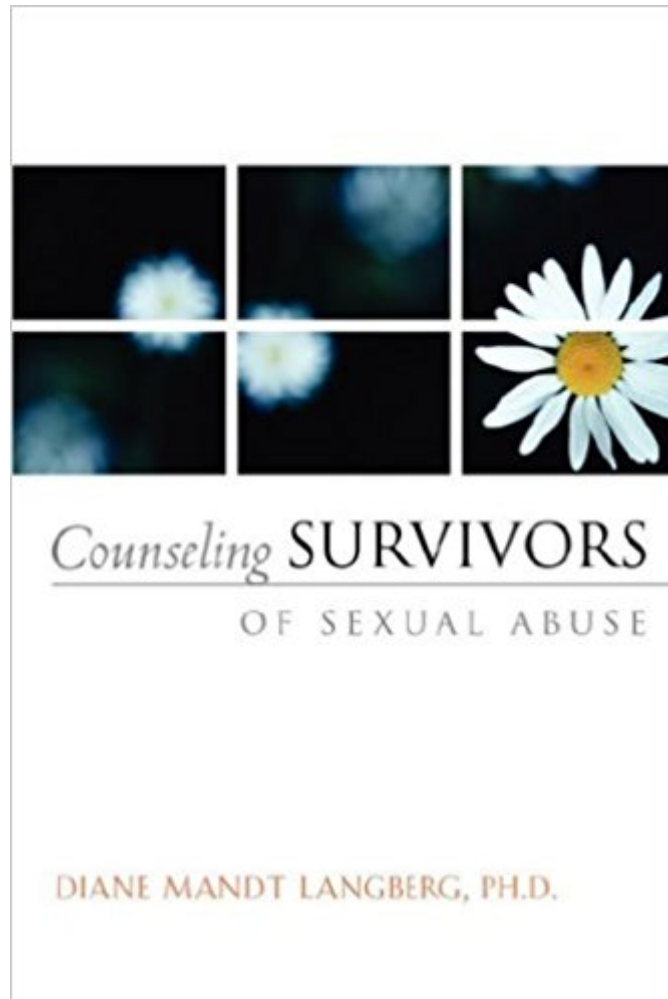


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# Counseling Survivors Of Sexual Abuse (AACCC Counseling Library)



## Synopsis

This powerful book deals with the issue of how Christians, especially those called to counsel, can help survivors of sexual abuse find healing and hope. From 20 years of experience, the author demonstrates how counselors can walk alongside people deeply wounded by sexual abuse as they face the truth about who they are, who their abuser was, and who God is as the Savior and Redeemer of all life. *Counseling Survivors of Sexual Abuse* issues a strong call to the church at large to walk with survivors through the long dark nights of their healing.

## Book Information

Series: AACC Counseling Library

Paperback: 300 pages

Publisher: Xulon Press; 1 edition (April 30, 2003)

Language: English

ISBN-10: 1591605199

ISBN-13: 978-1591605195

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (21 customer reviews)

Best Sellers Rank: #241,696 in Books (See Top 100 in Books) #101 in Â Books > Christian Books & Bibles > Christian Living > Counseling #105 in Â Books > Christian Books & Bibles > Ministry & Evangelism > Adult Ministry #320 in Â Books > Self-Help > Abuse

## Customer Reviews

Dr. Langberg presented every dimension of sexual abuse-its mental and physical aftereffects on the victim, and how the abuse impacts one's spiritual well being by hindering the individual from coming to Christ. Dr. Langberg has been working with sexual abuse victims for nearly twenty-five years. She included one woman's graphic story of abuse, which brought tears to my eyes. I felt pain and sorrow for the little girl in the story. Anger welled up inside of me as the woman depicted an escalation of abuse as she grew older, in which her father prostituted her to other men. This woman, Meeka, was denied love, protection, and a childhood. Dr. Langberg listed several "indicators" which manifests as chronic symptoms (migraine headaches, muscular tension, TMJ, gastrointestinal problems, anger difficulties and deep grief) or "somatic effects" (though she warns that these are not proof that abuse had actually happened) (88). Emotional aftereffects of sexual abuse include a mistrust of others, fear of intimacy, and a feeling of being "different" (89). Dr. Langberg described

child sexual abuse as "tentacles that reach throughout the adult life of the victim" (92). I believe any abuse is detrimental to the person as it is to ministry because it can prevent people from ever being close to others at church. Dr. Langberg recognized that abuse forced people to "live with a split identity...to pretend she was not abused" in order to maintain "even an appearance of a relationship" (128). I found Dr. Langberg's detailed list of "survivor's needs" very helpful. She tapped into the core of practical ways someone could help a survivor, such as not simply offering help but following up with phone calls, notes of encouragement, and invitations of fellowship (278).

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