

“Wounded Healer”

Resources for Education and Support Regarding Mental Health

Suggested Books:

[*Darkness is My Only Companion: A Christian Response to Mental Illness* by Kathryn Green-McCreight](#)

Synopsis: Where is God in the suffering of a mentally ill person? What happens to the soul when the mind is ill? How are Christians to respond to mental illness? In this brave and compassionate book, theologian and priest Kathryn Greene-McCreight confronts these difficult questions raised by her own mental illness--bipolar disorder. With brutal honesty, she tackles often avoided topics such as suicide, mental hospitals, and electroconvulsive therapy. Greene-McCreight offers the reader everything from poignant and raw glimpses into the mind of a mentally ill person to practical and forthright advice for their friends, family, and clergy.

[*Healing What's Within: Coming Home to Yourself -- and to God -- When You're Wounded, Weary and Wandering* by Chuck DeGroat](#)

Synopsis: If you're like many of us, you carry a weight of buried pain. Despite looking put together on the outside, you feel secretly fractured within. While you appear strong and resilient on the outside, inside a storm brews of all the ways you've been hurt or harmed. Not knowing what to do with your suffering and fearing you'll be hurt again, you've learned to cope, to numb and suppress the ache within. It doesn't have to be this way. In *Healing What's Within*, therapist and professor Chuck DeGroat invites you on a compassionate journey inward to return and retune to the life God created you to live.

[*A Quite Mind to Suffer With: Mental Illness, Trauma, and the Death of Christ* by John Andrew Bryant](#)

Synopsis: This is the story of Christ's nearness to John Andrew Bryant in his own suffering—his mental breakdown, his journey to the psych ward, his long, slow, painful recovery—and how Christ will use even our agony and despair to turn us into servants and guests of the mercy offered in his gospel. We cannot answer suffering. And yet suffering demands an answer. If Jesus is the answer to suffering, what kind of answer is Jesus? Everything that could be taken from a person was taken from him. The worst things a person could be made to see and feel were seen and felt by Christ. Suffering has been made holy by Christ's proximity to it.

[*Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress and Survival Mode -- and into a Life of Connection and Joy* by Aundi Kolber](#)

Synopsis: In a world that preaches a "try harder" gospel—just keep going, keep hustling, keep pretending we're all fine—we're left exhausted, overwhelmed, and so numb to our lives. If we're honest, we've been overfunctioning for so long, we can't even imagine another way. In her debut book, *Try Softer*, Aundi Kolber shows us another way -- how God specifically designed our bodies and minds to work together to process our stories and work through obstacles. You'll learn how to: know and set emotional and relational boundaries; make sense of the difficult experiences you've had; identify your attachment style—and how that affects your relationships today; move through emotions rather than get stuck by them; and grow in self-compassion and talk back to your inner critic. Trying softer is sacred work. And while it won't be perfect or easy, it will be worth it.

[*The Soul of Shame: Retelling the Stories We Believe About Ourselves by Curt Thompson.*](#)

Synopsis: We're all infected with a spiritual disease. Its name is shame. Whether we realize it or not, shame affects every aspect of our personal lives and vocational endeavors. It seeks to destroy our identity in Christ, replacing it with a damaged version of ourselves that results in unhealed pain and brokenness. But God is telling a different story for your life. Psychiatrist Curt Thompson unpacks the soul of shame, revealing its ubiquitous nature and neurobiological roots. He also provides the theological and practical tools necessary to dismantle shame, based on years of researching its damaging effects and counseling people to overcome those wounds.

[*The Deepest Place: Suffering and the Formation of Hope by Curt Thompson*](#)

Synopsis: Suffering is a defining reality of life. Yet so many of us are so focused on avoiding discomfort that we've never learned how to actually suffer. But what if we could move from anxiety to durable hope? In *The Deepest Place*, Curt Thompson invites us to explore how the Apostle Paul's experience of love, secure attachment, and the deeply felt sense of God's abiding presence carried him through the challenges he faced--and how it can help us not just survive, but flourish in the presence of suffering.

[*On Getting Out of Bed: The Burden and Gift of Living by Alan Noble*](#)

Synopsis: We aren't always honest about how difficult normal human life is. For the majority of people, sorrow, despair, anxiety, and mental illness are everyday experiences. While we have made tremendous advancements in therapy and psychiatry, the burden of living still comes down to mundane choices that we each must make—like the daily choice to get out of bed. Alan Noble's deeply personal yet universally relatable consideration of the unique burden of everyday life offers insight and hope without minimizing the reality of ordinary suffering, grief, and mental illness. Noble's ultimate conclusion that the choice to carry on amid great suffering—to simply get out of bed—is itself a powerful witness to the goodness of life, and of God.

[*The Anxiety Opportunity: How Worry is the Doorway to Your Best Self by Curtis Chang*](#)

Synopsis: What if instead of battling anxiety, you saw your worries as a doorway to spiritual transformation? Challenging the assumption that anxiety is the enemy, theologian, popular podcaster, and fellow sufferer of chronic anxiety Curtis Chang gives you a different framework for approaching fears. You will discover profound new ways of relating to Jesus, the Holy Spirit, and those you love.

[*Boundaries for Your Soul: How to Turn Your Overwhelming Thoughts and Feelings into Your Greatest Allies by Allison Cook and Kimberly Miller*](#)

Synopsis: You can turn your shame to joy, your anger to advocacy, and your inner critic into your biggest champion. Do your emotions control you or do you control your emotions? Many people let guilt, anger, or self-criticism dominate their lives and negatively affect their relationships. *Boundaries for Your Soul* shows you how to calm the chaos within. This groundbreaking approach will help you: 1) know what to do when you feel overwhelmed; 2) understand your guilt, anxiety, sadness, and fear; 3) welcome God into the troubling parts of your soul; and 4) and move from doubt and conflict to confidence and peace.

[*Wayfaring: A Christian Approach to Mental Health Care by Warren Kinghorn*](#)

As a theologian and practicing psychiatrist, Warren Kinghorn shares a Christian vision of accompanying those facing mental health challenges. Kinghorn reviews the successes and limitations of modern mental health care before offering an alternative paradigm of healing. Based in

the theology of Thomas Aquinas, this model of personhood affirms four truths: We are known and loved by God. We are creatures made of earth who are formed in community. We are wayfarers on a journey. We are called not to control, but to wonder, love, praise, and rest.

[*Finding Jesus in the Storm: The Spiritual Lives of Christians with Mental Health Challenges* by John Swinton](#)

Synopsis: *Finding Jesus in the Storm* is a call for the church to be an epicenter of compassion for those experiencing depression, schizophrenia, bipolar disorder, and related difficulties. That means breaking free of the assumptions that often accompany these diagnoses, allowing for the possibility that people living within unconventional states of mental health might experience God in unique ways that are real and perhaps even revelatory. In each chapter, Swinton gives voice to those experiencing the mental health challenges in question, so readers can see firsthand what God's healing looks like in a variety of circumstances.

Suggested Podcasts:

[*Suffering, Wayfaring and Hope: A Conversation on Faith and Mental Health \(with Curt Thompson and Warren Kinghorn\)* \(The Trinity Forum\)](#)

Being Known Podcast with Curt Thompson and Friends

Description: In a world in which we experience such deep desire and such great grief, we find coursing through all of it our unquenchable *longing to be known*. But we don't want to stop there, for we know in our bones and blood that we desire to be known in order for us to create and curate beauty and goodness in the world — together with our friends and, in our best moments, even our enemies — in every domain of life we occupy. Here at *Being Known* Podcast, we will discover what it means to be truly known, exploring the intersection of interpersonal neurobiology (IPNB) and Christian spiritual formation.

Being Human Podcast with Steve Cuss

Description: Pastor Steve Cuss, often with his wife Lisa (a licensed therapist) interview different guests on a variety of topics having to do with anxiety, family systems, emotional maturity, and other mental health topics.

Broken to Belovedness Podcast with Brian Lee

Description: This podcast is for anyone who's been affected by spiritual abuse, religious trauma, or church hurt and is looking for practical resources for healing and wholeness. Host Brian Lee stives to provide language to name your experiences and validate your stories, and to give you practical tools that move you toward healing and wholeness.

The Place We Find Ourselves Podcast with Adam Young

Description: Adam Young is a Licensed Clinical Social Worker (LCSW) with master degrees in Social Work (Virginia Commonwealth University) and Divinity (Emory University). He currently serves as a Fellow with The Allender Center, and is the host of *The Place We Find Ourselves* podcast. Young's approach to therapy has been shaped primarily by Dan Allender, Daniel Siegel, Allan Schore, Pat Ogden, and Bessel van der Kolk. This podcast covers a whole range of topics about mental health and healing, ranging from religious trauma to emotional attachment to healthy marriages.

Other Resources and Supports:

Suicide Crisis Hotline: *call 988*

This hotline, however, is not just limited to suicide crisis. Anyone can call it for any mental health issue. They also can text or chat to that same number/online. There are also categories that have special help through that 988 resource, for example, military veterans can speak to someone specifically trained with military mental health issues.

Seasons Behavioral Health Hotline: *call 844-345-4569*

This hotline is available for any mental health crisis. They also can get involved if you'd like them to when the police have been called as well. So for an example, if someone is being unsafe and the police have been called, but it is more of a mental health issue, call seasons behavioral health hotline and they will send a social worker out to assist the police.

NAMI (The National Alliance on Mental Illness)

Check out their website (<https://www.nami.org/about-mental-illness/mental-health-by-the-numbers/>), which has all kinds of statistics and resources. Sioux County is fortunate to have two "in-person" support group that meet monthly -- one for members with mental illness and one for family members of people with mental illness. The meeting is two hours long with the first hour being for mental health education, and the second hour being for support group peer to peer or family members. It meets locally in Sioux Center at Central Church once per month on the first Tuesdays, 7-9pm. Contact Kirsten Cosgrove (board member) if you have additional questions (kjcosgrove@me.com).

Counseling Recommendations:

We are blessed to have many very competent professional therapists in our region. If you or someone you know is looking for a therapist, contact any of our pastors and we can give you a list of recommendations (with a description for each to help you find the counselor that best matches your needs).