

Christian Sexuality for Men | Grace Church Adult Christian Ed. Class – Dan Clifford, teacher

List of Class Resources

Books

Closing the Window: Steps to Living Porn Free by Tim Chester. Well-written; down-to-earth practical and doctrinal help geared toward men. Highly recommended.

Wired for Intimacy: How Pornography Hijacks the Male Brain by William Struthers. A great blend of brain science, psychological insight, and spiritual counsel. Realistic and full of help.

False Intimacy: Understanding the Struggle of Sexual Addiction by Harry Schaumberg. Published in 1997, it lacks the latest information about brain studies and the pornographic potential of the internet. Still, Schaumberg's treatment of addiction is engaging, deep, and extremely helpful. This book is useful for women as well as men and contains helpful tie-ins to practical topics like child rearing and church life. An all-around favorite.

Making All Things New: Restoring Joy to the Sexually Broken by David Powlison. A short book that insightfully discusses brokenness and healing.

Unwanted: How Sexual Brokenness Reveals Our Way to Healing by Jay Stringer. This book proceeds from the premise that our struggles with sexual behavior open up doors to self-understanding and healing. Very insightful and hopeful. We recommend, however, that you skip "Clayton's story" around p. 70 since it is overly graphic.

The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse by Dan Allender. This classic book describes the dynamics and effects of childhood sexual abuse, and how healing can occur. It is included in this list since many times a pornography addiction is worsened by effects of unresolved trauma. This book has helped many, but due to the subject matter, reading it requires some fortitude.

Counseling Resources

Counsellor Brad Hambrick has a series of helpful videos under the title "False Love" which you can find at <https://bradhambrick.com/falselove/>. An extremely helpful workbook to accompany these materials can be obtained by emailing counseling@summitchurch.com and requesting a copy.

In the "biblical counseling" tradition: Heartsong Biblical Counseling, heartsongcounseling.org

Other local Christian counselling groups (licensed and potentially qualifying for reimbursement from your health care plan): Dr. William Clark & Assoc., williamclarkcounseling.com. New Story Behavioral Health (Curt Thompson & Assoc.), newstorybehavioralhealth.com. GraceNova, gracenovacounseling.com. Carolyn Sinclair Counseling, carolynsinclaircounseling.com. If these practices do not have someone with the right experience, they can probably provide a recommendation.

Other therapy can be found through psychologytoday.com by sorting via categories (e.g. Christian faith, Sex Addiction, CSAT [Certified Sexual Addiction Therapist] etc.) This is a more uncertain route, though.