

List of Class Resources*

Dial 988 or go to <https://988lifeline.org/> for the National Crisis/Suicide Lifeline (secular but well-trained, free, and confidential help for a crisis for you or someone you love.)

For Marriage Struggles

- 1) Francie Winslow, local friend who helps married people of all ages recover healthy sexual relationships. "...weekly, I offer fresh, biblical ways of thinking about married sex... Not because I'm a marriage expert, but because God has done a great work in my heart and mind as a wife, and the crucial, sometimes taboo topic of sex gets overlooked too often in the church."
<https://franciewinslow.com/personal-story/>

Northern Virginia Counseling Centers

- 2) Grace Nova Counseling, a Christian counseling center <https://gracenovacounseling.com/> (Emily Lawyer and Christiana Rawls are trained CSAT)
- 3) Susie Hanna, LCSW, CSAT, 1-571-500-5674; at the NoVA Counseling Center in Reston (offers a sliding scale)
- 4) Dr. Carolyn Sinclair, LPC, CSAT, (571) 454-9421. Dr. Sinclair is a highly sought-after sexual therapy expert and has a private practice in Reston; she also teaches human sexuality at Gordon-Conwell Seminary.
- 5) Dr. William Clark & Associates, a Christian counseling center <http://www.williamclarkcounseling.com/>
- 6) Kara Bath, LMFT; a Christian, Vienna-based Marriage and Family Therapist, <https://www.psychologytoday.com/us/therapists/kara-bath-vienna-va/317278>

Books/Podcasts/Sites

- 7) Harry Schaumberg, False Intimacy: Understanding the Struggle of Sex Addiction (book)
- 8) Dan Allender, The Wounded Heart: Hope for Adult Victims of Sexual Abuse (book)
- 9) Help for quitting pornography: books, conferences, and online seminars. "Five Month Path to Freedom from Sexual Brokenness for Men and Women," Jay Stringer, <https://jay-stringer.com/>
- 10) Help from past sexual abuse, Reformed Christian Counselor, and author of The Wounded Heart, <https://theallendercenter.org/about/team/dan-allender/>
- 11) Noted Christian Psychologist, Dr. Diane Langberg, specializes in sexual and spiritual abuse, and all trauma. She has a few videos on YouTube. <https://www.dianelangberg.com/>
- 12) Podcasts and blogs: Brad Hambrick, <https://bradhambrick.com/my-favorite-posts-on-pornography/>
- 13) Dr. Caroline Leaf's podcast, "Cleaning Up the Mental Mess"
- 14) My favorite: Brad Hambrick's site, just follow whatever trail interests you, he covers every topic you could possibly think of. He is solid theologically, biblical, and practical. He does a lot of research, and his church has ample resources. <https://bradhambrick.com/my-favorite-posts-on-sex-and-sexuality/>; (<https://bradhambrick.com/falselove/> specifically deals with sexual addiction)

Computer Protections

- 15) Covenant Eyes, <https://www.covenanteyes.com/>

General Issues of Suffering (anxiety, depression, and sin)

- 16) Allender Center Podcast
- 17) Issues of general repentance, Tim Keller, Gospel in Life podcast #846 "Disciplines of Repentance." Adam and Eve cover up their shame. All of his preaching is helpful, of course!

- 18) Podcast, Adam Young, "The Place We Find Ourselves"
- 19) <https://www.amenclinics.com/approach/amen-clinics-method/>
- 20) BetterHelp.com offers low-cost counseling, and you can ask for Christians

**Unless noted, all resources are Christian. Not all resources may reflect your and my theological commitments and preferred counseling methods 100%. We trust that you can "be like a Berean" to discern places that might not align with every single value, while still benefiting from their teaching and wisdom.*