

Emotional, Spiritual, and Relational Resources

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life

Updated & Expanded Edition

+ Boundaries Workbook

Dr. Henry Cloud and Dr. John Townsend

Changes that Heal, Four Practical Steps to a Happy, Healthier You

Changes that Heal Workbook

by Dr. Henry Cloud

Communication: Key to Your Marriage: The Secret to True Happiness

by H Norman Wright

Emotional Intelligence: Why it Can Matter More Than I.Q.

by Daniel Goleman

Fighting for Your Marriage

Revised 3rd edition with DVD

by Howard Markman, Scott Stanley, Susan Blumberg

Forgive and Forget, Healing the Hurts We Don't Deserve

by Lewis B. Smedes

Healing for Damaged Emotions

+ Healing for Damaged Emotions Workbook

by David A. Seamands

Love Acceptance and Forgiveness, Being Christian in a Non-Christian World

by Jerry Cook and Stanley Baldwin

Love and Respect: The Love She Most Desires, The Respect He Desperately Needs

by Dr. Emerson Eggerichs

Mind Over Mood: Change How You Feel by Changing the Way You Think

by Dennis Greenberger, Christine A. Padesky

The Peacemaker: A Biblical Guide to Resolving Personal Conflict

by Ken Sande

Quiet Time for Couples, A Daily Devotional

by H. Norman Wright

The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church

by Pete S. Scazzero

The New Personality Self-Portrait: Why You Think, Work, Love and Act the Way You Do

by John M. Oldham and Lois B. Morris

The Science of Trust: Emotional Attunement for Couples

by John Gottman

The Wounded Heart, Hope for Adult Victims of Childhood Sexual Abuse

+ The Wounded Heart Companion Workbook, for personal or group use

by Dan B. Allender

The Anger Workbook: An Interactive Guide to Anger Management

by Les Carter and Frank Minirth

The Art of Forgiving

by Lewis B. Smedes

Unmasking Male Depression

by Archibald D. Hart

Mental Health Resources

Christ Centered Therapy

by Neil T. Anderson

Healing the Wounds of Sexual Addiction

by Dr. Mark R. Laaser

Is it You, Me, or Adult A.D.D: Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder

by Gina Pera and Russell Barkley

Overcoming Bipolar Disorder, A Comprehensive Workbook for Managing Your Symptoms and Achieving Your Life Goals

by Mark Bauer MD, Amy Kilbourne PhD MBH

The CBT Toolbox, Second Edition: 1854 Tools to Manage Anxiety, Depression, Anger, Behaviors & Stress.

A Workbook for Clients, Clinicians & Coaches

by Jeff Rigenbach

The Clinicians Guide to CBT Using Mind Over Mood

by Christine A. Padesky and Dennis Greenberger

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V)

RETREATS + RESOURCES

Retreat Centers for Ministry Leaders Resources

The longer a missionary, pastor, or Christian leader serves in ministry, the greater the likelihood of emotional and spiritual depletion. This could be a combination of individual stress, personal failures, trauma, or compassion fatigue.

The Apostle Paul described his ministry experience as follows:

For we do not want you to be unaware, brothers and sisters, of our affliction which occurred in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life (2 Cor. 1:8 NASV)

I have been in labor and hardship, through many sleepless nights, in hunger and thirst, often without food, in cold and exposure. Apart from such external things, there is the daily pressure on me of concern for all the churches. Who is weak without my being weak? Who is led into sin without my intense concern? (2 Cor. 11:27-29 NASV)

Centers for Spiritual Renewal – Foursquare

West Coast (Los Angeles, CA) & East Coast (Christianburg, VA) locations

<https://www.foursquare.org/leader/health>

The Center for Spiritual Renewal offers a place for rest and holistic, guided care for credentialed Foursquare ministers and their immediate family—so that health and freedom happens.

Black Diamond Camp

Auburn, WA

www.blackdiamond.org

Offers personal retreat time for pastors, their families and others in full-time Christian ministry. Facilities also available for church planning. Recreation available, as well as space for personal quiet time. Contact the camp at the above phone number or email for complete details.

CRISTA Camps at Miracle Ranch

Kitsap Peninsula, WA

www.cristacamps.org

Features a "Lake House" designed for pastor and staff retreats, offering a serene environment for relaxation and rejuvenation.

Selah Glen

Mount Vernon, WA.

www.selahglen.org

Ministry leaders come to Selah Glen for restoration, refreshment, and renewal. Northwest Washington State is beautifully restorative for this purpose. God's creative craftsmanship is splendidly evident.

Refuge Retreat Center

East of Redding, California, and north of Sacramento.

www.refugeretreatcenter.org

The vision of The Refuge Retreat Center is to create a place where people can connect with their Heavenly Father, sit at the feet of Jesus, drink deeply of the refreshing power of the Holy Spirit, and leave renewed. The mission of The Refuge Retreat Center is to create an experience in which men and women can rest, reflect, grow and connect.

Additional Support Resources

The Center A Place of HOPE

www.aplaceofhope.com

Email info@aplaceofhope.com

1-888-771-5166/7031

Edmonds, WA 98020

They treat depression, anxiety, eating-Disorders, trauma, PTSD, addiction & OCD. They have a Whole-Person Care program that bridges the gap between standard outpatient and inpatient treatment, offering full-day therapy six days a week with supportive local housing. Their program combines structure and intensity with personal responsibility outside program hours. Most clients stay 2 to 6 weeks, with some extending up to 8 weeks based on individual needs.

NW Family Counseling Services

Health for Today Hope for Tomorrow

nwfamilycounselingservices.com

360.479.6327

Northwest Family Counseling Services is distinctly Christian and founded on the principles of the word of God that teaches us that knowing the truth sets us free. However, clients do not need to profess the Christian faith as a prerequisite to counseling. We offer services to help individuals, marital, and family concerns. We provide and we utilize a broad range of therapeutic techniques and emphasize on an eclectic approach treatment. We offer service to those who are experiencing broken lives and broken relationships. Our staff of highly qualified, licensed therapist and professional counselors offer a wide range of therapeutic services. We offer number of modalities and treatments while using biblical integration.

American Association of Christian Counselors

www.AACC.NET

AACC is committed to assisting Christian counselors, the entire "community of care," licensed professionals, pastors, and lay church members with little or no formal training. It is our intention to equip clinical, pastoral, and lay caregivers with biblical truth and psychosocial insights that minister to hurting persons and help them move to personal wholeness, interpersonal competence, mental stability, and spiritual maturity.