

Resources for Victims

And for Students, Staff, and Support People



The heart of our staff and faculty here at PBC and Mannahouse is to support and care for students in our community, particularly those who are victims or witnesses of abuse in any form.

We respect the choices victims make to receive the care and support they need, whether from pastors, therapists, licensed counselors, or trusted family and friends.

The following is intended to provide students with some helpful ideas and options. We are always available to help, guide, or recommend assisting students in the journey toward healing that best suits their needs and preferences. Below you will find resources for the following groups:

[Resources For Victims / Survivors](#)

[Resources For Students](#)

[Resources For Staff & Support People](#)



*Blue text in this document is hyperlinked to the corresponding website.
Please scan the QR code to open this digitally and access the links.*

Disclaimer: Some of the resources provided do not come from Christian sources. By providing them, PBC is not endorsing or approving of everything they say. However, we believe these resources can still be very helpful. Please use your discretion and discernment when engaging with these materials, and know that anyone on staff is available to answer any questions you may have.

RESOURCES FOR VICTIMS / SURVIVORS

1. Mannahouse and PBC Pastoral Staff

All Mannahouse and PBC pastoral staff are willing to meet to process, listen, and/or advise, if necessary.

2. Counseling Resources

Keri Harvey is a licensed and trauma-informed counselor, whom we have relationship with. <https://www.pacificcoastcounseling.ca/staff/keri-harvey/>

Mannahouse and PBC staff can also refer you to additional licensed mental health professionals if desired.

3. Freedom Groups - Mannahouse and PBC

4. [Mending the Soul](#) Breakthrough group with Mannahouse

“Mending the Soul” is a Breakthrough group hosted by Mannahouse that is focused on understanding and healing from abuse - whether it was spiritual, physical, emotional, sexual, or something else.

5. Books

- *Something's Not Right. Decoding the Hidden Tactics of Abuse and Freeing Yourself From its Power.* Wade Mullen.
- *On the Threshold of Hope: Opening the Door to Hope and Healing for Survivors of Sexual Abuse.* Diane Langberg.
- *Naming Our Abuse: God's Pathway to Healing for Male Sexual Abuse Survivors.* Andrew Schmutzer.
- *Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation* - Dan Allender
- *Forgiving What You Can't Forget* - Lysa Terkeurst
- *Surviving the Secret: Healing the Hurts of Sexual Abuse* - Pamela Vredevelt & Kathryn Rodriguez
- *Child Sexual Abuse: A Hope for Healing* - Maxine Hancock & Karen Burton Mains
- *The Verbally Abusive Relationship: How to Recognize It and How to Respond* - Patricia Evans
- *Broken and Battered: The Way Out for the Abused Woman* - Muriel Canfield
- *The Anger Workbook: A 13-step Interactive Plan to Help You..."* by Dr. Les Carter & Dr. Frank Minirth
- *Love is a Choice Workbook: Recovery for Codependent Relationships* - Minirth-Meier Clinic
- *Love is a Choice: Recovery for Codependent Relationships* - Dr. Robert Hemfelt, Dr. Frank Minirth, Dr. Paul Meier

6. Articles

a. [RAINN](#) - Rape, Abuse, and Incest National Network

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country. Many of RAINN's resources are also available in Spanish.

- Articles on [reporting](#) and what to expect
- Articles for survivors on [Recovering from Sexual Violence](#):
 - [Telling Loved Ones About Sexual Assault](#)
 - [Self-Care After Trauma](#)
 - [Tips for Survivors on Consuming Media](#)
 - [Flashbacks](#): what they are and how to deal with them
 - [Self-Harm](#)
 - Other articles on the [Effects of Sexual Violence](#) ([PTSD](#), [Depression](#), [Suicide](#), and more).
 - [What Consent Looks Like](#)
 - [How to Respond if Someone is Pressuring You](#)

b. [VictimConnect Resource Center](#)

- Article on [Self-Care](#) for survivors

- c. **[The National Domestic Violence Hotline](#)**
 - [The Importance of Self-Care](#)
 - [Healing Through the Arts](#)
 - [Identifying & Overcoming Trauma Bonds](#)
- d. Article on the **[Types of Abuse](#)**

7. Podcasts & Videos

- Mending the Soul [Podcast and video episodes](#) on getting healing or helping those who have been hurt
- ["Rising from the Ashes of Abuse"](#) with Christine Caine & Jennifer Clinger

8. Other Resources

- a. Sexual Assault Demonstration Initiative's [list of online peer support and resources](#).
- b. **[RAINN](#)** - Rape, Abuse, and Incest National Network
 - [Hotline](#) - phone (800.656.HOPE) or online chat ([online.rainn.org](#)). This is free, confidential, and available 24/7.
 - Online tool to [find a local sexual assault service provider](#)
- c. **[VictimConnect Resource Center](#)**

Provides a place for crime victims to access information about their rights and options, resources, and referrals. In addition to web-based resources, a traditional telephone-based helpline and online chat are available. [victimconnect.org](#) or 8.55.4.VICTIM (855.484.2846)

RESOURCES FOR STUDENTS

1. Mannahouse and PBC Pastoral Staff

All Mannahouse and PBC pastoral staff are willing to meet to process, listen, and/or advise, if necessary.

2. [RAINN](#) - Rape, Abuse, and Incest National Network

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Articles:

- [Staying Safe on Campus](#)
- [Alcohol Safety](#)
- [Practicing Active Bystander Intervention](#)
- [What Consent Looks Like](#)
- [How to Respond if Someone is Pressuring You](#)
- Other [Safety articles](#) for students

3. Other Resources

- [Financial Assistance application for counseling](#) through Collide

RESOURCES FOR STAFF & SUPPORT PEOPLE

1. Mannahouse and PBC Pastoral Staff

All Mannahouse and PBC pastoral staff are willing to meet to process, listen, and/or advise, if necessary.

2. Attending a Freedom or Mending the Soul Breakthrough Group

By attending one of these groups, staff and support persons can gain valuable insight into the impact of abuse and learn how to better support others in their healing journey.

3. Books

- *Counseling Survivors of Sexual Abuse* - Diane Langberg
- *Mending the Soul: Understanding and Healing Abuse* - Steven & Celestia Tracy
- *Something's Not Right. Decoding the Hidden Tactics of Abuse and Freeing Yourself From its Power* - Wade Mullen
- *On the Threshold of Hope: Opening the Door to Hope and Healing for Survivors of Sexual Abuse* - Diane Langberg
- *Naming Our Abuse: God's Pathway to Healing for Male Sexual Abuse Survivors* - Andrew Schmutzer
- *Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation* - Dan Allender
- *What You Can Say When You Don't Know What to Say: Reaching Out to Those Who Hurt* - Lauren Briggs
- *Betrayal of Trust: Sexual Misconduct in the Pastorate* - Stanley J. Grenz & Roy D. Bell
- *Forgiving What You Can't Forget* - Lysa Terkeurst
- *Women, Abuse, and the Bible: How Scripture Can be Used to Hurt or Heal* - Catherine Clark Kroeger & James R. Beck
- *Surviving the Secret: Healing the Hurts of Sexual Abuse* - Pamela Vredevelt & Kathryn Rodriguez
- *Child Sexual Abuse: A Hope for Healing* - Maxine Hancock & Karen Burton Mains
- *The Verbally Abusive Relationship: How to Recognize It and How to Respond* - Patricia Evans
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4. Articles

a. [RAINN - Rape, Abuse, and Incest National Network](#)

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country. Many of RAINN's resources are also available in Spanish.

- [Tips for Talking with Survivors of Sexual Assault](#)
- Articles on the [Effects of Sexual Violence](#) ([Flashbacks](#), [PTSD](#), [Depression](#), [Self-Harm](#), [Suicide](#), and more).
- How to [Help Someone You Care About](#)
- [Self-Care for Friends & Family](#)
- [What Consent Looks Like](#) - (*helping us to recognize abuse*)

b. [National Sexual Violence Resource Council](#)

A national information and resource organization that works with the CDC to collect and share resources with people and organizations working to understand and eliminate sexual violence.

- [A Guide for Friends and Family of Sexual Violence Survivors](#)

c. [Joyful Heart Foundation](#)

The mission of the Joyful Heart Foundation is to transform society's response to sexual assault, domestic violence, and child abuse, support survivors' healing, and end this violence forever.

- [6 Steps to Support a Survivor](#)
- [Effects of Sexual Assault and Rape](#)
- Some articles on [Vicarious Trauma](#)

d. [The National Domestic Violence Hotline](#)

- [Why Didn't You Say Anything?](#) - reasons victims might not speak up about abuse
- [When A Survivor Asks You For Help](#)
- [Healing Through the Arts](#)
- [Identifying & Overcoming Trauma Bonds](#)

e. Article on the [Types of Abuse](#)

5. Other Resources

Mending the Soul

- [Podcast and video episodes](#) on getting healing or helping those who have been hurt
- Mending the Soul [online training for organizations and leaders](#)