

Resource List

If you are anything like me, your TBR list is long - very long.

This list isn't meant to cover everything, but these are the key books and podcasts I recommend for building a solid understanding of religious trauma.

These are the resources I turn to most, offering clear insights and/or practical advice. Whether you're new to this topic or looking to dig deeper, these picks will help you get a strong grasp of the essentials.

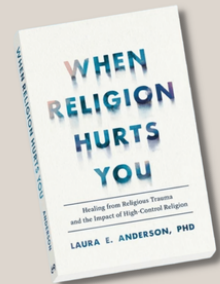


BOOKS

Education Based

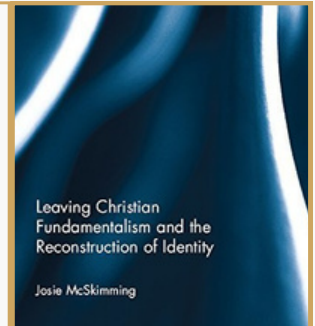
WHEN RELIGION HURTS YOU: HEALING FROM RELIGIOUS TRAUMA AND THE IMPACT OF HIGH-CONTROL RELIGION

Dr Laura E. Anderson



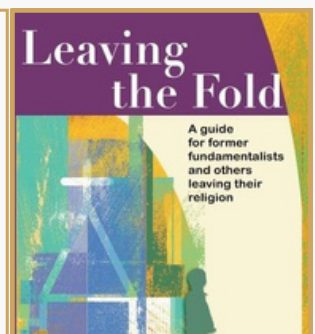
LEAVING CHRISTIAN FUNDAMENTALISM & THE RECONSTRUCTION OF IDENTITY

Josie McSkimming
(Australian Author)



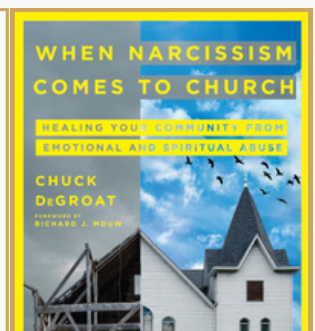
LEAVING THE FOLD: A GUIDE FOR FORMER FUNDAMENTALISTS AND OTHERS LEAVING THEIR RELIGION

Marlene Winell



WHEN NARCISSISM COMES TO CHURCH: HEALING YOUR COMMUNITY FROM EMOTIONAL AND SPIRITUAL ABUSE

Chuck DeGroat

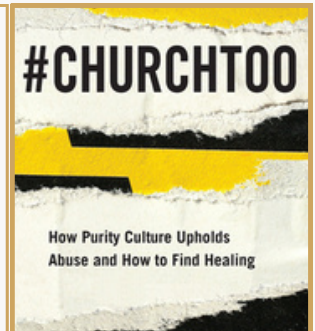


BOOKS

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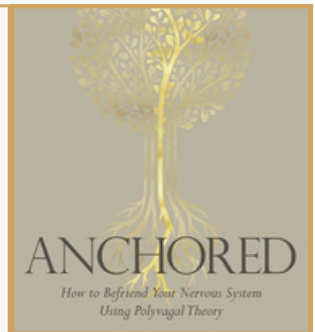
#CHURCHTOO: HOW PURITY CULTURE UPHOLDS ABUSE AND HOW TO FIND HEALING

Emily Joy Allison



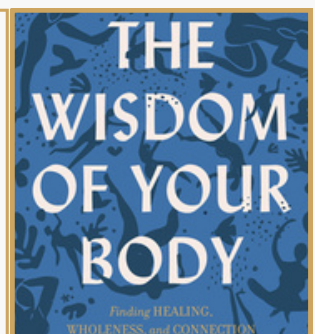
ANCHORED: HOW TO BEFRIEND YOUR NERVOUS SYSTEM USING POLYVAGAL THEORY

Deb Dana



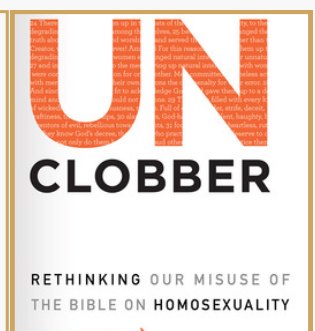
THE WISDOM OF YOUR BODY: FINDING HEALING, WHOLENESS AND CONNECTION THROUGH EMBODIED LIVING

Hillary L. McBride



UNCLOBBER: RETHINKING OUR MISUSE OF THE BIBLE ON HOMOSEXUALITY

Colby Martin

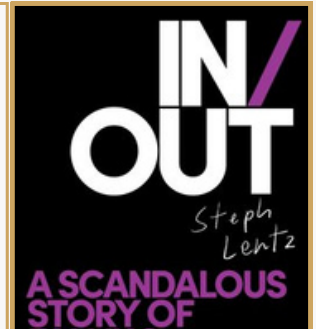


BOOKS

Memoirs

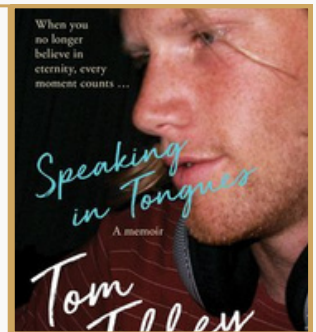
IN/OUT: A SCANDALOUS STORY OF
FALLING INTO LOVE AND OUT OF THE
CHURCH

Steph Lentz
(Australian Author)



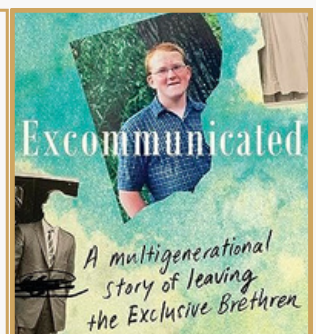
SPEAKING IN TONGUES

Tom Tilley
(Australian Author)



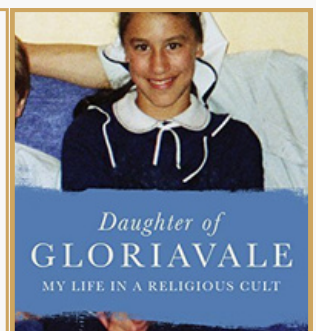
EXCOMMUNICATED: A
MULTIGENERATIONAL STORY OF
LEAVING THE EXCLUSIVE BRETHREN

Craig Hoyle
(New Zealand Author)



DAUGHTER OF GLORIAVALE: MY LIFE
IN A RELIGIOUS CULT

Lilia Tarawa
(New Zealand Author)

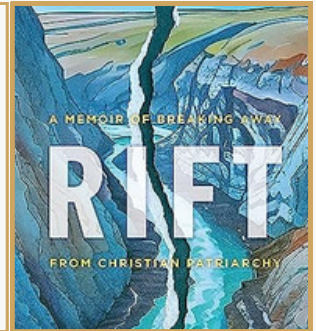


BOOKS

Memoirs

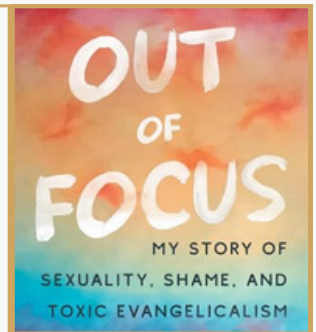
RIFT: A MEMOIR OF BREAKING AWAY
FROM CHRISTIAN PATRIARCHY

Cait West



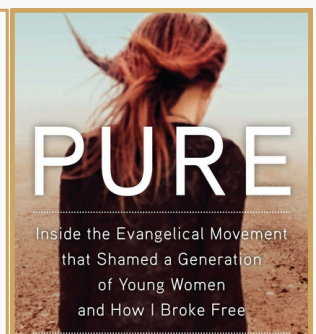
OUT OF FOCUS: MY STORY OF
SEXUALITY, SHAME, AND TOXIC
EVANGELICALISM

Amber Cantorna - Wylde



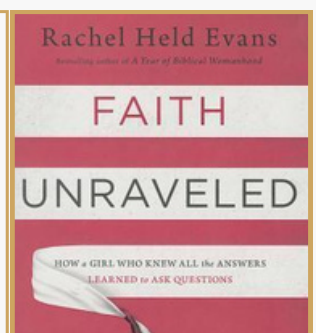
PURE: INSIDE THE EVANGELICAL
MOVEMENT THAT SHAMED A
GENERATION OF YOUNG WOMEN
AND HOW I BROKE FREE

Linda Kay Klein



FAITH UNRAVELED: HOW A GIRL WHO
KNEW ALL THE ANSWERS LEARNED TO
ASK QUESTIONS

Rachel Held Evans



PODCASTS

Australian/NZ

BEYOND THE SURFACE: STORIES OF
RELIGIOUS TRAUMA, FAITH
DECONSTRUCTION AND CULTS

Me! Sam Sellers
(I know I am completely biased)

beyond
the
surface

with Sam Sellers

Stories of Religious
Trauma, Faith
Deconstruction & Cults



www.anchorcounselling.com.au

UNCHURCHABLE

kit Kennedy (Aka Clare Heath-McIvor)



IN THE SHIFT: WHEN LIFE AND FAITH
GO OFF SCRIPT

Michael Frost

IN
THE
SH-F T

WHAT THE CHURCH? IMPROVING
HEALTH AND SPIRITUAL CARE FOR
PEOPLE WHO HAVE EXPERIENCED
RELIGIOUS HARM.

Jacqui Cousins



PODCASTS

International

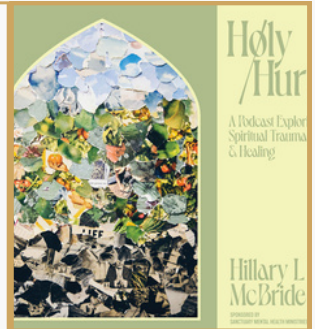
SUNDAY SCHOOL DROPOUTS

The Center for Trauma Resolution & Recovery.
Hosted by Dr Laura Anderson & Andrew Kerbs



HOLY/HURT: EXPLORING SPIRITUAL TRAUMA AND HEALING

Hillary L. McBride



YOU CAN'T GET TO HEAVEN IN A MINISKIRT

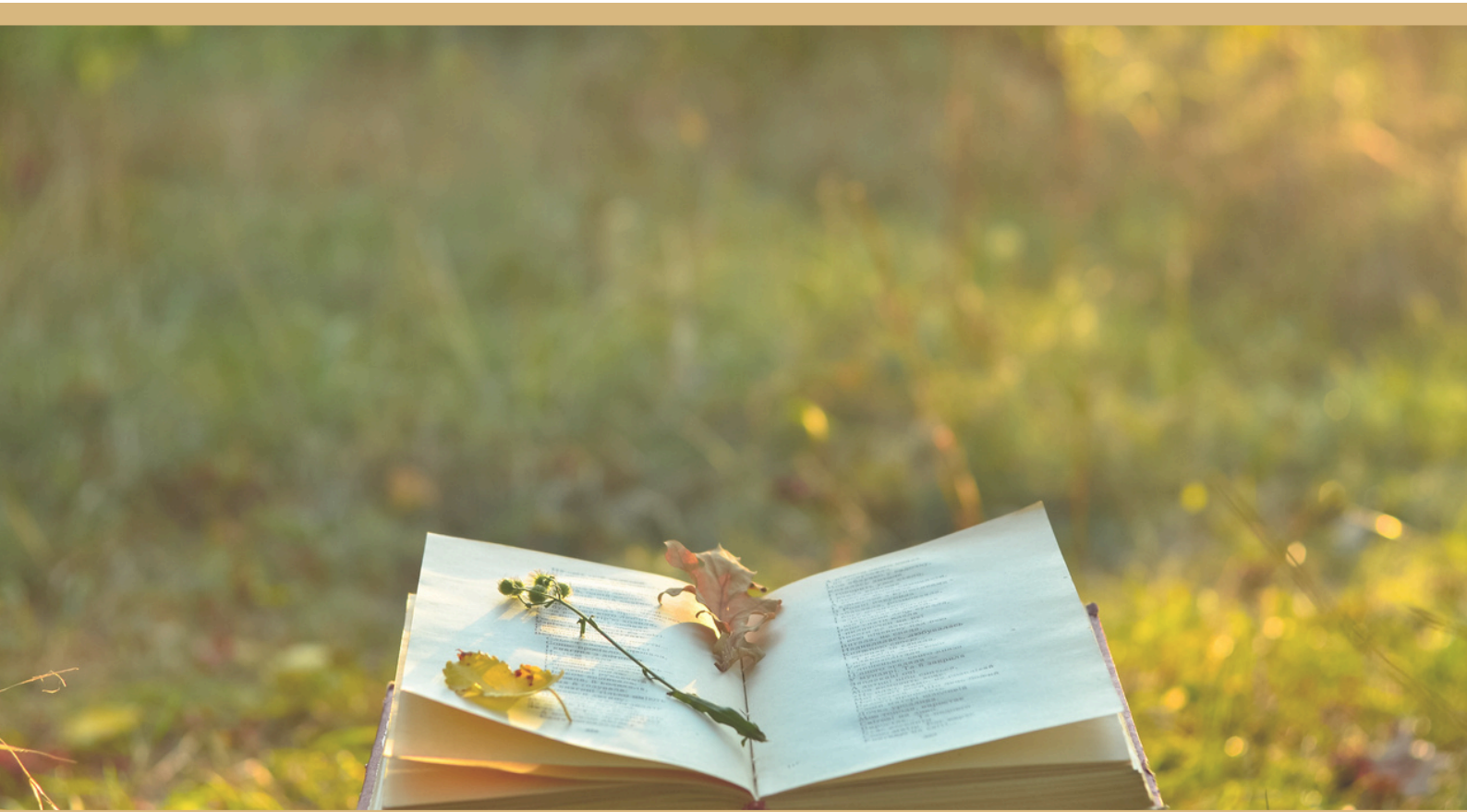
Jess & Sarah



CONFESSIONS OF A REFORMER

Mike Maeshiro





Is this going to feel like it's just scraping the surface?
Absolutely.

There are so many more books, articles, podcasts and doco's out there that will continue to broaden your knowledge of understanding religious trauma.

Wanting more?

We have a growing list on [The Religious Trauma Collective Website](#), head over there to continue your learning.

Any questions?

Reach out via email - info@anchoredcounsellingservices.com.au
Reach out over on Instagram - [@anchoredcounsellingservices](#)