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# Ministry Leader Abuse Resource Page

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## Best practices

### Use Mosaic Threat Assessment

FREE. Have abuse victim answer these questions to see if she or he is in danger. Pastors can also take the assessment when abuse is suspected. [www.mosaicmethod.com/](http://www.mosaicmethod.com/)

### Assume “Tip of the Iceberg”

When someone discloses abuse, it is tempting to think that someone is exaggerating or it is a misunderstanding or believe that it is a one-time occurrence. Instead, know that the disclosure is usually the tip of the iceberg. Often, it is very difficult and humiliating to admit abuse. Many times, victims will provide a mild example of abuse to assess your response before they reveal the full extent of abuse.

### Refer, refer, refer

Always refer any suspected domestic abuse situations including those that may not necessarily present classic “black eye” violence to a domestic violence organization in your community. Your community partners can provide resources such as a safe shelter and more. Do not attempt to figure out what is “really” going on and handle this on your own.

Sexual abuse or child abuse (including spankings that leave bruising or marks) must be reported immediately to the child abuse hotline in your state.

### Abuse is not a “marriage problem”

Domestic abuse is an abuser problem, not a marriage problem. When one partner has power and control over the other, couples counseling is not appropriate. It is incredibly dangerous. Do not meet with the couple together. Do not meet individually and attempt to bridge a perceived communication gap.

### Safety is Priority

Give the survivor power to decide when and if to leave. They know their situation and the dangers involved. Often, abuse victims will attempt to leave several times before leaving permanently (average is 7 times). Do not confront the abuser with information given to you by the victim. Help her (or him) when ready. Do not set the timeline. *Safety Tips* can be found here. [www.womenslaw.org/about-abuse/safety-tips](http://www.womenslaw.org/about-abuse/safety-tips)

### The Courage Conference [www.thecourageconference.com](http://www.thecourageconference.com)

An excellent event for ministry leaders wishing to address abuse well. The event is also perfect for abuse survivors. Consider sending a survivor from your church. Top Christian experts in this field gather to educate and provide hope.

### Support Available For Pastors

- Abuse 101 Training [www.ashleyeaster.com/speaking](http://www.ashleyeaster.com/speaking)
- Support and consulting service for pastors working with the abused provided by [DrChristySim@gmail.com](mailto:DrChristySim@gmail.com) or [www.drchristysim.wordpress.com](http://www.drchristysim.wordpress.com)



## Types of Abuse\*

### Physical

- Pulling hair, punching, slapping, kicking, biting or choking
- Forbidding you from eating or sleeping
- Hurting you with objects
- Preventing you from calling the police or seeking medical attention
- Harming children or pets
- Abandoning you in unfamiliar places
- Driving recklessly or dangerously when you are in the car with them
- Trapping you in your home or preventing you from leaving

### Verbal/Emotional

- Calling you names, insulting you or continually criticizing you
  - Refusing to trust you and acting jealous or possessive
  - Trying to isolate you from family or friends
  - Monitoring where you go, who you call and who you're with
  - Yelling or purposefully picking a fight
  - Using weapons to threaten to hurt you
  - Serially cheating and then blaming you for his or her behavior
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## Recommended Reading

Must-read resources for those in ministry. Many also apply to those experiencing abuse.

*Unholy Charade: Unmasking the Domestic Abuser in the Church* Jeff Crippen

*A Cry for Justice: How the Evil of Domestic Abuse Hides in Your Church* by Jeff Crippen

*Not Under Bondage: Biblical Divorce for Abuse, Adultery and Desertion*  
Barbara Roberts

*The Emotionally Destructive Marriage* Leslie Vernick

*Healing from Hidden Abuse* Shannon Thomas

*Black and White Bible, Black and Blue Wife* Ruth Tucker

*Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation* Dan Allender

*Tear Down This Wall of Silence: Dealing with Sexual Abuse in our Churches* Dale Ingraham, Rebecca Davis

*Child Safety Guidelines for Local Churches* Roger McNamara

*Survivor Care: What Religious Professionals Need to Know About Healing*

*Trauma*, Dr. Christy Sim (release date set for Spring 2019)

*Not Marked: Find Hope and Healing After Sexual Abuse*, Mary DeMuth

*The Mind of the Intimate Male Abuser: How He Gets into Her Head* by Don Hennessey

*Give Her Wings: Help and Healing After Abuse* by Megan Cox

*Fractured Covenants* by Marie O'Toole

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## Internet or Phone Resources

- **The Domestic Violence Hotline:** What is Abuse? Includes Power and Control Wheel. [www.thehotline.org/is-this-abuse/abuse-defined/](http://www.thehotline.org/is-this-abuse/abuse-defined/)  
Main Hotline: 800-799-7233 / Phone TTY: 800-787-3224
- **Article:** How to Help a Friend or Family Member by Dr. Christy Sim: [www.eewc.com/Articles/how-to-help-a-victim-of-domestic-violence/](http://www.eewc.com/Articles/how-to-help-a-victim-of-domestic-violence/)
- **National Network to End Domestic Violence Resource and Fact Sheets:** [nnedv.org/resources/?mdocs-cat=mdocs-cat-4#content](http://nnedv.org/resources/?mdocs-cat=mdocs-cat-4#content)
- [www.leslievernick.com/counselors/](http://www.leslievernick.com/counselors/) Marriage abuse counseling training & group counseling and phone support groups for women starting at \$27/month support network for women
- <https://www.facebook.com/LeslieVernickFanPage/> This page is for women living in, or leaving, an abusive marriage. Free videos and live conference teaching each week. No membership fee.
- **Give Her Wings** [www.giveherwings.com/](http://www.giveherwings.com/)
- **Youtube: Patrick Doyle**, Christ-centered counselor has dozens of free counseling videos that minister to people in toxic relationships and abusive marriages.
- **Here's the Joy** [www.heressthejoy.com/](http://www.heressthejoy.com/) by Rebecca Davis
- **Spiritual Battles** [www.spiritualbattles.org/](http://www.spiritualbattles.org/) by Carolyn Deever
- **Called to Peace Ministries / Joy Forrest** [www.calledtopeace.org/](http://www.calledtopeace.org/)
- **Southlake Counseling** [www.southlakecounseling.com/](http://www.southlakecounseling.com/)
- **G.R.A.C.E.** [www.netgrace.org/](http://www.netgrace.org/) Godly Response to Abuse in the Christian Environment (childhood sexual abuse)

## More Types of Abuse

### Verbal/Emotional *continued*

- Blaming you for the abuse
- Gaslighting
- Accusing you of cheating or jealousy of other friends
- Attempting to control your appearance
- Withholding affection, conversation or sex

### Spousal Sexual Abuse

- Lack of ongoing consent
- Forcing or manipulating you into sexual acts
- Holding you down or choking you during sex
- Demanding sex when you're sick, tired or after hurting you
- Hurting you with weapons or objects during sex
- Involving other people in sexual activities with you
- Forcing you to watch porn

### Financial Abuse

- Denying access to money.
- Preventing you from viewing or having access to bank accounts
- Forbidding you to work
- Maxing out credit cards in your name without permission
- Stealing money from you or your family and friends
- Using funds from children's savings accounts without your permission
- Living in your home but refusing to work or contribute to the household
- Refusing to give you money to pay for necessities or shared expenses.

\*Source: [www.thehotline.org](http://www.thehotline.org)

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