

**Psalm 119:50**

THIS IS MY
COMFORT IN MY
AFFLICTION, FOR
YOUR WORD HAS
GIVEN ME LIFE.

For as the sufferings
of Christ abound in
us, so our
consolation also
abounds through
Christ.

2 Corinthians 1:5**1 Thessalonians 5:14**

Now we exhort you,
brethren, warn those
who are unruly,
comfort the
fainthearted, uphold
the weak, be patient
with all.

GROWING IN HIM COUNSELING

You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.

-Genesis 50:20

Light Beyond the Pain

There are many forms of abuse that can cause a great deal of emotional, physical and spiritual pain. From child abuse and domestic violence to manipulation and control, abuse of all forms are not of God. He designed us to be in relationships filled with peace, love and encouragement.

Unfortunately, due to sin of all kinds; many of us experience pain and suffering. While the forms of abuse may be very different, the consequences are often very similar. We end up feeling hopeless, worthless, and often blame ourselves for the pain. The emotional and spiritual scars last a long time and can create unhealthy reactions to situations as well as difficult relationships.

If someone you know, is currently experiencing abuse; please have them seek help. Offer a safe place to talk, an encouraging word or a professional who can intervene. If you are currently experiencing abuse or have experienced abuse in your past and continue to struggle with anger, self-worth, poor relationships and/or bad decisions; seek professional help.

The good news is there is hope for healing. We can heal the pain of past abuse as well as learn to reconcile and forgive. This may feel impossible, however, with the love of God and the power of the Holy Spirit, we can find true healing!

Healing in His Light

Physical, sexual, and emotional abuse have been a persistent and often hidden part of human history—perpetrated across cultures, eras, and institutions. For centuries it was silenced by stigma, normalized through power structures, and ignored by systems meant to protect. Only in recent decades has society begun to fully confront its scope and seek justice, healing, and prevention. These forms of abuse involve many layers of pain, hurt and shame. They require grace, patience and love in order to heal, but healing *is* possible. Through the love of Jesus, we can find true healing that allows one to move forward rather than being stuck in a perpetual cycle of anger, shame and confusion. We first need to learn healthy coping habits to manage the sometimes overwhelming emotions, then we can begin to look at the pain and suffering caused by the sin of others. As you begin to process through these events, you learn to let them go and release the emotions attached to it. This allows you to move forward. Even though you will probably not ever forget the abuse, it doesn't need to define you. You will learn to see things through the lens of the Jesus' love, not the hatred of humanity and find hope in your future.

If you, or someone you know, has experienced abuse in their life; find someone with experience in processing trauma to walk with you in this journey. You don't need to do it alone as God is always with you and will provide the right person to help you heal.

Healing from Abuse?

While it is possible to completely heal from an abusive relationship, it does take time and work. It is best to find a therapist you can trust who is trained in working with trauma and be ready to move towards healthier relationships. Even though every situation is unique and every individual responds differently, there are some steps that work overall with most people.

1. Learn to set healthy boundaries with those around you, including family members, friends and co-workers. A great book by Dr. Henry Cloud and Dr. John Townsend called *Boundaries* is a good place to start.
2. Begin to recognize your emotions. Allow yourself to feel different emotions without avoiding them. You can create boundaries around your emotions and only sit with them for a short period of time until you are more comfortable managing them.
3. Work on healthy coping skills that help you to manage your emotions. Write down a list of 100 different things you can do when you are upset/stressed/anxious/angry. Cut each item out and place them in a jar to use when you need them.
4. As you learn to manage your emotions and set strong, healthy boundaries with those around you, you will be in a better place to process through the pain and hurt of the abuse.
5. Talk with a therapist you trust. As you do, you can allow yourself to heal and begin to forgive those who've harmed you.
6. Move forward in life feeling free, healthy, happy and in a place to trust others and build healthy relationships.

Currently in an Abusive Relationship?

If you, or someone you know, is currently in an abusive relationship, seek professional help. You can talk with your doctor, therapist, pastor, call the police or the crisis hotline: 844-493-TALK (8255) or text TALK to 38255.

There is help for difficult situations and you do NOT need to remain in a relationship in which you are being physically, emotionally, sexually or spiritually abused.

There are programs for women (and men) who are in domestic violence situations, and you don't need to do it alone!

You can always contact us, and we would be happy to help you find the support you need to be safe.

EMPATHETIC AND COMPASSIONATE GUIDANCE THROUGH THE HOPE FOUND IN JESUS

Counseling:

We offer individual, group and couples counseling for ages 6 to adult.

Cost:

\$130/45 min session with
Licensed Counselor

\$100/45 min session with Biblical
Counselor

Private Pay Only

Areas of Concern:

- Anxiety/Depression
- Trauma
- Grief and Loss
- Anger Management
- Marriage and Family
- Life Situations/Crisis
- Suicidal Ideation/Attempts
- Child (over 6), Teens, Adults

**CONTACT TANYA
MCCREA, LCSW, CCTP**

GROWINGINHIM.ORG

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SCHEDULE AN APPT

**VIRTUAL AND
IN-PERSON SESSIONS**