

ENDORSEMENTS



Freedom to Heal

A Christian Clinician's Guide to Treating Child Sexual Abuse

March 18, 2025 | \$45, 272 pages, casebound | 978-1-5140-0751-8

This go-to resource for faith-based practitioners caring for survivors of sexual abuse integrates theology, current research, and practical guidance that will assist therapists, medical professionals, pastoral counselors, and beyond in offering compassionate, evidence-based care to survivors of sexual abuse.

A Practitioner's Guide to Caring for Survivors of Sexual Abuse

"This is a desperately needed book. As a male survivor of childhood sexual abuse—and now professor of theology and practicing therapist—this book is a double blessing of the highest order. The words on every page are pastorally sensitive, clinically wise, eminently researched, and brimming with survivor testimony. Too often, the topics of sexual abuse and trauma healing are either overlooked or sensationalized, rather than approached with God's kindness, bold care, and radical hope. This book does justice to the topics and should be standard reading for all faith-based caring professionals."

—**Preston McDaniel Hill**, professor of integrative theology and co-chair of integration at Richmond Graduate University

"*Freedom to Heal* is a must-read for Christian, faith-based therapists and others who seek to fuse evidence-based approaches and recognized best practices with a spiritually integrated, theologically informed perspective on therapeutic treatments of adult survivors of childhood sexual abuse (CSA). This book treats a range of major topics in clinical treatments of CSA with great sensitivity, care, and depth of insight. While acknowledging the profound damage CSA can cause, the authors invite readers to the possibility of healing, and even flourishing, as outcomes in the lives of people who have experienced CSA."

—**Yvonne Zimmerman**, dean of academic affairs and religious studies at Clarke University in Dubuque, Iowa, and author of *Other Dreams of Freedom: Religion, Sex, and Human Trafficking*

"As both a survivor and advocate, I found *Freedom to Heal: A Christian Clinician's Guide to Treating Child Sexual Abuse* to be a much-needed resource for both survivors and the faithful helpers who walk the healing road with us. Loaded with deeply researched tools and insights for clinicians, intertwined with the biblical story and drenched in empathy for survivors, *Freedom to Heal* covers the rugged ground associated with child sexual abuse while keeping readers on the middle path that can ultimately lead to freedom for those who have been victimized."

—**Nicole Braddock Bromley**, author of *Hush: Moving From Silence to Healing After Child Sexual Abuse* and executive director of OneVOICE

"Most pastors are not trained therapists, yet we often find ourselves operating in that role. Educating ourselves in a researched, trauma-informed way is vital to properly caring for hurting people, and *Freedom to Heal* is an incredibly powerful and practical resource for every pastor as we walk alongside others toward healing and wholeness."

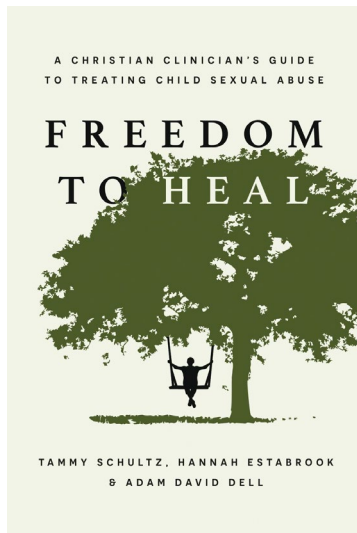
—**Jay Pathak**, national director of Vineyard USA

"It's rare for authors to take spiritual integration, research, and clinical expertise seriously. This combined with the sharing of their own personal stories makes this a wonderfully informative read. I will certainly be recommending it to clients."

—**Eric M. Brown**, assistant professor in the Department of Psychiatry at Boston University Chobanian and Avedisian School of Medicine



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"Freedom to Heal is a vital resource for anyone supporting survivors of childhood sexual abuse. This compassionate and evidence-informed guide integrates theological wisdom with clinical best practices, offering a practical path toward healing. The authors skillfully combine their personal experiences, extensive research, and therapeutic insights to provide a clear and hopeful approach to trauma care. It is a must-have for those committed to helping survivors move beyond recovery and toward a life of flourishing."

—**Jamie Aten**, cofounder of Spiritual First Aid, founder and codirector of the Humanitarian Disaster Institute, Blanchard Chair of Humanitarian and Disaster Leadership, and co-coordinator of the Trauma Certificate Program at Wheaton College

*"We each are much more than the worst thing that ever happened to us. Schultz, Estabrook, and Dell have applied this truth to childhood sexual abuse. Yes, people accept that they have been victimized. And they also practice leaning into the *ands*: *and* God has redeemed their suffering, *and* they are attached to God, *and* they have the possibility of forgiving and experiencing post-traumatic growth. The stories, examples, and clinical interventions of this book make it come alive. A well-rounded approach to treatment!"*

—**Everett L. Worthington, Jr.**, professor emeritus at Virginia Commonwealth University

"With plenty of clinical 'chops,' Schultz, Estabrook, and Dell boldly delve into the holiness and humanity of healing from sexual trauma. Drawing on their personal experience on both sides of the process, the trio invites and supports the reader in honoring the spiritual components of freedom while providing sound scriptural support. This work serves as a validation for clinicians and clients longing for their souls to experience healing."

—**Mandi Pierson**, licensed independent social worker-supervisor and cofounder of Porchlight

"The authors have taken an original approach to the critical work of healing childhood sexual abuse. They weave together contemporary psychoeducation, beautiful narratives, and thoughtful, practical interventions for every step of trauma recovery counseling. This is a book I'll return to again and again as I work with survivors of CSA."

—**Clair Miller**, mental health therapist at Optimum Joy Clinical Counseling



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