

Light in Dark Places: Mental Health and Church Ministry

Website & Book Recommendations from Kevin Brown LMFT/Executive Pastor

CELEBRATE RECOVERY: (For ALL Hurts, Habits, and Hang-ups) www.celebraterecovery.com - You can search by city or zip code to see all meeting locations in California. Only 1 to 3 who attend deal with drugs or alcohol.

WEBSITES:

www.edstetzer.com - LifeWay Research

www.aacc.net - American Association of Christian Counselors (Lots of Free Resources as well!)

www.faithfulcounseling.com - Mental Health Counseling from a Biblical Perspective

www.amenclinics.com - Change Your Brain Change Your Life (Doctors, Scans, Natural Supplements, Nutritionists)

www.drleaf.com - Lots of Research on Mind-Brain Connection

www.afsp.org - American Foundation for Suicide Prevention (I love their Out of Darkness Walks!)

www.mhanational.org - Nations Leading Community Based Non-Profit on Helping those with Mental Health Issues

www.remedylive.com - 24/7 Anonymous Mental Health Live Chat with a Trained Soul Medic

www.cpyu.org - California Parenting of Youth Understanding (Awesome Resources for Youth Pastors and Parents)

www.faithfulandtrue.com - Men of Valor-3 Day Intensive

www.mikefoster.tv - Check out the Strongest Weekends

BOOKS:

Healing Depression for Life: Overcoming Anxiety Worry, and Fear by Dr Gregory Jantz

Freedom from Anxious Thoughts and Feelings: A Two-Step Mindfulness Approach by Dr Scott Symington

Change Your Brain Change Your Life: Breakthrough Program for Conquering Anxiety, Depression, etc. by Amen

The End of Mental Health: Dr Daniel Amen

Think & Eat Yourself Smart: A Neuroscientific Approach to a Sharper Mind and Healthier Life by Dr Caroline Leaf

The Anti-Anxiety Diet: Whole Program to Stop Racing Thoughts, Banish Worry and Live Panic Free by Dr Ali Miller

Upward Spiral: Using Neuroscience to Reverse Depression by Alex Korb

Life's Healing Choices: Freedom from Your Hurts, Hang-Ups, and Habits by John Baker

Daniel Plan: 40 Days to Healthier Life-Faith, Food, Fitness, Focus, Friends by Rick Warren, Dr Amen, & Dr Hyman

Addictions and Recovery Counseling by Dr T Clinton and Dr Scaley

Wounded Heart and The Healing Path by Dr Dan Allender

Boundaries by Dr Cloud and Dr Townsend

Attachments: Why You Love, Feel and Act the Way You Do by Dr Tim Clinton and Dr Gary Sibcy

Feeling Good: The New Mood Therapy by Dr David Burns

The Body Keeps the Score: Bessel Van Derkolk

The Ruthless Elimination of Hurry: John Mark Comer

Wired for Intimacy: How Pornography Hijacks the Male Brain by William M. Struthers

Infidelity Recovery: Torn Asunder by Dave Carder

Close Calls: What Adulterers Want You to Know About Protecting Your Marriage by Dave Carder

Intimate Deception: Healing the Wounds of Sexual Betrayal by Barbara Steffens and Stefanie Carnes

Created for Connection: A Powerful Attachment Based Couples Model for Connection by Dr Sue Johnson

PODCASTS:

Leadership - Craig Groeschel & Andy Stanley, Dr Leaf, Fun Therapy - Mike Foster, The Brain Warrior's Way

