



# Core Healing from Sexual Abuse: A Journey of Hope

*Marti Wibbels*

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*Core Healing from Sexual Abuse: A Journey of Hope* is designed for survivors of sexual abuse, to provide an opportunity for you to begin a healing journey that can transform your life. Designed for individual or group use, this workbook can help you understand areas impacted by sexual abuse while offering measurable goals for each phase of your unique restorative journey.

The extensive damage of sexual abuse occurs at the core of a person's being, where it cannot be seen. That is where *Core Healing* offers hope. It can help you discover how to resolve root issues fueling anxiety, depression, insecurity or fear while illuminating positive biblical solutions.

Each of the twelve chapters of this workbook has five sections; each section is designed for you to work on for about 30 minutes daily. Some chapters have a bonus section to be completed during the weekend or whenever you have time. The extra section explores the possible impact sexual abuse has during each developmental stage that can continue throughout other stages of development and gives ideas to help you experience restoration from developmental disruption.

The problem of sexual abuse is endemic throughout the world. One in four girls and one in six boys will be sexually assaulted by the age of eighteen (Finkelhor, David, et al. *Sexual abuse in a National Survey of Adult Men and Women: Prevalence, Characteristics and Risk Factors*, Child Abuse and Neglect, 1990). *Core Healing from Sexual Abuse* addresses this pandemic head on, offering survivors of sexual abuse an opportunity to heal and transform their lives.

Whether you are an individual who desires to heal from sexual abuse or a professional counselor, pastor or lay counselor seeking to help others heal, *Core Healing* is a practical tool offering profound hope and extensive practical help. For those who are intimately acquainted with abuse survivors, this book can bring the deeper level of understanding necessary for new healing in their relationships.

*Core Healing from Sexual Abuse* is also available in Spanish *Sanidad del Nucleo de Abuso Sexual: Un Viaje de Esperanza*.

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