

**Sanctuary Mental Health Ministries
Library**

1. A Firm Place to Stand

Marja Bergen

<http://marjabergen.com/afirmplacetostand>

Marja Bergen describes how she found meaning in a life with bipolar disorder. In her sincere and candid style, she reflects on her forty-two years with the illness and shows how God can turn weakness into strength. This book is a must-read for Christians who struggle with mental health challenges and the faith communities who minister to them.

2. The Church Leaders Counseling Resource Book

**Cynthia Franklin and
Rowena Fong**

<http://churchdvresources.files.wordpress.com/2010/10/flyer-franklinfong-churchleaders1.pdf>

This all-in-one guide is designed to better equip clergy and the church leaders to meet their congregations' needs in a spiritually grounded and scientifically sound manner. Succinct, easy-to-read chapters summarize all a pastor needs to know about a given problem area, including its signs or symptoms, questions to ask, effective helping skills, and, most importantly, when to refer to a mental health professional. Synthesizing what research says about treatment approaches for mental health issues, this user-friendly reference is filled with guidelines, case scenarios, key points to remember, resources for further help, advice on integrating scripture and theology with the best available research, and tips on partnering with others to provide the best possible care for each church member. Each chapter is designed for quick lookup by problem area, empowering church leaders to understand and help meet the challenges facing the children, adults, families, and communities that they serve.

3. I'm Not Supposed to Feel Like This: A Christian Self-Help Approach to Depression and Anxiety

Chris Williams, Paul Richards & Ingrid Whitton

<http://www.feelinglikethis.com/site/>

Summary: Depression is so common that it has been described as 'the common cold of psychiatry'. It is particularly difficult for Christians - there is often a feeling that Christians 'shouldn't' get depressed, and that it and anxiety are the result of a poor or damaged relationship with God. I'M NOT SUPPOSED TO FEEL LIKE THIS is an empowering and practical response to such common feelings. In the style of a workbook, with constant reference to the Bible, and the example of Jesus, it helps the reader to understand why they feel the way they do, and to draw on God's love and grace to find a path through depression and anxiety. The authors are all Christians, and experienced counsellors and psychiatrists.

4. The World Café

Brown, Isaacs, et al.

<http://www.theworldcafe.com/book.html>

In the first comprehensive book on the World Café, co-founders Juanita Brown and David Isaacs introduce readers to this simple yet powerful conversational process for thinking together, evoking collective intelligence, and creating actionable results. The World Cafe; process has been used by tens of thousands of people around the world to tackle real-life issues. Based on seven key principles, it begins with small, intimate conversations at Cafe-style tables; these gatherings then link and build on

each other as people move between groups and cross-pollinate ideas. In this way, Café learning enables even very large groups to think together creatively in a single, connected conversation. This complete resource explains the Café concept and provides readers with the tools they need to get started. Each chapter opens with stories from business, education, government, and community organizations, each a dramatic example of how leaders are using this process in the real world. Such stories underline the Café's immediate, practical implications for meeting and conference design, strategy formation, knowledge creation, and large-scale systems change.

5. In His Way and His Time. Breaking Free from Mental Illness Margaret-Ann Kubala

<http://www.mcnallyrobinson.com/9781926747514/margaret-ann-kubala/his-way-his-time#.UX3s5sqq73A>

6. Living Outside Mental Illness

Larry Davidson

(no website)

Schizophrenia is widely considered the most severe and disabling of the mental illnesses. Yet recent research has demonstrated that many people afflicted with the disorder are able to recover to a significant degree. *Living Outside Mental Illness* demonstrates the importance of listening to what people diagnosed with schizophrenia themselves have to say about their struggle, and shows the dramatic effect this approach can have on clinical practice and social policy. It presents an in-depth investigation, based on a phenomenological perspective, of experiences of illness and recovery as illuminated by compelling first-person descriptions. This volume forcefully makes the case for the utility of qualitative methods in improving our understanding of the reasons for the success or failure of mental health services. The research has important clinical and policy implications, and will be of key interest to those in psychology and the helping professions as well as to people in recovery and their families.

7. Spirituality and Mental Health Care

John Swinton

(no website)

A person's sense of spirituality informs his or her awareness of self and of the society around them, and is intrinsic to their mental well-being. In this balanced and thoughtful book John Swinton explores the connections between mental health or illness and spirituality and draws on these to provide practical guidance for people working in the mental health field. He analyses a range of models of mental health care provision that will enable carers to increase their awareness of aspects of spirituality in their caring strategies. Using a critical evidence-based and interdisciplinary approach to contemporary mental health practice, Swinton explores the therapeutic significance of spirituality from the perspectives of both carers and service-users, looking at mental health problems such as psychotic disorder and depression, Alzheimer's disease and bipolar disorder. He also provides a critical review of existing literature in the field to place spirituality in contemporary theory and practice.

8. The Abundant Community

John McKnight & Peter Block

<http://www.abundantcommunity.com/>

We need our neighbors and community to stay healthy, produce jobs, raise our children, and care for those on the margin. Institutions and professional services have reached their limit of their ability to help us. The consumer society tells us that we are insufficient and that we must purchase what we need from specialists and systems outside the community. We have become consumers and clients, not citizens and neighbors. John McKnight and Peter Block show that we have the capacity to find real and sustainable satisfaction right in our neighborhood and community. This book reports on voluntary, self-organizing structures that focus on gifts and value hospitality, the welcoming of strangers. It shows how to reweave

our social fabric, especially in our neighborhoods. In this way we collectively have enough to create a future that works for all.

9. Souls in the Hands of a Tender God

Craig Rennebohm

<http://www.tendergod.com/>

Souls in the Hands of a Tender God explores the realm of faith through the extraordinary prism of brain disorders. The stories in this book come from an unusual place: the experience of mental illness — and, in particular, mental illness on the streets. Each story becomes a parable, helping us understand what it means to be human and vulnerable: souls on a pilgrimage toward meaning and wholeness, supported by God's healing Spirit. The book profiles people living on the street who suffer from the devastating effects of mental illness and follows them on the journey from the margins of society through healing and back into the welcome and support of the community. The authors describe some basic steps any of us can take to help a relative, friend, or stranger struggling with mental illness and in need of care and support. From his experience, Craig shares models of care that bring congregations and community health services together in support of outreach, recovery, and well-being. And the authors invite readers to help create compassionate neighborhoods as building blocks for a world in which care takes precedence over neglect and peaceable community replaces conflict and injustice.

10. Imagining Robert

Jay Neugeboren

(no website)

Novelist Neugeboren (*An Orphan's Tale*) has written a detailed, exquisitely painful and always thoughtful account of his younger brother's long struggle with mental illness. He includes scenes from their Brooklyn childhood of constantly warring parents, extremes of love and hatred, of holding on too tightly and rejecting too absolutely. Robert Neugeboren, who was born in 1943, suffers from a variety of disorders, all roughly grouped together under schizophrenia. He has needed long periods of restraint and multiple hospital stays. His 30-year battle has coincided frighteningly with numerous changes in our attitudes toward and treatment of such illness. Shuttled from doctor to doctor, Robert has been dosed with almost every polysyllabic wonder drug that has surfaced. Some worked; some didn't. None offered the "magic bullet" that the author hoped and prayed for. Neither did such bizarre fads as putting patients into insulin-induced comas. The narrative touches on the author's parallel life as a writer, academic, divorcee and father of two and is shot through with an understandable sense of guilt. Could the family have done more? Would greater financial resources have changed Robert's chances for a normal life? The banal dysfunction of the New York State mental health establishment is horrifying in this portrayal, yet, to most readers of the daily newspaper, totally expected. Nothing is solved here, but Neugeboren's account may bring understanding to those who can barely imagine such horrors and comfort to those who have and have felt alone.

11. Committed to the Sane Asylum

Schellenberg and Barres

http://www.susanschellenberg.com/Susan_Schellenberg/writing.html

Committed to the Sane Asylum provides highly readable street-level, doctor/patient views on mental health care and healing. Moving, often humorous, personal narratives bind together intriguing "who-did-it?" stories, multiple perspectives on emotional disturbance, descriptions of emotional healing, and theoretical analysis of modernist practices and postmodern possibilities. The book includes both Susan's mental health hospital records and her dream paintings.

12. Strategies of Qualitative Inquiry

Denzin & Lincoln

(no website)

(no blurb)

13. Depression “Looking up from the Stubborn Darkness” Edward T. Welch

(no website)

This book gives real hope for those who struggle with depression, and for the people who love them. Dr. Ed Welch writes compassionately on the complex nature of depression and sheds light on the path toward deep, lasting healing. Welch considers carefully the spiritual, medical, and emotional factors that contribute to depression. Even more important is his insight into the impact of these factors? interaction. If depression has touched your life in any way, you can be helped by this practical and far-reaching approach.

14. Unmasking Male Depression

Archibald D. Hart

<https://www.ministrymagazine.org/archive/2002/11/unmasking-male-depression.html>

The myth in evangelical Christendom is that depression is a sure sign of failure in trusting God, weak faith, or sin lurking in your inmost being. Yet more than 20 million American men will become depressed in their lifetime, with the effects impacting their families, their work and their relationships with God. From his own struggles with depression and his decades of clinical research and practice, Dr. Hart has good news: Men have many options and hope!

15. Darkness is my Only Companion

Kathryn Greene-McCreight

(no website)

Where is God in the suffering of a mentally ill person? What happens to the soul when the mind is ill? How are Christians to respond in the face of mental illness? In *Darkness Is My Only Companion*, Kathryn Greene-McCreight confronts these difficult questions raised by her own mental illness—bipolar disorder. She tackles often avoided topics such as suicide, mental hospitals, and shock therapy. Greene-McCreight offers readers a glimpse into the mind of a mentally ill person and practical advice for their friends, family, and clergy. With brutal honesty, she tackles often avoided topics such as suicide, mental hospitals, and shock therapy. Greene-McCreight offers the reader everything from poignant and raw glimpses into the mind of a mentally ill person to practical and forthright advice for their friends, family, and clergy. Her voice is a comfort to those who suffer from mental illness and an invaluable resource for those who love and support them.

16. Faith & Mental Health “Religious Resources for Healing” Harold G. Koenig

(no website)

Dr. Harold Koenig opens a window on mental health, providing an unprecedented source of practical information about the relationship between religion mental health. Dr. Koenig examines how Christianity and other world religions deliver mental health services today, and he makes recommendations, based on research, expertise, and experience, for new programs to meet local needs. Presenting a combination of the history and current research of mental health and religion along with a thorough examination of faith-based organizations operating in the field, this book is a one-of-a-kind resource for the health care community; its valuable research and insights will benefit medical and religious professionals, and anyone concerned with the future of mental health care.

17. Spirituality & Religion in recovery from Mental Illness Roger D. Fallot

(no website)

It is essential to pay attention to the religious and spiritual side of clients' experiences in order to create mental health services that are holistic and genuinely responsive to clients' needs. Drawing on first-hand accounts of consumers as well as on current research, this volume of *New Directions for Mental Health Services* illustrates the ways that spirituality—whether defined traditionally or in the broadest holistic sense—can be an active part of recovery.

The authors describe innovative collaborations among faith communities, mental health organizations and agencies, and people with mental illness--and offer specific guidelines for developing such relationships more fully. They also review existing research that demonstrates a positive connection between spirituality and well-being and suggest future directions for increasing the integration of spirituality into mental health services.

18. God in the Dark-Through Grief and Beyond **Luci Shaw**

http://www.lucishaw.com/books_prose.html

God in the Dark is one woman's record of her journey through grief and beyond. Poet Luci Shaw's journal of her husband's terminal cancer begins with the doctor's first diagnosis and follows her through the early months of her widowhood.

In these pages, we see the complexities of a fragile three-way relationship—between a man, a woman, and God. With deep insight and honesty, Luci Shaw probes the paradoxes of faith with which we all struggle—when we are honest enough to admit it.

This story moves in and out of shadow, and if her insights seem sharp and bleak one moment, only to be clear and hopeful the next—she can only say, simply, “This is how it was This is how I lived it.”

Her penetrating question “Where is God's promised presence?” troubles us all, compelling us to investigate more urgently the mysterious ways of the Almighty.

19. Connecting **Larry Crabb**

<http://www.newwayministries.org/readinglist.php>

Dr. Crabb envisions a day when communities of God's people - ordinary Christians whose lives connect as husband to wife, brother to sister, friend to friend - will accomplish most of the healing that we now depend on mental health professionals to provide. God has deposited within us the power to heal soul-disease and that power is released to do its work as we relate to each other in revolutionary new ways. In challenging, practical language, Dr. Crabb shows us how. This revised and updated edition now includes a full workbook for those who want to better learn how to connect with the hearts and souls of those around them.

20. Psychosis and Spirituality **Isabel Clarke**

http://www.isabelclarke.org/psychosis_spirituality/

Spirituality and psychosis both inhabit the region where ordinary reason ceases to function and barriers break down. The connection between them is evident - what is remarkable is how conventional thinking obscures the connection. This book challenges conventional understandings with a radical new perspective. The interface between psychosis and spirituality is explored, drawing on key research and latest developments from a wide spread of disciplines. This new perspective will be important for those professionally interested in both psychosis and spirituality (therapists, priests, etc.) people seeking a well grounded framework for their own direct experience in this area and everyone interested in the latest thinking and research on this topic.

21. Spirituality and Psychiatry **Cook, Powell & Sims**

(no website)

Spirituality is a crucial but sometimes overlooked aspect of mental well-being.

A comprehensive and evidence-based text that explores the nature of spirituality, its relationship to religion, and the reasons for its importance in psychiatric clinical practice. Different chapters focus on the key sub-specialities of psychiatry. This book contains references to up to date research and a review of the relevant academic literature. Contributors include renowned psychiatrists, four Reverends and a service user.

22. Handbook of Spirituality & Worldview in Clinical Practice Josephson& Peteet

(no website)

This refreshing new work is a practical overview of religious and spiritual issues in psychiatric assessment and treatment. Eleven distinguished contributors assert that everyone has a worldview and that these religious and spiritual variables can be collaborative partners of science, bringing critical insight to assessment and healing to treatment. Unlike other works in this field, which focus primarily on spiritual experience, this clearly written volume focuses on the cognitive aspects of belief and how personal worldview affects the behavior of both patient and clinician. Informative case vignettes and discussions illustrate how assessment, formulation, and treatment principles can be incorporated within different worldviews, including practical clinical information on major faith traditions and on atheist and agnostic worldviews.

23. Spirituality, Values and Mental Health

**Mary Ellen Coyte, Peter Gilbert
and Vicky Nicholls**

(no website)

Spirituality, religious belief and inclusive faith communities are important for mental well being but mental health practitioners have few guidelines for acknowledging these issues when working with service users. Spirituality, Values and Mental Health gathers together personal and professional contributions from mental health professionals, carers and mental health service users and survivors. It addresses the stigma that can surround both mental health and spirituality and explores the place of the spiritual in mental health care, teasing out its implications for research, education, training and good practice. This book is a welcome source of ideas and common-sense that is essential reading for mental health practitioners, carers and service users, chaplains, faith leaders, faith communities, as well as students and professionals working in the field of spirituality and mental health.

24. No Time to Say Goodbye

Carla Fine

<http://www.carlafine.com/>

Suicide would appear to be the last taboo. This is just one of the many painful and paralyzing truths author Carla Fine discovered when her husband, a successful young physician, took his own life in December 1989. And being unable to speak openly and honestly about the cause of her pain made it all the more difficult for her to survive.

With **No Time to Say Goodbye**, she brings suicide survival from the darkness into light, speaking frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Fine draws on her own experience and on conversations with many other survivors--as well as on the knowledge of counselors and mental health professionals. She offers a strong helping hand and invaluable guidance to the vast numbers of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives. And, perhaps most important, for the first time in any book, she allows survivors to see that they are not alone in their feelings of grief and despair.

25. Grieving a Suicide

Albert Y. Hsu

(no website)

Albert Y. Hsu wrestles with emotional and spiritual questions surrounding suicide and ultimately points suicide survivors to the God who offers comfort in our grief and hope for the future. Speaking from the experience of losing his father, Albert Hsu presents three different levels of support, depending on your stage of grief. Covering subjects from your immediate grief to answering your tough questions, this book allows you to find help for your hurt when you're ready.

26. The Answer to How is Yes

Peter Block

<http://www.peterblock.com/publications/>

People keep asking "How?" as a defense against living their life, says best-selling author Peter Block. In this witty, insightful award-winning book, Block shows that many standard solutions and improvement efforts, reinforced by most of the literature, keep people paralyzed. Here he places the "how to" craze in perspective and teaches individuals, workers, and managers ways to act on what they know. This in turn allows them to reclaim their freedom and capacity to create the kind of world they want to live in. Block's "elements of choice" - the characteristic of a new workplace and a new world based on more positive values - include self-mentoring, investing in relationships, accepting the unpredictability of life, and realizing that the individual prospers only when the community does.

27. Community – The Structure of Belonging

Peter Block

<http://www.peterblock.com/publications/>

Modern society is plagued by fragmentation. The various sectors of our communities--businesses, schools, social service organizations, churches, government--do not work together. They exist in their own worlds. As do so many individual citizens, who long for connection but end up marginalized, their gifts overlooked, their potential contributions lost. This disconnection and detachment makes it hard if not impossible to envision a common future and work towards it together. We know what healthy communities look like--there are many success stories out there, and they've been described in detail. What Block provides in this inspiring new book is an exploration of the exact way community can emerge from fragmentation: How is community built? How does the transformation occur? What fundamental shifts are involved? He explores a way of thinking about our places that creates an opening for authentic communities to exist and details what each of us can do to make that happen.

28. I am Not Sick, I Don't Need Help

Xavier Amador

http://bpdresources.net/peer_book_reviews/xavier_amador.htm

About 50% of all people with schizophrenia and manic-depression do not understand that they are ill and refuse treatment. Whether you are a family member or a therapist, in this book you will find hope in what the new research is revealing about the problem of poor insight into illness. Prepare to be surprised and to have new hope. There is much you can do to conquer denial.

29. DSM IV (Fourth Edition) Diagnostic & Statistical Manual of Mental Disorders

<http://www.psychiatry.org/practice/dsm>

Since the DSM-IV® was published in 1994, we've seen many advances in our knowledge of psychiatric illness. This Text Revision incorporates information culled from a comprehensive literature review of research about mental disorders published since DSM-IV® was completed in 1994. Updated information is included about the associated features, culture, age, and gender features, prevalence, course, and familial pattern of mental disorders. The DSM-IV-TR® brings this essential diagnostic tool up-to-date, to promote effective diagnosis, treatment, and quality of care. Now you can get all the essential diagnostic information you rely on from the DSM-IV® along with important updates not found in the 1994 edition. Stay current with important updates to the DSM-IV-TR®: -Benefit from new research into Schizophrenia, Asperger's Disorder, and other conditions -Utilize additional information about the epidemiology and other facets of DSM conditions -Update ICD-9-CM codes implemented since 1994 (including Conduct Disorder, Dementia, Somatoform Disorders)

30. Grief Share “Your Journey from Mourning to Joy” no author

<http://www.griefshare.org/healing/helpforjourney>

A six-week personal study for your journey from mourning to joy. Make time each week to explore the material in this personal study section. You'll find it can become a time to grow closer to God and find His help for the things going on in your life (no matter how difficult or painful!). The study is separated into six weeks, with five days of Scripture reflections, questions and life applications. You might want to highlight or underline verses that are especially meaningful to you. This can help you find those verses again quickly.

31. Occupational Therapy Without Borders

Kronenberg, Simo Algado, Pollard

(no website)

This landmark text challenges occupational therapists to more fully realize the profession's social vision of a more just society where disability, old age, and other marginalizing conditions and experiences are addressed by involving people in helping themselves to (re)gain the capacity and power to construct their own destinies through their participation in daily life.

The book explores the new concept of occupational apartheid - the separation between those who have meaningful, useful occupations and those who are deprived of or isolated from occupation, or who are otherwise constrained in their daily life.

32. Occupational Therapy in Psychiatry and Mental Health

Rosemary Crouch

(no website)

The fourth edition of this book is directed at a broader, international, undergraduate and professional occupational therapy readership and has undergone major revision and up-dating. In this edition international models of occupational therapy, including a South African model, support the various practical applications of occupational therapy in the various areas of occupational therapy in psychiatry and mental health. In the past, this publication has catered well for occupational therapists in training, and those that are newly qualified and has been an unprecedented success. It has been used as a text book in all University-based training centres for occupational therapy in South Africa. The content is proudly presented as being South African-based, yet very applicable to other areas of the world. The standard of occupational therapy in the psychiatric and mental health field in South Africa is high, and comparable to both Western and Eastern countries of the world, both at a hospital and a community, grass-roots level. Cultural issues and the contribution of occupational therapy auxiliary is also included in this edition.

33. Troubled Minds: Mental Illness and the Church Mission

Amy Simpson

In *Troubled Minds* Amy Simpson, whose family knows the trauma and bewilderment of mental illness, reminds us that people with mental illness are our neighbors and our brothers and sisters in Christ, and she shows us the path to loving them well and becoming a church that loves God with whole hearts and whole souls, with the strength we have and with minds that are whole as well as minds that are troubled.

34. Catholic Guide to Depression

Aaron

Kheriaty

How the saints, the sacraments, and psychiatry can help you break depression's grip and find happiness again. Countless Christians—including scores of saints—have suffered profound, pervasive sorrow that modern psychiatrists call “depression.” Then, as now, great faith and even fervent spiritual practices have generally failed to ease this wearying desolation of soul. Extensive clinical experience treating

patients with depression has shown Dr. Kheriaty that the confessional can't cure neuroses, nor can the couch forgive sin. Healing comes only when we integrate the legitimate discoveries of modern psychology and pharmacology with spiritual direction and the Sacraments, giving particular attention to the wisdom of the Church Fathers and the saints.

35. The Artful Journey

William T Sturtevant

The first really practical book on major gift fundraising. You'll find a step-by-step guide to ensuring effective cultivation and a successful ask. The book promises a fail-proof roadmap—and it delivers. Sturtevant is a master gift-crafter and practitioner. He is one of the most highly esteemed in his field. His involvement in millions of dollars of gifts provides credence to the assured design he writes about in this book. It is indeed, an artful journey that Sturtevant takes you on. Low on philosophy, high on nuts-and-bolts—the book fills an urgent void. Major gifts is one of the most important factors in philanthropy. Strangely, there has not been a comprehensive and effective handbook published—until now.

36. Making Room: Recovering hospitality as a Christian Tradition

Christina Pohl

Although hospitality was central to Christian identity and practice in earlier centuries, our generation knows little about its life-giving character. *Making Room* revisits the Christian foundations of welcoming strangers and explores the necessity, difficulty, and blessing of hospitality today.

Combining rich biblical and historical research with extensive exposure to contemporary Christian communities — the Catholic Worker, L'Abri, L'Arche, and others — this book shows how understanding the key features of hospitality can better equip us to faithfully carry out the practical call of the gospel.