

Resources for those leaving high demand/high control religions

Book recommendations

Leaving the Fold by Marlene Winell PhD - If you only buy one book then I recommend that you get this one. This is the person who coined the term 'religious trauma syndrome'. Her book is very informative and is the main book that I would recommend both personally and professionally, however it can be a bit triggering for some people. Her website is also useful - <https://www.journeyfree.org/rts/> You can also follow her on social media.

Walking Free from Coercive, Cultic and Spiritual Abuse: A Workbook for Recovery and Growth by Gillie Jenkinson PhD. This book has been developed from her PhD research and her post-cult counselling course. Her website is <https://www.hopevalleycounselling.com/> She is also on social media.

Pure: Inside the Evangelical Movement That Shamed a Generation of Young Women and How I Broke Free by Linda Kay Klein. This is a really good resource for those dealing with issues around purity culture and others who want to learn more about this topic. Again based on research.

The Bible Doesn't Tell Me So: Why you don't have to submit to domestic abuse and coercive control by Helen Paynter – relates specifically to domestic abuse and coercive control. Useful for people who still believe. <https://www.amazon.co.uk/Bible-Doesnt-Tell-Me-So/dp/0857469894>

Other interesting books

Complex PTSD by Pete Walker - often religious trauma clients also have CPTSD, he does briefly refer to religious trauma in the book.

Terror, love and brainwashing by Alexandra Stein

Tricks of the Mind by Derren Brown – he covers quite a lot about leaving evangelical Christianity and the psychology behind it. He also has shows focussed on similar themes such as *The Séance* and *Miracles for Sale*

Websites/charities

Faith to Faithless is a UK based charity for apostates (people leaving religion). They offer online peer support, social events and helpline. You can also follow them on social media. Their website is - <https://www.faithtofaithless.com/>

Secular Therapy Project has a list of approved secular counsellors for people who want or need a counsellor that they can be sure is non-religious. They are mostly US based but it is growing in other parts of the world, including the UK. Their website is: [Secular Therapy Project](https://www.seculartherapyproject.com/)

Recovering from Religion - they are affiliated with the Secular Therapy Project (both are also on social media). <https://www.recoveringfromreligion.org/>

International Cultic Studies Association - This is another really useful source for information, particularly more academic sources. They do a yearly conference in the US as well, that you can attend online. It's good for keeping up-to-date with the latest research. <https://www.icsahome.com/>

Olive Leaf - And there is a very new charity <https://oliveleaf.network/> to support Exclusive Brethren leavers and 'apostates' from other high-demand groups – mainly based in New Zealand at present but the network is international and the plan is to formalise a UK branch of the network in time.

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Social media

There are a couple of useful pages on **Facebook** if you use that. For example:

- Faith to Faithless have a social media profile: <https://www.facebook.com/faithtofaithless>
- Recovering from Religion - <https://www.facebook.com/RecoveringfromReligion>

There are other groups for specific religions such as:

Exvangelical:

- Ex-evangelical - <https://www.facebook.com/groups/332199817139241>
- Exvie & Atheists: An exvangelical subgroup - <https://www.facebook.com/groups/193679964941641>
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Ex-Jehovah's Witnesses:

- www.meetup.com/xjwengland
www.meetup.com/xjwsinthenorth
www.xjwfriends.com

Ex-exclusive brethren groups on Facebook:

- the public Ex-Exclusive Brethren group <https://www.facebook.com/groups/5658649590>
- the private 'ex-EB page' group <https://www.facebook.com/groups/463240423732981>

Instagram is also full of useful people to follow so it might be worth looking there too. For example: Happywholeway, Eve_wasframed, Religious Trauma Institute, Abraham Piper

YouTube

Rhett and Link share their deconstruction stories. Rhett and Link were both paid church workers.

- Rhett deconstruction part 1 - <https://www.youtube.com/watch?v=1qbna6t1bzw>
- Link deconstruction part 1 - <https://www.youtube.com/watch?v=w1AZhlyoD9s&t=595s>

Music

Candi Carpenter *Demonology* album – I especially like 'Everybody goes to hell' - <https://www.youtube.com/watch?v=xtBzGnh9N7Q>

James and the Shame (AKA Rhett) 'Human Overboard' album -

https://www.youtube.com/watch?v=4EXgIM251gI&list=PLcPI_QAYQv9N4J8d6OAa6FzLjqj2NlcJ5&index=1

Comedians

Andrew Frank

Taylor Tomlinson

Jaron Myers Comedy

Abraham Piper – not strictly a comedian but can be very funny.

These are all mostly exvangelicals as that is the community I am familiar with, but there are lots of other people from other ex-religious groups out there too.