

Resilience and Relationships Resources

Christian books

- Relationships: A Mess Worth Making (2010) – Timothy Lane and Paul Tripp
- Resilience: A Spiritual Project (2016) – Kirsten Birkett
- Your Future Self Will Thank You: Secrets to Self-Control from the Bible and Brain Science (2019) – Drew Dyck
- Created for Connection: The “Hold Me Tight” Guide for Christian Couples (2016) – Sue Johnson and Kenneth Sanderfer
- Resilience in Life and Faith: Finding your strength in God (2019) – Tony Horsfall and Debbie Hawker

Non-Christian books

- The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma (2015) - Bessel van der Kolk
- Hold Me Tight: Your Guide to the Most Successful Approach to Building Loving Relationships (2011) – Sue Johnson
- The Weight Escape (2014) – Joseph Ciarrochi, Ann Bailey, Russ Harris
- Shattered Assumptions: Towards a New Psychology of Trauma (1997) – Ronnie Janoff-Bulman
- Tiny Habits: The Small Changes That Change Everything (2019) – BJ Fogg
- Building Resilience to Trauma: The Trauma and Community Resiliency Models (2015) – Elaine Miller-Karas

Christian counselling

- Association of Christian Counsellors (ACC) - <https://www.acc-uk.org/find-a-counsellor/search-for-a-counsellor.html>
- Waverley Abbey (linked to CWR) - <https://www.waverleyabbeycollege.ac.uk/find-a-counsellor-map/>
- Biblical Counselling UK - <https://www.biblicalcounselling.org.uk/>
- Mind and Heart (linked to HTB) - <https://www.heartandmind.london/therapeutic-counselling>