

PRESS RELEASE  
Portland, Oregon - -

## New Book Exposes the Trauma and Spiritual Crisis Survivors of Religious Abuse Experience

Connie A. Baker, MA, LPC announces the release of her much acclaimed new book ***'Traumatized by Religious Abuse: Courage, Hope and Freedom for Survivors - Discover the Cultures and Systems of Religious Abuse and Reclaim Your Personal Power'***, Luminare Press.

"The #metoo and #churchtoo movements are creating conversations in popular culture as we become more aware of abuse and misused power within religious institutions. Traumatic wounds suffered in a place that should represent safety, security, and comfort can be some of the most confusing wounds of all," Baker says.

*'Traumatized by Religious Abuse: Courage, Hope and Freedom for Survivors-Discover the Cultures and Systems of Religious Abuse and Reclaim Your Personal Power'* is a comprehensive resource for those who have experienced religious abuse, be it psychological, verbal, sexual or financial. With authenticity, openness, and careful consideration of many different faith traditions, Connie provides a path to hope and healing.

In *'Traumatized by Religious Abuse'*, the author answers the following questions:

- How does abuse happen in religious institutions?
- What is unique about religious abuse?
- How are power and control used in religious abuse?
- What are the hallmark characteristics of abusive leaders and abusive religious cultures?
- What are the implicit and subtle messages used by abusers?
- What are the emotional, mental and existential damages after abuse?
- How can a survivor recover and heal?

Connie A Baker covers in depth how religious ideas are often used to manipulate followers and how fear, shame, guilt and superstition can be leveraged for control. She points out that spiritual and religious abuse is not confined to any one type of religion or cult. This dynamic of abusive behavior can be found in many types of spiritual communities.

She writes from the perspective of a professional therapist who teaches and counsels survivors, and from her own perspective from being a survivor of religious abuse. "When I went through horrible religious abuse back in 1990, I was completely

confused and without resources to get clarity and healing. I never want anyone to go through what I did after abuse. This is the book I needed back then and didn't have."

### **About Connie Baker**

Connie A Baker, MA LPC, is a licensed professional counselor with a Master of Arts in Counseling. She is a clinical supervisor, Masters Level University instructor, conference speaker and seminar teacher. She is a trauma recovery specialist, trained life coach, and the author of her new book, '***Traumatized by Religious Abuse: Courage, Hope and Healing for Survivors***'. This acclaimed book is the culmination of her own story and years of experience as a therapist. The book is now available at retail outlets and on Amazon.com

Connie is sought after for guidance, radio and television interviews, and contributions to magazines for support and education about religious abuse and trauma recovery.

Connie lives in Portland, OR with her husband, JR. They have 3 grown children and 1 grandson.

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