

INVISIBLE WOUNDS— SEE THEM, STOP THEM, SURVIVE THEM

Each year, approximately 1.3 million women and 835,000 men in the U.S. are physically assaulted by an intimate partner, according to the American Bar Association. Yet others suffer under another form of mistreatment that is every bit as dangerous, but more difficult to quantify than emotional abuse. Beyond this, licensed clinical social worker Leslie Vernick points out that there are other kinds of relationship patterns that are just as damaging, but not as obvious as abuse. She offers an empathetic approach to recognizing an emotionally destructive relationship, stopping the cycle of abuse, and using biblical tools to heal from the damage. As Vernick shares compassionately from her own experience and from many years of counseling, she uncovers vital information about:

- ✧ **The root causes of relational problems**
- ✧ **The difference between difficult vs. destructive patterns in a relationship**
- ✧ **The consequences of an emotionally destructive relationship**
- ✧ **The truth about choices in an unhealthy relationship**
- ✧ **The essence of emotional, relational, and spiritual healing**

Beyond focusing solely on marriage, Vernick's suggestions apply to many interpersonal relationships, including parent-child, friend, employee-supervisor, and others. She identifies five distinct types of harmful relationships and the behaviors that accompany them and also shares "themes of the heart," or root causes that lead to an unstable or damaging relationship. On the flip side, Vernick shares the foundational elements necessary for relationships to flourish.

“Many people feel so overwhelmed by the mess of their painful relationships that they feel helpless and powerless and don’t know what to do. But please don’t give up! Your voice deserves to be heard, and your choices have not been taken from you. You can become a champion of peace.”

For those who have felt hurt and helpless, Vernick offers advice on how to effectively speak up, stand up, and survive mistreatment. She encourages victims to recognize their choices and realize that they do *not* have to live with abuse. She identifies behavior that is meant to control, punish, and hurt and shows how to confront this behavior and speak God's truth when the time is right. She presents clear direction for when to keep trying, when to end a relationship, and how to heal— even if the relationship doesn't. She also shares powerful suggestions for friends and professionals seeking to help someone who is in a destructive relationship.



Leslie Vernick is a licensed clinical social worker who has counseled individuals, couples, and families for more than 25 years. She holds a

master's degree in social work from the University of Illinois and is a member of the Academy of Certified Social Workers, the American Association of Christian Counselors, and the National Association of Social Workers.

Among Vernick's other books are *Getting Over the Blues* (Harvest House), *How to Find Selfless Joy in a Me-First World*, *How to Live Right When Your Life Goes Wrong*, and *How to Act Right When Your Spouse Acts Wrong* (WaterBrook).

A skilled media guest, Vernick has appeared on *100 Huntley Street* and *FamilyLife Today*, as well as dozens of other national television and radio programs produced by LeSea Broadcasting, Total Living Network, FamilyNet Television, Cornerstone Television, Billy Graham Evangelistic Association, Moody Broadcasting, Family Life Radio, Information Radio Network and many other networks.

Media Personnel:

To request a free review copy or to schedule an interview, please call—Radio Publicist Jeana Newman, 888-501-8208; or Print/Internet Publicist Dave Bartlett, 877-307-0662.

Bio Sketch



LESLIE VERNICK

Leslie Vernick is a licensed clinical social worker who has counseled individuals, couples, and families for more than 25 years. She holds a Master's Degree in social work from the University of Illinois. Today she maintains a private Christian counseling practice in Pennsylvania where she also provides consulting services to local churches and pastors.

A sought-after speaker, Vernick frequently lectures on the subject of domestic violence in the Christian home at Pennsylvania's Westminster Seminary and has taught two-week modules on domestic violence and child abuse at Alliance Biblical Seminary in the Philippines. She recently returned from a trip to Iraq where she taught counseling skills to Iraqi professionals and ministered to local Christians. Prior to establishing her private practice, she performed supervisory and administrative duties in a clinical setting and completed post-graduate work in cognitive therapy and counseling strategies for those who have been abused.

Vernick's latest release, *The Emotionally Destructive Relationship*, comes as a powerful response to a need in the Christian community for a strong biblical perspective on forms of relational mistreatment other than physical abuse. Sharing five distinct patterns that become destructive if left unchanged, Vernick helps readers identify both what is wrong in their relationship and the underlying heart issues that lie at the root of the dysfunction. As a licensed counselor, she incorporates Scriptural insights and numerous case examples to offer a step-by-step road map to changing the destructive pattern of any relationship. Throughout, Vernick vulnerably shares her own story to encourage readers that God longs to heal them from the soul-shattering consequences of destructive people. She also lists resources for additional help and includes a special word to those assisting others in destructive relationships.

Vernick's other books include *Getting Over the Blues* (Harvest House); *How to Find Selfless Joy in a Me-First World*; *How to Live Right When Your Life Goes Wrong*, originally titled *The TRUTH Principle*; and *How to Act Right When Your Spouse Acts Wrong* (WaterBrook). In addition, she has written articles for *Today's Christian Woman*, *Discipleship Journal*, *Marriage Partnership*, *Journal of Biblical Counseling*, *Light and Life*, and other publications.

A skilled media guest, Vernick has appeared on *100 Huntley Street* and *FamilyLife Today*, as well as dozens of other national television and radio programs produced by LeSea Broadcasting, Total Living Network, FamilyNet Television, Cornerstone TeleVision, Billy Graham Evangelistic Association, Moody Broadcasting, Family Life Radio, Information Radio Network and many others.

Professionally, Vernick is a member of the Academy of Certified Social Workers, American Association of Christian Counselors, National Association of Social Workers (NASW), a diplomat in clinical social work with NASW, and serves on the board of directors of Lighthouse Network. She and her husband, Howard, have been married 31 years and have two grown children.



The Emotionally Destructive Relationship

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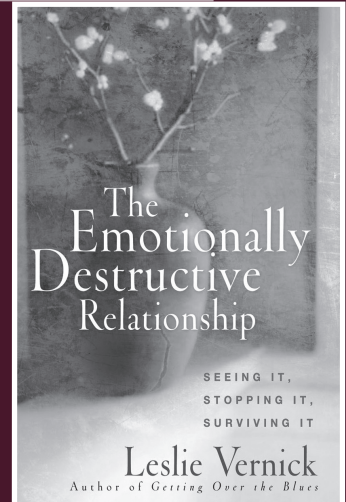
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Interview Questions



for Leslie Vernick, author of *The Emotionally Destructive Relationship*

- ✧ How can you determine whether a relationship is actually destructive, or just difficult?
- ✧ Obviously any kind of abuse is destructive, but are there other kinds of relationship patterns that are also destructive?
- ✧ What does it take to have a healthy relationship with someone?
- ✧ At the end of chapter one you provide a questionnaire for people to take to see if their relationship is destructive. But what if they're afraid to find out? What are the consequences of ignoring the problem?
- ✧ What causes people to become destructive toward others?
- ✧ Once you acknowledge that you're in a destructive relationship, then what? How do you stop it from continuing?
- ✧ Many people who have been beaten down or hindered by others believe that they're helpless to change anything. How can you give them hope that change is possible?
- ✧ You talk quite a bit about taking responsibility and learning to identify your problem. Could you explain this more?
- ✧ You encourage those in destructive relationships to learn to speak up. What should they say, and what can they do if the other person won't listen to them, or doesn't care?
- ✧ What is one of the first things someone must do in order to begin the healing process?
- ✧ You say that we grow when we learn to let go. What things do we need to let go of?
- ✧ What are some ways we can protect ourselves from toxic people if we can't get away from them entirely?



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Endorsements



The Emotionally Destructive Relationship

- ✧ “Periodically books come along that fill a significant need in the world of Christian counseling. This is one of those books. Leslie Vernick’s new work helps persons caught up in harmful relationships gain perspective on what has gone wrong and what needs to be made right. *The Emotionally Destructive Relationship* avoids confusing psychological lingo and places the emphasis where it belongs, on the heart of men and women who must seek Christ in order to make changes in themselves and their relationships.”
—Jeffrey Black, Ph.D, Associate Pastor at Calvary Chapel of Philadelphia, Licensed Psychologist, Chair and Professor of the Masters in Christian Counseling, Philadelphia Biblical University
- ✧ “Leslie’s material is so practical. I am seeing things in nearly every chapter that apply to me and my wife...and, which is exciting, the steps for dealing with an abusive relationship are helping me with one in which I have been a victim. They will prepare me for any upcoming confrontations...how helpful! Leslie’s tone is warm but objective—very encouraging.”
—Paul Gossard, a reader
- ✧ “This book is not for wimps! Leslie Vernick understands what she’s talking about. Her own life experience gives her the platform to be heard. As you read *The Emotionally Destructive Relationship* you will see yourself, your loved ones and your counselees in a way that brings grace and hope. Many books are written so you can ‘see’ what the problems are, but few give you the blueprint and tools in your hand to actually fix them.”
—Yvonne Wilson, lay counselor
- ✧ “Often the Christian community negates or minimizes the destructive nature of emotional abuse which destroys the spirit of an individual and leaves invisible wounds that scar the soul. *The Emotionally Destructive Relationship* connects emotional abuse to its spiritual roots and provides practical tools to help victims heal. This book challenges readers to take a united stand against emotional abuse...the cancer that is destroying our families.”
—Brenda Branson and Paula Silva, FOCUS Ministries, Inc.

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