

# RECOMMENDED COUNSELING RESOURCES for STUDENT PASTORS

By Deandra Comer (New Day Counseling/FBC Spartanburg, SC)

Same Sex Attraction: Counseling Christian Teens Struggling with Same-Sex Attraction  
<https://store.randallhouse.com/product/counseling-christian-teens-struggling-with-same-sex-attraction/>

Suicide: Dead Serious Breaking the Cycle of Teen Suicide (not Christian)  
<https://www.amazon.com/Dead-Serious-Breaking-Cycle-Suicide/dp/1946229539>

Depression: First Aid for Your Emotional Hurts: Depression  
<https://www.amazon.com/First-Emotional-Hurts-Edward-Moody/dp/089265564X>

Anxiety: My Anxious Mind: A Teens Guide to Managing Anxiety and Panic (not Christian)  
<https://www.amazon.com/My-Anxious-Mind-Managing-Anxiety/dp/1433804506>

Abuse: Healing the Scars of Childhood Abuse: Moving Beyond the Past into a Healthy Future  
<https://www.amazon.com/Healing-Scars-Childhood-Abuse-Healthy/dp/080072772X>

Addiction: First Aid for Your Emotional Hurts: Addiction  
<https://www.amazon.com/gp/product/B006YW3SP2>

Dysfunctional Homes: Home Sweet Dysfunctional Home  
<https://www.amazon.com/Home-Sweet-Dysfunctional-Mark-Smith/dp/1935256505>

Emotional Hurts: First Aid For Emotional Hurts  
<https://www.amazon.com/gp/product/B0074VBUWA>

Sexual Issues: Ministering in a Changing Sexual Landscape  
<https://www.amazon.com/Ministering-Changing-Sexual-Landscape-Edward/dp/0892659866>

Divorce: Co-Parenting Works!: Helping your Children Thrive after Divorce (More for parents to help their kids.)  
<https://www.amazon.com/Co-Parenting-Works-Helping-Children-Divorce/dp/0310325528>

Cultural Struggles: Surviving Culture  
<https://www.amazon.com/gp/product/B00MV2IBIS>

Disobedience Issues: Blame it on the Brain or is it Disobedience?  
<https://www.amazon.com/Blame-Brain-Edward-T-Welch-ebook/dp/B0073M6B6A>

Edward Moody's Emotional Hurts Bundle. (He is great from a Christian counseling perspective.)  
<https://store.randallhouse.com/product/first-aid-series-bundle/>

CBT Work Book for Kids and Adolescents  
<https://www.amazon.com/CBT-Toolbox-Children-Adolescents-Worksheets/dp/1683730755>

Note: The cover looks childish, but the worksheets and helps in the book are tremendous! CBT therapy or Cognitive Behavior therapy is all about changing thoughts to change behavior! The worksheets and helps in this would be huge for people in over their head with depression counseling, anxiety, and even conduct stuff. I would recommend all youth pastors have this just to help them know how to help kids understand what they are feeling.

Anxiety Work Book for Teens  
<https://www.amazon.com/Anxiety-Workbook-Teens-Activities-Solutions-ebook/dp/B004Z8W1F0>