



From Darkness into Transforming Light: Illumination for the healing journey of sexual abuse survivors from the Carmelite spiritual tradition

Stevan Wlusek

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The trauma of sexual abuse causes a host of painful effects in the lives of survivors, often continuing for years beyond the incidents of abuse. Much literature has been written from the perspective of psychological therapy that can assist survivors' recovery from trauma. However, little has been written regarding care for the spiritual dimension of the lives of sexual abuse survivors. Lack of attention to the spiritual needs of survivors may cause further suffering and a further feeling of abandonment by God and their community of faith. This book presents key writings of Carmelites John of the Cross, Thérèse of Lisieux, and Edith Stein that offer unique and meaningful contributions for the spiritual care of survivors. Their texts directly respond to the question of the meaning of human suffering. They also specifically address the experiences of abandonment, anxiety, darkness and meaninglessness that are experienced by many survivors of abuse. The perspectives of these spiritual masters, therefore, offer significant insight for survivors' healing journey.

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