

Ex-Religious Support Network (ESN)

*A self-help community seeking
meaning and joy beyond religion*

www.meetup.com/Ex-Religious-Support-Network

Convenor: Leslie Allan esn@vichumanist.org.au

Resources

1. Psychologists and Counselors

Neurofeedback, Counselling and Psychotherapy — Meeray Ghaly

livingneuro.com

0424 712 146

Meeray provides counseling and psychotherapy services for ex-religious face-to-face or using video conferencing for people around Australia and internationally.

Positive Psychology — Debra Campbell

positivepsychology.net.au/

1300 995 636

Debra is a registered psychologist who uses an integrative approach that adapts the therapy to suit the person and their circumstances.

Volunteer Counselor — Joe Sehee

josehee@gmail.com

0429 933 391

Joe is a Humanist spiritual care volunteer who provides emotional-existential support to people dealing with illness, trauma, transition or loss.

2. Lawyers Specializing in Institutional Child Sexual Abuse

Shine Lawyers

Lisa Flynn

1300 655 795

lflynn@shine.com.au

shine.com.au

Judy Courtin Legal

Dr Judy Courtin

03 9521 2265

judycourtinlegal.com

Angela Sdrinis Legal

Angela Sdrinis

03 9686 6610

info@aslegal.com.au

Ryan Carlisle Thomas

Amy Olver

03 9240 1414

aolver@rctlaw.com.au

rctlaw.com.au

3. Ex-Religious Sect Online Communities

SDA Fight Club — ex-Seventh Day Adventist discussion group

facebook.com/groups/SdaFightClub/

Ex JW Open Discussion — ex-Jehovah's Witnesses discussion group

facebook.com/groups/369777256448136/

Exvangelical — ex-evangelical/fundamentalist discussion group

facebook.com/groups/332199817139241/

Pathways Melbourne — ex-Orthodox Jewish support group

pathwaysmelbourne.org/

ExMuslim Support Network of Australia — ex-Muslims in Australia discussion group

facebook.com/AussieExMuslims/

4. Learning Materials

JW Community Podcast

jwcommunitypodcast.simplecast.fm/

Louise Goode and Lara Kaput's podcast provides support and information to people leaving the Jehovah's Witnesses through discussion and interviews with ex-members, professionals and experts.

Understanding Humanism

understandinghumanism.org.uk/what-is-humanism/

A range of online resources for understanding the humanist approach to life, death and community.

Introducing Humanism: Non-religious Approaches to Life

futurelearn.com/courses/introducing-humanism/

A free six-week online course in which participants learn about humanist beliefs and values, and discover how humanists attempt to answer life's big questions.

Faith to Faithless

facebook.com/faithtofaithless/

Humanists UK's Faith to Faithless raises awareness of apostasy and supports those who are leaving or had left their religion.

Alain de Botton: Religion for Atheists

youtube.com/watch?v=ZQVjhCblI8o

In this interview with Steve Paikin, philosopher and author, Alain de Botton, discusses what atheists can take from religion that is socially and psychologically beneficial.

Dan Barker: Life Driven Purpose - How an Atheist Finds Meaning

youtube.com/watch?v=fjTrXa4GBcM

Freedom from Religion Foundation Co-president and ex-Christian evangelist speaks on how many atheists lead happy, ethical and purpose-filled lives and shares his personal journey to a life that is valuable for its own sake in which meaning and purpose come not from above, but from within.

Why We Left Religion: Testimonies by Ex-Believers

vichumanist.org.au/wp-content/uploads/third-party/Ex-22.0.pdf

This collection of testimonials aims to provide support, motivation, inspiration and assistance to all the "doubters" in the world who are presently contemplating their own exit from religious belief.

Religious Trauma Syndrome: How Some Organized Religion Leads to Mental Health Problems

rawstory.com/2018/10/religious-trauma-syndrome-organized-religion-leads-mental-health-problems/

Religious Trauma Syndrome (RTS) is a set of symptoms and characteristics that result from leaving an immersive and controlling religious group, and can be extremely psychologically damaging.

This Meetup is
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Join a public
discussion on
religion



facebook.com/groups/ExReligiousDiscussion