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
   joesehee@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
   Lisa Flynn
   03 9521 2265 judycourtinlegal.com
   Judy Courtin Legal
   Dr Judy Courtin 03 9686 6610 info@aslegal.com.au
   Angela Sdrinis Legal
   Angela Sdrinis 03 9240 1414 aolver@rctlaw.com.au
   Ryan Carlisle Thomas
   Amy Olver
   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/

   Exevangelical — 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=ZQVjhCbI8o
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**

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.