

# Ex-Religious Support Network (ESN)

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

[www.meetup.com/Ex-Religious-Support-Network](http://www.meetup.com/Ex-Religious-Support-Network)

Convenor: Leslie Allan    [esn@vichumanist.org.au](mailto:esn@vichumanist.org.au)

## Resources

### 1. Psychologists and Counselors

#### *Volunteer Counselor — Joe Sehee*

[josehee@gmail.com](mailto: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.

#### *Positive Psychology — Debra Campbell*

[positivepsychology.net.au/](http://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.

### 2. Learning Materials

#### *JW Community Podcast*

[jwcommunitypodcast.simplecast.fm/](http://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/](http://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/](http://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/](https://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=ZQVjhCbll8o](https://youtube.com/watch?v=ZQVjhCbll8o)

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](https://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.

### *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/](https://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.

### *Can Morality Be Objective without God?*

[RationalRealm.com/philosophy/ethics/morality-objective-without-god.html](https://RationalRealm.com/philosophy/ethics/morality-objective-without-god.html)

Transcript of a talk given by Leslie Allan challenging the common assumption that without God, morality is without foundation.

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<http://vichumanist.org.au/>

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