

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

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.

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.

2. 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=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

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.

Can Morality Be Objective without God?

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.

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

pathwaysmelbourne.org/

This Meetup is
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