

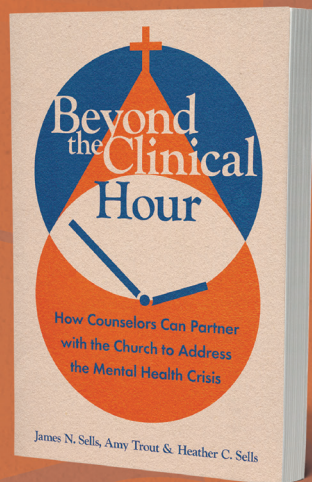
PRESS KIT

MENTAL HEALTH MONTH



May is Mental Health Awareness Month.

In addition to [this full list of IVP's mental health resources](#), we offer the following list of recent titles covering a range of topics, including the role of the church in the mental health crisis, the unique experiences of adoptees, helping children deal with difficult feelings, trauma from abuse, and the struggle for many to simply get out of bed each day.



BEYOND THE CLINICAL HOUR:

How Counselors Can Partner with the Church to Address the Mental Health Crisis

[View Book](#)

The global mental health crisis is growing faster than our existing mental health care system can address. To meet the scope of human need, we need new models of care. The good news is that there is an institution uniquely positioned with the resources and the heart to help: the church.

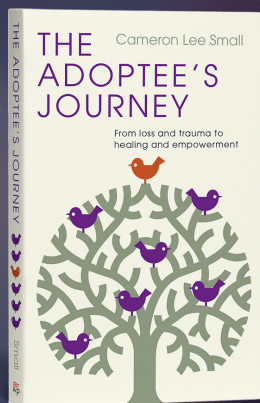
Psychologists [James Sells](#) and [Amy Trout](#) and journalist [Heather Sells](#) know firsthand the urgency of the situation—but they have also witnessed creative partnerships between churches and mental health professionals springing up across the United States. Challenging the dominance of the traditional “clinical hour” as a one-size-has-to-fit-all model, Sells, Trout, and Sells give concrete guidance on how mental health professionals can work with churches to provide consultation, train lay leaders, and develop and evaluate programs to expand a *continuum* of care. They also explore the skills, theological foundations, and research-based knowledge that both Christian counselors and church leaders need to integrate their spheres of expertise.

“How can a church respond to the mental health crisis? This practical book could help solve the crisis in your community! The authors guide church leaders using their unique insights into the process of mental health care within a congregation. The concepts are both theologically thick and psychologically informed. This book is innovative, clear, and full of pathways to new ideas for congregational mental health care.”

JENNIFER RIPLEY, Hughes Endowed Chair of Christian Thought in Mental Health Practice at Regent University and coauthor of *Couple Therapy*



[Request a review copy or interview.](#)



THE ADOPTEE'S JOURNEY:

From Loss and Trauma to Healing and Empowerment

[View Book](#)



Adoptee and counselor Cameron Lee Small names the realities of the adoptee's journey, narrating his own and other adoptees' stories in all their complexity. He unpacks the history of how adoption has worked and names how the church influenced adoption practices with unintended negative impacts on adoptees' faith. Small's own tumultuous search for and reunion with his mother in Korea inspired him to help other adoptees navigate what it means to carry multiple stories. His adoptee-centered advocacy helps adoptees regain their agency and identity on a journey of integration and healing, with meaningful relationships in all their family systems.

"A heartfelt and refreshing examination of what adoptees truly experience because of adoption. Adopted people have complex origin stories, and Cameron Small diligently walks us through with compassionate lenses to see the intimate inner workings of the adoptee experience. The church has worked hard to sugarcoat the adoption experience, and normally we only get the adoptive parents' lens; this book is the nurturing table-overturning we need from an adoptee."

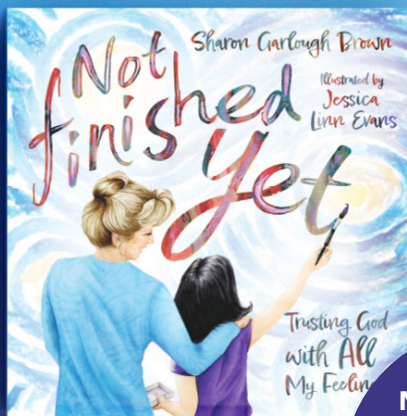
HALEY RADKE, creator and host of the *Adoptees On* podcast



Cameron Lee Small, MS, LPCC, is a licensed clinical counselor, transracial adoptee, and mental health advocate based in Minneapolis, Minnesota. He was born in Korea and relinquished into foster care at age three. He was then adopted in 1984 to a family in the United States. His private practice, Therapy Redeemed, specializes in the mental health needs of adoptees and their families wherever they may be in their own adoption journey. His work has been featured in *Christianity Today*, the National Council for Adoption, and the Center for Adoption Support and Education.



[Request a review copy or interview.](#)



New **IVP Kids**
Book from the
Author of *The*
Sensible Shoes
Series

NOT FINISHED YET: Trusting God with All My Feelings

[View Book](#)

“Sharon Garlough Brown has once again proved her genius as storyteller and teacher. In the new picture book *Not Finished Yet*, Sharon expands our understanding of prayer. Wren, the young girl in the story, and her grandmother paint their feelings and their prayers in living color on large canvases. When Wren’s painting becomes a total mess, her grandmother listens to Wren’s misery and helps her to transform her canvas into a visual lament. This is a lovely book—both beautiful and full of love. Each page is a canvas for the wonderful and intricate watercolors of artist Jessica Linn Evans. Each face is a canvas for the emotions and longings of the characters. Together, the story and the pictures expand our image of a loving God who wants to hear and see all our thoughts and feelings—even the messy ones. *Not Finished Yet* is a finished little masterpiece for both children and adults to savor.”

Sybil MacBeth, author of the *Praying in Color: Drawing a New Path to God* series



[Sharon Garlough Brown](#) is a spiritual director, speaker, and cofounder of Abiding Way Ministries, providing spiritual formation retreats and resources. She is the author of the bestselling *Sensible Shoes Series*, which includes spiritual fiction novels [Sensible Shoes](#), [Two Steps Forward](#), [Barefoot](#), [An Extra Mile](#), and their study guides.



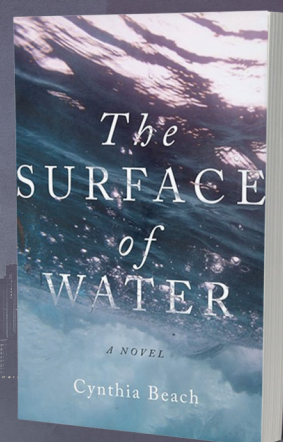
[Request a review copy or interview.](#)



THE SURFACE OF WATER:

A Novel

[View Book](#)



The Surface of Water is about a megachurch pastor, a famous evangelist's son, living in a world beyond his control. It's also a story about a young woman trying to understand her complicated life. In the #ChurchToo era, this novel invites readers to see life's shadowed edges— isolation, power, and abuse— illuminated by the light of truth.

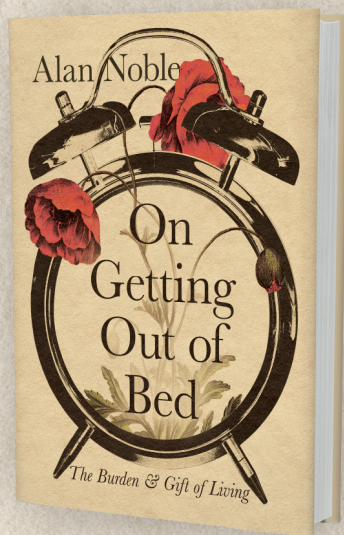
"This story is haunting and holy. In an age when storytelling inclines to morality tales, Cynthia Beach has created a world of monstrous saints and saintly monsters. In other words, this is a story about human beings. The Surface of Water prods and provokes. It stares into a Christian subculture deconstructing in the face of scandal without collapsing into denial or despair. What will happen when Pastor Goodman finally gets his swim? Read and consider for yourself."

JASON GABOURY, director of alumni relations with InterVarsity Christian Fellowship and author of *Wait with Me*

CYNTHIA BEACH is a professor of creative writing at Cornerstone University and author of *Creative Juices for Writers*. She has an MA in journalism from Wheaton College and an MFA in fiction writing from the Northwest Institute of the Literary Arts. She is also a trained spiritual director. Cynthia directs a faith-based writing workshop, Scriptoria, with Gary D. Schmidt.



[Request a review copy or interview.](#)



ON GETTING OUT OF BED:

The Burden and Gift of Living

[View Book](#)



“If you take away one truth, the one thing in this book I know with certainty, let it be this: Your life is a good gift from a loving God, even when subjectively it doesn’t feel good or like a gift, and even when you doubt that God is loving. Please get out of bed anyway.”

ALAN NOBLE

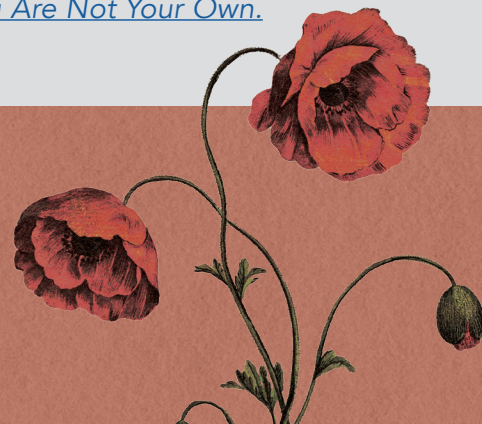


Alan Noble (PhD, Baylor University) is associate professor of English at Oklahoma Baptist University, cofounder and editor in chief of [Christ and Pop Culture](#), and an advisor for the AND Campaign. He has written for the *Atlantic*, *Vox*, *BuzzFeed*, *The Gospel Coalition*, *Christianity Today*, and *First Things*. He is also the author of [Disruptive Witness](#) and [You Are Not Your Own](#).

“Having lost a son to his battle with mental health, I’ve personally seen and felt what Alan writes about in this beautiful, encouraging book. It is not a sin to be sick, and your illness is not your identity.

I recommend this book to everyone”

RICK WARREN, author of *The Purpose Driven Life*



[Request a review copy or interview.](#)

