

# Bio Sketch



## LESLIE VERNICK

Leslie Vernick is a licensed clinical social worker who has counseled individuals, couples, and families for more than 25 years. She holds a master's degree in social work from the University of Illinois. Today she maintains a private Christian counseling practice in Pennsylvania where she also provides consulting services to local churches and pastors.

A sought-after speaker, Vernick frequently lectures on the subject of domestic violence in the Christian home at Pennsylvania's Westminster Seminary and has taught two-week modules on domestic violence and child abuse at Alliance Biblical Seminary in the Philippines. She recently returned from a trip to Iraq where she taught counseling skills to Iraqi professionals and ministered to local Christians. Prior to establishing her private practice, she performed supervisory and administrative duties in a clinical setting and completed post-graduate work in cognitive therapy and counseling strategies for those who have been abused.

Vernick's latest release, *The Emotionally Destructive Relationship*, comes as a powerful response to a need in the Christian community for a strong biblical perspective on forms of relational mistreatment other than physical abuse. Sharing five distinct patterns that become destructive if left unchanged, Vernick helps readers identify both what is wrong in their relationship and the underlying heart issues that lie at the root of the dysfunction. As a licensed counselor, she incorporates Scriptural insights and numerous case examples to offer a step-by-step road map to changing the destructive pattern of any relationship. Throughout, Vernick vulnerably shares her own story to encourage readers that God longs to heal them from the soul-shattering consequences of destructive people. She also lists resources for additional help and includes a special word to those assisting others in destructive relationships.

Vernick's other books include *Getting Over the Blues* (Harvest House), *How to Find Selfless Joy in a Me-First World*; *How to Live Right When Your Life Goes Wrong*, originally titled *The TRUTH Principle*; and *How to Act Right When Your Spouse Acts Wrong* (WaterBrook). In addition, she has written articles for *Today's Christian Woman*, *Discipleship Journal*, *Marriage Partnership*, *Journal of Biblical Counseling*, *Light and Life*, and other publications.

A skilled media guest, Vernick has appeared on *100 Huntley Street* and *FamilyLife Today*, as well as dozens of other national television and radio programs produced by LeSea Broadcasting, Total Living Network, FamilyNet Television, Cornerstone TeleVision, Billy Graham Evangelistic Association, Moody Broadcasting, Family Life Radio, Information Radio Network and many other networks.

Professionally, Vernick is a member of the Academy of Certified Social Workers, American Association of Christian Counselors, National Association of Social Workers (NASW), a diplomat in clinical social work with NASW, and serves on the board of directors of Lighthouse Network. She and her husband, Howard, have been married 31 years and have two grown children.



### *The Emotionally Destructive Relationship*

#### To schedule an interview please contact:

National Broadcast Publicist  
Christianne Debysingh  
888-468-4108  
cdebysingh@harvesthousepublishers.com

Radio Publicist  
Jeana Newman  
888-501-8208  
jeana.newman@harvesthousepublishers.com

Print/Internet Publicist  
Dave Bartlett  
877-307-0662  
dave.bartlett@harvesthousepublishers.com

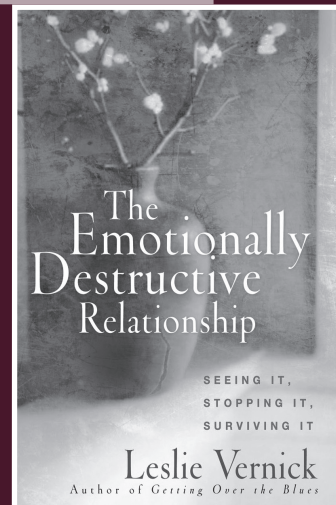
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990 Owen Loop North  
Eugene, Oregon 97402  
www.harvesthousepublishers.com

# Interview Questions



## for Leslie Vernick, author of *The Emotionally Destructive Relationship*

- ❖ How can you determine whether a relationship is actually destructive, or just difficult?
- ❖ Obviously any kind of abuse is destructive, but are there other kinds of relationship patterns that are also destructive?
- ❖ What does it take to have a healthy relationship with someone?
- ❖ At the end of Chapter 1 you provide a questionnaire for people to take to see if their relationship is destructive. But what if they're afraid to find out? What are the consequences of ignoring the problem?
- ❖ What causes people to become destructive toward others?
- ❖ Once you acknowledge that you're in a destructive relationship, then what? How do you stop it from continuing?
- ❖ Many people who have been beaten down or hindered by others believe that they're helpless to change anything. How can you give them hope that change is possible?
- ❖ You talk quite a bit about taking responsibility and learning to identify your problem. Could you explain this more?
- ❖ You encourage those in destructive relationships to learn to speak up. What should they say, and what can they do if the other person won't listen to them, or doesn't care?
- ❖ What is one of the first things someone must do in order to begin the healing process?
- ❖ You say that we grow when we learn to let go. What things do we need to let go of?
- ❖ What are some ways can we protect ourselves from toxic people if we can't get away from them entirely?



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# Endorsements



## *The Emotionally Destructive Relationship*

- ✧ “Periodically books come along that fill a significant need in the world of Christian counseling. This is one of those books. Leslie Vernick’s new work helps persons caught up in harmful relationships gain perspective on what has gone wrong and what needs to be made right. The Emotionally Destructive Relationship avoids confusing psychological lingo and places the emphasis where it belongs, on the heart of men and women who must seek Christ in order to make changes in themselves in order to make changes in their relationships.”  
—Jeffrey Black, Ph.D, Associate Pastor Calvary Chapel of Philadelphia, Licensed Psychologist, Chair and Professor of the Masters in Christian Counseling, Philadelphia Biblical University
- ✧ “Leslie’s material is so practical. I am seeing things in nearly every chapter that apply to me and my wife...And,which is exciting,the steps for dealing with an abusive relationship are helping me with one in which I have been a victim. They will prepare me for any upcoming confrontations...How helpful! Leslie’s tone is warm but objective--very encouraging.”  
—Paul Gossard – a reader
- ✧ “This book is not for wimps! Leslie Vernick understands what she’s talking about. Her own life experience gives her the platform to be heard. As you read The Emotionally Destructive Relationship you will see yourself, your loved ones and your counselees in a way that brings grace and hope. Many books are written so you can “see” what the problems are, but few give you the blueprint and tools in your hand to actually fix them.”  
—Yvonne Wilson, lay counselor
- ✧ “Often the Christian community negates or minimizes the destructive nature of emotional abuse which destroys the spirit of an individual and leaves invisible wounds that scar the soul. The Emotionally Destructive Relationship connects emotional abuse to its spiritual roots and provides practical tools to help victims heal. This book challenges readers to take a united stand against emotional abuse...the cancer that is destroying our families.”  
—Brenda Branson and Paula Silva, FOCUS Ministries, Inc.

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