

# Siege of the Soul

*A theologically-grounded companion for clients in the long haul of parenting grief*

**BIBLICAL COUNSELORS · CHRISTIAN THERAPISTS · SPIRITUAL DIRECTORS**



*Theology that steadies.  
Language that finally fits.*

## WHAT THE FAMILIES IN YOUR CARE ARE CARRYING

### THE CLIENT YOU RECOGNIZE

They arrived years after the diagnosis. The acute crisis is over — but the siege continues. Spiritually exhausted. Relationally isolated. Carrying grief without a clear endpoint or a name church culture recognizes.

They love their child. They love God. And they are quietly drowning in both. Standard grief frameworks don't quite fit — the loss is ambiguous, ongoing, unresolved. What they need is language, and someone who holds both the psychological and spiritual simultaneously.

### THE BELIEF PATTERNS YOU'RE TREATING

These cognitive-spiritual distortions appear consistently in this population:

- Shame-based causation: "I caused this through sin or weakness"
- Transactional faith: "Prayer/faith should produce different outcomes"
- Performative adequacy: "A better parent would handle this with more grace"
- Earned belovedness: "God tolerates me but can't use someone this broken"
- Anticipatory grief: "Hope is dangerous — it only leads to disappointment"
- Isolation as protection: "No one understands, so I stop trying to be known"
- Identity collapse: "I've lost who I used to be — this is just survival now"

*Each pattern has a specific biblical truth that counters it — not as a platitude, but as the ground the lies cannot stand on.*

### WHAT MAKES THIS RESOURCE DIFFERENT

*Siege of the Soul* is written by a special needs mother and translational neuroscientist, Brianne Sutton. Her neuroscience background deepened her understanding of the diagnosis. It did not protect her from what came after. It is not a self-help book. It is a literary companion in the style of C.S. Lewis's *The Screwtape Letters* — which means it reaches the mechanisms of the client's interior distortions without the resistance that direct didactic content can produce.

### CLINICAL-PASTORAL INTEGRATION

- Theologically serious and psychologically informed
- Addresses ambiguous grief — the ongoing loss without a clear endpoint
- Names the enemy's strategies without sensationalizing spiritual warfare
- No toxic positivity — models the lament tradition as legitimate spiritual practice
- Distinguishes godly sorrow from worldly condemnation (2 Cor. 7)
- Addresses sibling dynamics, marital strain, and identity collapse explicitly

### PRACTICAL USES IN SESSION

- Assign specific chapters as between-session reading tied to presenting belief patterns
- Use the free Field Guide as a session diagnostic: "Which of these do you recognize in yourself?"
- Track progress by revisiting which lies have lost their power over time
- Offer to supporting family members (pastors, spouses, care ministers) for parallel understanding

"Use this as a diagnostic tool: which of these struggles am I operating under? Bring specific entries to your counselor as conversation starters. Track patterns — control, perfectionism, and isolation often cluster together."

- from the Field Guide

**Free Field Guide**



**Paperback**



**siegeofthesoul.com**