

Siege of the Soul

A theologically-grounded companion for clients in the long haul of unexpected parenting journeys

**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 months or 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 anyway. 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 PhD translational neuroscientist, Brianne Sutton. Her neuroscience background deepened her understanding of the diagnoses. It did not protect her from what came after. The book is not self-help. 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 (e.g., control, perfectionism, and isolation often cluster together)."

- from the Field Guide

Find my letter



Field Guide



Paperback



siegeofthesoul.com