

Video Replay: <https://vimeo.com/838023690/aa39b67a0f?share=copy>

11:20:37 From Melissa S NC : Goodmorning

Very good to see you DrDebra

11:22:25 From Nancy Kantsios : Nancy Kantsios from Aldie, VA

11:23:55 From John : John Stonehocker - Oklahoma

11:24:10 From Cathy Sage : Cathy Sage Swanzey, NH

11:24:57 From Deborah Stahl Waters : Good Morning, Deborah Stahl Waters, Macon, GA. Dr Debra, tkful to see you today 🌸

11:25:15 From Tara : Tara, Idaho

11:25:30 From Dolores (Dodie) Smith : Dodie, Wake Forest, NC

11:25:41 From Keri Drowatzky : Keri Drowatzky in the car in Bartlesville OK.

11:25:52 From Rowena Slusser : Good Morning from beautiful Albuquerque, NM. Rowena Slusser

11:26:02 From Kendra : Kendra from Ohio

11:26:42 From Pam Rork : Pam Rork, Sylvania Ohio

11:26:46 From Kelly Barton : Kelly Barton Roxboro NC

11:26:54 From Pam : Pam in TN

11:27:14 From Christy Estelle : Christy Estelle, NC. Sending condolences to Dr Debra. ❤️

11:27:36 From Lisa Henderson Victoria Campbell : Lisa Henderson Victoria Campbell Ohio

11:27:36 From Angi Beery : Angi Beery Goshen, IN

11:27:58 From Hannah : Hannah Lippert from Stilesville, IN.

11:28:27 From Vanessa Satterfield : Vanessa Satterfield - North Carolina

11:28:35 From Moni Mali : Monica Mali NC

11:28:36 From Susie ~ CTPM : Susie NC

11:28:38 From Tabitha Westbrook, LMFT, LCMHC, LPC : Tabitha Westbrook, FloMo, WaFo, and currently in AR

11:28:59 From Becky MacDonald : Becky MacDonald - Bradenton, FL

11:29:03 From Chelsea Leonard : Good morning! 🍷 Chelsea Leonard Sweet Home Oregon

11:29:08 From Jolene Underwood : Jolene Underwood, Ellicott City, MD

11:29:17 From Peggy Peterson : Hi from Peggy and Eric Peterson, Nashville, TN

11:29:22 From Ann : Ann Lawrence Roxboro/Harkers Island NC
11:29:25 From Rochelle Juola : Rochelle from Byrdstown TN, currently in Folly Beach, SC
11:30:00 From Peggy Barrett : Hi from Peggy Barrett, Durham, NC
11:30:21 From Moni Mali : Replying to "Vanessa Satterfield ..."

Hey Vanessa! Monica Malisos. U used to work with dept health and saw Leala and Zechariah in home right? We convinced her to take papsi/paci to hospital for the babies. What r u doing now?

11:30:29 From Tanja Jarvis : Tanja Jarvis, Colorado
11:30:30 From Amalia : Amalia Davis-Levittown, PA
11:30:35 From Kendra : Reminder that I'm gone next week.
11:30:36 From Scott and Susanne : Susanne King, Colorado
11:30:45 From Michelle H. : Michelle from Las Vegas
11:30:48 From dena : Dena Roberts - DeWitt MI
11:30:51 From Petra Charlotte NC : Peggy Drye NC
11:30:53 From Ladonna : Ladonna Hafen, Whitefish Montana
11:30:54 From Nicole Toyne : Nicole Toyne CA
11:30:56 From Sheri Millenbaugh (Faber) OHIO : Sheri Millenbaugh (Faber) Ohio
11:30:59 From Marjorie Lea : Marjorie Lea in Texas
11:31:02 From Joelma Kosciuszko, FL : Joelma Kosciuszko, FL
11:31:06 From Kamilla : Interested in Becoming an Affiliated Advocate with CTPM?

Please Complete the Advocacy Onboarding Form

<https://forms.gle/ci5gR1XsqwnsshwA8>

11:31:09 From Carrie : Carrie foldberg VA
11:31:19 From Reenie Brown : Reenie Brown in Waxhaw, NC
11:31:39 From Jessica Devaney : Jessica Oil City, PA
11:32:02 From Audrey Whitaker : Audrey whitaker ks
11:32:09 From Dolores (Dodie) Smith : Question: who can tell me if I have any quizzes missing?
11:32:17 From Kamilla : Porscha Green Porscha@calledtopeace.org

Brooke Eggen (For anyone in the Pacific; Mountain Region in the USA) Brooke@Calledtopeace.org

11:32:18 From Amanda Jo : Amanda Natividad Goldsboro, NC

11:32:27 From Rachel Tomazin : Rachel Tomazin - Columbus GA

11:32:33 From rose : Rose in GA

11:32:46 From Shonquella Terrell : Hello, Shonquella Terrell, Holly Spring, NC

11:32:47 From Kendra : 🎉

11:33:09 From Cindy Baltz-King : Good Morning....Cindy here from Tennessee

11:33:45 From Dayna Martin : Hello! Dayna Martin, Williston, ND

11:34:10 From Laurie Tims : Laurie Tims, Iowa.

11:34:26 From Jennifer Burkholder : Jen Burkholder VA

11:35:25 From Allison Gaddy : Allison Gaddy Louisiana

11:35:48 From Shonquella Terrell : Amen

11:36:40 From Tynetta : Tynetta Chastain from St. Louis, Missouri.

11:36:43 From Beth Burke : Beth Burke in Burlington NC

11:36:50 From Kendra : REMINDER: if you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

11:37:09 From Karyn Russo : Karyn Russo NY

11:37:26 From Priscilla : Hi from Priscilla in Nanaimo Canada

11:37:46 From Amy's iphone : Amy Pickens, SC

11:37:50 From cindymorris : Cindy (Cynthia) Morris, Franklinton/Raleigh, NC

11:38:14 From Kendra : Today's content can be heavy stuff. Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

11:38:53 From Kelly Barton : NOT CLASS RELATED but: I am in need of a support group. I reached out and was told there was not one in my area. Any suggestions?

11:38:54 From Helenmary : Good soggy morning from Virginia! --Helenmary

11:38:58 From Joy Parks : Reacted to "Today's content can ..." with 👍

11:39:42 From Helenmary : What area are you in Kelly?

11:40:00 From Mary Sue Owsley : Mary Sue Owsley from Idaho

11:40:03 From Jen Johnson : Jen Johnson, Western Australia

11:40:07 From Cindy Baltz-King : Kelly, where are you located?

11:40:07 From Joy Parks : Replying to "NOT CLASS RELATED bu..."

@Kelly Barton what area?

11:40:24 From Kelly Barton : Replying to "What area are you in..."

Roxboro NC. Willing to drive to Raleigh, Burlington, surrounding areas.

11:40:37 From Ariella : Ariella, Israel

11:40:41 From Vanessa Satterfield : Vanessa Satterfield - North Carolina (had to sign back in).

11:40:44 From Kelly Barton : Replying to "Kelly, where are you..."

Roxboro NC. Willing to drive to Raleigh, Burlington, surrounding areas.

11:41:07 From Jennifer's Tablet : Jen Mellor Mt Pleasant SC

11:41:15 From Kelly Barton : Replying to "NOT CLASS RELATED bu..."

Roxboro NC. Willing to drive to Raleigh, Burlington, surrounding areas.

11:41:16 From Jolene Underwood : Have you tried using the icon on the bottom for presenting instead of start?

11:41:38 From Shannon Mullen : Shannon Mullen, Jamestown NY

11:42:08 From Maryann : Maryann from Franklin, TN

11:42:11 From Joy Parks : Replying to "What area are you in..."

There's a pretty large group of Leslie Vernick Conquer group in Raleigh

11:42:25 From gretchen sewart : Gretchen from WA State

11:42:44 From Joy Parks : Joy Parks Great Falls, SC

11:42:50 From Tabitha Westbrook, LMFT, LCMHC, LPC : WHOOOO BROOKE!

11:42:58 From Kendra : "Sneaky Jesus!" - Tabi

11:43:06 From Amalia : **QUESTION: Will we be talking about healthy sexuality after abuse in this course?** *We are working on a separate course on healthy and unhealthy sexuality for August.*

11:43:13 From Kamilla : **ACE - Adverse Childhood Experiences**

11:43:31 From Kamilla : **CDC Site on ACEs -**
<https://www.cdc.gov/violenceprevention/aces/resources.html>

11:43:34 From Kendra : Replying to "QUESTION: Will we be..."

This was a workshop at the Retreat.

11:43:45 From Sammy : Samantha McCorkle indiana

11:44:26 From Angi Beery : Reacted to ""Sneaky Jesus!" - Ta..." with ❤️

11:44:39 From Cheryl Bennett : Cheryl Bennett Acworth, Ga

11:45:05 From Laura's iphone : Laura Lathrop, Attica, IN

11:45:26 From Joy Parks : Reacted to ""Sneaky Jesus!" - Ta..." with 👍

11:46:19 From iPhoneTina Lawson : Tina from

Vero Beach

FL 🌻 RIDA...

Grateful to be here 💜 (sick last week)

11:50:02 From Joy Forrest : Amalia, we don't talk much about healthy sexuality in these courses, but you can get access to the retreat videos and that workshop on the website under events.

11:50:16 From Tina Lawson 🌻 : Trying not to say "I wish I had known better but I really thought I was protecting my daughters & what God wanted" ...But now I say "I know better, so I can do better" 🥰💜

11:50:55 From Joy Forrest : Reacted to "Trying not to say "I..." with ❤️

11:51:03 From Laurie Tims : 😊 I case anyone's interested, I wrote a guest blog post about being a child growing up watching my mom being abused (verbal, spiritual, physical, emotional). My growth brings me to advocacy 😊

<https://definedbygod.com/where-was-jesus-when-i-was-being-abused/>

11:51:04 From Joy Forrest : Replying to "Trying not to say "I..."

Same here.

11:51:17 From Laurie Tims : Reacted to "Trying not to say "I..." with ❤️

11:51:20 From Tina Lawson 🌻 : Reacted to "Same here." with 💕

11:52:55 From Joy Parks : Reacted to "😊 I case anyone's i..." with 👍

11:53:10 From Angi Beery : Reacted to "😊 I case anyone's i..." with 👍

11:53:15 From Joy Forrest : Reacted to "😊 I case anyone's i..." with 👍

11:53:33 From Tina Lawson 🌻 : Reacted to "😊 I case anyone's i..." with 💜

11:53:47 From Joy Forrest : Replying to "😊 I case anyone's i..."

It's a good article, Laurie.

11:53:52 From Cindy Baltz-King : Thank you Laurie for sharing. I'm sure that helped with your healing. 😊

11:54:51 From Rochelle Juola : Reacted to " 😊 I case anyone's i..." with 👍

11:54:59 From Rochelle Juola : Reacted to "Trying not to say "I..." with ❤️

11:55:07 From Jennifer's Tablet : I wonder why verbal abuse was not included. Seeing ACEs results on our intake forms at the counseling center and how it was still impacting people in adulthood was evident even on the intake form.

11:55:26 From Shonquella Terrell : wow

11:55:35 From Tina Lawson 🌻 : Replying to " 😊 I case anyone's i..."

Ty for sharing...will be helpful!

11:55:54 From Brooke Eggen : Replying to "I wonder why verbal ..."

Jennifer, I think that verbal abuse may fall under emotional abuse.

11:56:00 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I wonder why verbal ..."

I think they just haven't done enough research, to be honest. I'd love to see some research on that. But I think we can make some reasonable inferences based on this and other research.

11:56:11 From Carrie : Reacted to "Jennifer, I think th..." with 👍

11:56:20 From Tina Lawson 🌻 : Reacted to "Jennifer, I think th..." with 👍

11:56:33 From Carrie : Reacted to " 😊 I case anyone's i..." with 👍

11:56:33 From Laurie Tims : Replying to " 😊 I case anyone's i..."

@Joy Forrest Thank you

11:56:52 From Tanja Jarvis : Reacted to " 😊 I case anyone's i..." with ❤️

11:56:59 From Jolene Underwood : Reacted to " 😊 I case anyone's i..." with 👍

11:57:10 From Tina Lawson 🌻 : Reacted to "Trying not to say "I..." with ❤️

11:57:17 From Joy Forrest : Reacted to "@Joy Forrest Thank y..." with ❤️

11:57:46 From Joy Forrest : Reacted to "Jennifer, I think th..." with 👍

11:57:49 From Moni Mali : Reacted to " 😊 I case anyone's i..." with 💜

11:57:51 From Moni Mali : Reacted to " 😊 I case anyone's i..." with ❤️

11:58:07 From Joy Forrest : Reacted to "I think they just ha..." with 👍

11:58:40 From Carrie : Reacted to "Trying not to say "I..." with ❤️

11:58:49 From Jennifer's Tablet : Replying to "I wonder why verbal ..."

I was looking for something short like ACEs but for domestic abuse a few months back and all the assessments I was seeing only focused on physical and sexual abuse. It was frustrating so I ended up pointing the counselors to Leslie Vernicks longer assessment *In Dr. Debra's book, Eyes Wide Open, there are assessments for each type of coercive control tactic.* <https://tinyurl.com/37wb53z4>

11:59:20 From Joy Forrest : Reacted to "I was looking for so..." with 👍

11:59:20 From Karyn Russo : Karyn Russo Ny

11:59:44 From Joy Parks : Reacted to "I think they just ha..." with 👍

11:59:59 From Joy Forrest : Replying to "I wonder why verbal ..."

@Jennifer's Tablet really the Duluth model and the Power and Control Wheel might be the closest thing we have— it was based on 200 victim responses.

12:00:08 From Moni Mali : School was my happy place

12:00:29 From Jennifer's Tablet : Reacted to "@Jennifer's Tablet r..." with 👍

12:00:32 From Laurie Tims : me too! going to college was my ticket to get out of poverty and not depend on a husband.

12:00:49 From Moni Mali : Amen!!!

12:00:51 From Shonquella Terrell : Amen

12:01:23 From Helenmary : Were so thankful you took time to facilitate healing and health too
Dr. Debra.

12:01:32 From Helenmary : We're all the better for you!

12:01:38 From Laurie Tims : Reacted to "Were so thankful you..." with ❤️

12:01:41 From Joy Parks : Dr Debra you're inspirational. You are blessing us.

12:01:47 From Joy Forrest : Reacted to "Dr Debra you're insp..." with ❤️

12:01:53 From Angi Beery : Reacted to "Dr Debra you're insp..." with ❤️

12:01:56 From Kendra : Reacted to "Dr Debra you're insp..." with ❤️

12:01:57 From Joy Parks : Reacted to "Dr Debra you're insp..." with ❤️

12:02:01 From Helenmary : Reacted to "Dr Debra you're in..." with ❤️

12:02:32 From Dolores (Dodie) Smith : Replying to "NOT CLASS RELATED bu..."

I live in Wake Forest, Kelly. I lead a support group on Zoom, but I could meet with you and a few others from the area who want to meet in person.

12:02:32 From Beth Burke : Replying to "😊 I case anyone's i..."

Thanks again for this Laurie

12:02:47 From katharine : Katharine Kofoed-Nielsen, signing in, sorry I'm late

12:02:48 From Laurie Tims : Reacted to "Thanks again for thi..." with ❤️

12:03:00 From Jennifer's Tablet : Replying to "I wonder why verbal ..."

I gave them Sarah Mcdugals abuse red flag chart because I felt like the examples were things they may have heard in session. I don't work there anymore but still in contact with the therapists. I definitely want to send out the new stuff that y'all are developing for Tabi. So excited for those resources!

12:03:13 From Laurie Tims : Reacted to "Ty for sharing...will ..." with ❤️

12:03:13 From Kamilla : Leslie Vernick. "Are You In An Emotionally Destructive Relationship?"
<https://www.leslievernick.com/pdfs/Relationship-test.pdf>

12:03:55 From Beth Burke : Replying to "NOT CLASS RELATED bu..."

@Kelly Barton perhaps we could get something going in the Burlington area if that is closer for you? I have only done online but would welcome in person

12:04:01 From Moni Mali : Been out for six years but older i get, worse my symptoms get. 45 this year

12:04:20 From Jennifer's Tablet : Replying to "Leslie Vernick. "A..."

Yes this is a great assessment

12:04:34 From Kendra : Reacted to "I live in Wake Fores..." with 👍

12:04:39 From Kendra : Reacted to "@Kelly Barton perhap..." with 👍

12:04:59 From cindymorris : Replying to "NOT CLASS RELATED bu..."

I'm in Franklinton/Youngsville and might be able to join in person or on-line could work- Cindy Morris

12:05:06 From Lynn MN iPhone : Lynn A. via iphone

12:05:23 From Kendra : Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

12:05:36 From cindymorris : Reacted to "I live in Wake Fores..." with 👍

12:05:41 From Helenmary : Reacted to "😬 I case anyone..." with 👍

12:05:57 From Moni Mali : Replying to "NOT CLASS RELATED bu..."

@Dolores (Dodie) Smith

12:06:07 From Dolores (Dodie) Smith : Replying to "NOT CLASS RELATED bu..."

oh yes, Youngsville is pretty close to me!

12:06:10 From Tanja Jarvis : Reacted to "Been out for six yea..." with 🙄

12:06:25 From Cindy Baltz-King : That's so very TRUE, Dr.Debra!

12:06:28 From Joy Forrest : Replying to "NOT CLASS RELATED bu..."

There are a few support groups meeting in person in Raleigh. One at Cross Assembly on Monday nights and one on Thursday nights at Crossroads Fellowship.

12:06:40 From Dolores (Dodie) Smith : Reacted to "@Dolores (Dodie) Smi..." with 👍

12:07:32 From Tina Lawson 🌻 : Amen Dr Debra...

You're so Inspiring 💕 & GRATEFUL for your ❤️ for Advocacy 💜 ...we glean so much from your Wisdom & Experience...

I know Healing is possible 🥰 & after being told for 38 yrs. I couldn't make it without my x, I AM Living in FREEDOM 🦋 & Know My Good God ❤️ continues to heal me 💔💔❤️

12:08:01 From Moni Mali : Reacted to "I live in Wake Fores..." with 👍

12:08:14 From Audrey Whitaker : excellent point

12:08:29 From Rachel Lawrence : Rachel Lawrence, Wake Forest NC (signing in late, I will watch the first half later this week and send a summary).

12:08:45 From Moni Mali : Replying to "NOT CLASS RELATED bu..."

Tusm! Ill look cross assembly up

12:08:46 From Tanja Jarvis : Reacted to "Amen Dr Debra..."

You'r..." with ❤️

12:08:49 From Kamilla : Patricia Evans – "The Verbally Abusive Relationship", <https://a.co/d/dnrSwF1>

12:08:58 From Cindy Baltz-King : Reacted to "Amen Dr Debra..."

You'r..." with ❤️

12:08:58 From cindymorris : Replying to "NOT CLASS RELATED bu..."

Can we join these groups Joy? I am on a waiting list for a support group with CTP.

12:09:21 From Cindy Baltz-King : AMEN, Tina!!

12:10:09 From Helenmary : Reacted to "me too! going to ..." with 👍

12:10:23 From Petra Charlotte NC : Question what is average time span and does it depend to how long the relationship?

12:10:32 From Shonquella Terrell : Yes Mrs. Joy Forrest I agree:)

12:10:50 From Dolores (Dodie) Smith : Replying to "NOT CLASS RELATED bu..."
I have room in my online group that just began last week.

12:11:02 From Kendra : Reacted to "I have room in my on..." with ❤️

12:11:14 From Joy Parks : Reacted to "I have room in my on..." with 👍

12:11:22 From Cindy Baltz-King : Step 1- Self-awareness and facing the pain head on begins the healing process.

12:11:27 From cindymorris : Reacted to "I have room in my on..." with 👍

12:11:30 From Gunita : Gunita P.- Miami, FL

12:11:37 From cindymorris : Replying to "NOT CLASS RELATED bu..."

@Dolores (Dodie) Smith

12:11:39 From Moni Mali : ❓ question: pink = what?

12:11:47 From Shonquella Terrell : It really hard when find out that your parents is a rap baby and family treat as an outsider.

12:11:51 From Brooke Eggen : Replying to " ❓ question: pink = w..."
Self

12:11:54 From Cindy Baltz-King : So TRUE, Joy!!!

12:12:00 From cindymorris : Replying to "NOT CLASS RELATED bu..."
Can you call or text me at 919-271-9392 please. 😊

12:12:17 From cindymorris : Replying to "NOT CLASS RELATED bu..."
after class- sometimes this week

12:12:34 From Tabitha Westbrook, LMFT, LCMHC, LPC : And healing takes time. Usually way more than we'd like it to.

12:12:36 From Joy Forrest : Reacted to "Tusm! Ill look cross..." with 👍

12:13:07 From Joy Forrest : Replying to "NOT CLASS RELATED bu..."

@cindymorris those groups tend to be more flexible. You can reach out and ask.

12:13:17 From cindymorris : Reacted to "@cindymorris those g..." with 😊

12:13:24 From Joy Forrest : Replying to "And healing takes ti..."

Amen

12:13:40 From John : I volunteer at a Pregnancy Center in Tulsa, OK. The young men I have seen are 15-18.

12:13:44 From Tina Lawson 🤗 : Now say I'm a Brave Beautiful Bad Woman of TRUTH: seeker, liver & teller

I still know that life is hard but worth living & I'm on a continual Healing Journey 🥰

12:13:54 From Rowena Slusser : Because healing isn't linear, healing isn't cookie cutter. I have been on my healing path for almost 30 years. I describe my memories as dark dungeons in my mind, and as Christ heals me, those dark places are less and less! I have to remind myself that my healing is a process.

12:14:03 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Because healing isn'..." with ❤️

12:14:09 From Tina Lawson 🤗 : Reacted to "And healing takes ti..." with ❤️

12:14:11 From Jolene Underwood : I've heard several stories of women being told whom they were going to marry because of the oppressive church they were part of.

12:14:23 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I've heard several s..."

Happens all the time

12:14:59 From Carrie : Reacted to "Happens all the time" with 👍

12:15:03 From Scott and Susanne : QUESTION: How can I help my adult son that has chosen risky profession, participates in risky hobbies and says that it really does not matter if something happens to him because he is not that important. I wonder if this way of thinking is due to the abuse in our home. Hope that makes some sense. My husband and I have reconciled and he now has a good relationship with his dad. Maybe there is no connection, but it seems unhealthy. I would encourage him to go to counseling/therapy. He may be unaware of the trauma he's carrying.

12:15:45 From Dolores (Dodie) Smith : Replying to "NOT CLASS RELATED bu..."

@cindymorris sure!

12:15:54 From Tanja Jarvis : I agree with that Joy, I was with my ex since I was 19, it made it hard to get out, I didn't know any different kind of relationship

12:15:59 From Audrey Whitaker : agree Tabi!!!

12:16:04 From Jessica Evans : Replying to "QUESTION: How can I ..."

Suggesting therapy/counseling?

12:16:23 From Cindy Baltz-King : Yes, Agree, Tabi!

12:17:06 From Tina Lawson 🤗 : I agree Joy 😞 ...

Married at 17...

Shiny happy people is very sad 😞 & so not Gods ❤️ ...I was so brainwashed ...

12:17:30 From Shonquella Terrell : Reacted to "And healing takes ..." with ❤️

12:17:49 From Audrey Whitaker : it's so hard not to slingshot away in extreme, I have to remind myself to keep holding fast to the Lord's truth and follow where that leads.

12:17:54 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: How can I ..."
I agree. Suggest counseling.

12:19:05 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "it's so hard not to ..."
Absolutely. We need to be aware - but also mindful that there is a middle path.

12:19:21 From Amy : Amy (Montana) Sorry for being late. Had an appointment.

12:19:23 From Audrey Whitaker : Reacted to "Absolutely. We need ..." with ❤️

12:19:42 From Vanessa Satterfield : Reacted to "Been out for six yea..." with 😞

12:20:25 From Petra Charlotte NC : this urks me with our system!

12:21:07 From Moni Mali : Replying to "QUESTION: How can I ..."

I put myself in many situations (prior to children, a reason to live) w/o even realizing how many times God protected me I; until I began CR/RA "Recovery"

12:21:23 From Rowena Slusser : QUESTION: When does the decision making of an early 20 turn into addiction?

12:22:00 From Joy Forrest : Replying to "QUESTION: When does ..."

Can you explain what you mean?

12:22:24 From Tabitha Westbrook, LMFT, LCMHC, LPC : I agree SO MUCH on weed

12:22:36 From Joy Parks : Question

Tabitha- please sometime address dopamine in these behaviors and compulsive sexual activity/ masturbation and is there research on connection to Parkinson's and dementia and Alzheimer's?

12:22:40 From Amy : With you there Dr. Debra!

12:22:42 From Beth Burke : Replying to "I agree SO MUCH on w..."

AMEN!!!

12:22:43 From katharine : QUESTION: what DOES marijuana do to the brain=

12:22:45 From katharine : ?

12:22:55 From Tanja Jarvis : its legal here, and it has affected things a lot. And now they legalized mushrooms and it scares me

12:23:12 From Joelma Kosciuszko, FI : Reacted to "its legal here, and ..." with 🍷❤

12:23:20 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Question Tabitha- p..."

This is a WHOLE class. Oh gosh. I'll see if we can talk about the role of dopamine at some point.

12:23:32 From Tina Lawson 🍷 : "NOT hurry up & get married so God won't strike you dead IF you're sexual before marriage & spend decades with a person who's entitled & objectifies you 🙄 ...Rather, date & get to know each other BUT & get an education so a woman can stand on her own & have a life partner...

Like an "H"...2 heathy people that CAN STAND ON THEIR OWN & partner together ❤❤

12:23:42 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "its legal here, and ..."

That also scares me

12:23:54 From Moni Mali : Question? So, maybe my ability to not become addicted is bc I was much older when I began?

12:23:59 From Shonquella Terrell : Well I believe it is better than giving pills to solve every problem:) Also it helps cancer patients:) I believe just like everything in life it can be used for the good or bad:)

12:24:13 From Rachel Lawrence : I imagine dissociation it causes, too.

12:24:33 From Shonquella Terrell : But we are not too Judged:)

12:24:34 From DeniseS : Google psychosis and marijuana

12:24:50 From Joy Forrest : Replying to "Well I believe it is..."

Medical marijuana vs. recreational

12:24:57 From Beth Burke : Thanks Tabi, also in my case we saw the not-so-fun or predictable effects of thc on mental health issues

12:25:06 From John : I had surgery a couple of years ago and individual handling anesthesia kept asking me about marijuana use. Reason - they are finding that the users are needing more and more level of anesthesia.

12:25:43 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Google psychosis and..."

YES! I've had clients have psychotic breaks.

12:25:43 From Rachel Lawrence : There it is; great point! "Do you need a substance to survive your life?"

12:25:45 From dena : I don't think the powers that be really care about the health and safety issues. It is legalized because it becomes a revenue generator for the local municipalities.

12:26:00 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Well I believe it is..."
Medical is much different and the use is much different.

12:26:05 From Rowena Slusser : Reference to Question: I have a loved one who is making risky sexual behaviors. He is 21. My question is when does making risky choices over and over become an addiction?

12:26:11 From Tina Lawson 🌻 : Reacted to "Well I believe it is..." with 👍

12:26:30 From Tina Lawson 🌻 : Reacted to "Medical marijuana vs..." with 👍

12:26:39 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I don't think the po..."
Yep. FOLLOW THE DOLLAR

12:27:09 From Joy Forrest : Replying to "Reference to Questio..."

I'd say when they no longer have control over it, and it controls them. They can't stop easily.

12:27:16 From Joy Forrest : Reacted to "Yep. FOLLOW THE DOLL..." with 👍

12:27:22 From Keri Drowatzky : There's nothing wrong with marrying at 30 and becoming parents at 30 for the first time. I was pregnant at 19 married at 19 almost 20. I wasn't ready. My husband wasn't ready. If my dad had not tried pushing abortion so he didn't have to suffer, I'd have placed child for adoption.

The legalizing of weed and the "medical products," is a joke. Yes addiction to other stronger substances. But it's the liberal government who has helped to push for blindness among people---spiritual and mental.

12:27:27 From Moni Mali : I am so glad most kids nowadays turn nose up at smoking cigarettes!!

12:27:36 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Reference to Questio..."

It depends. Without other details I'm not sure we can know. First, casual sex is a whole thing with young people right now. It's normalized. Also, there is a dopamine hit with orgasm (450% increase with an orgasm provided by someone else). So without more info, it's hard to know for sure.

12:27:47 From Tina Lawson 🌻 : Replying to "Well I believe it is..."

Yes my client w' Dementia is now taking CBD pills & I agree w' that.

12:27:55 From Rachel Lawrence : Fatty Liver Disease!

12:27:56 From Moni Mali : Disgusting McDonald's

12:27:56 From Audrey Whitaker : great documentary!

12:28:01 From Tina Lawson 🌻 : Reacted to "Medical is much diff..." with 👍

12:28:14 From Kendra : Reacted to "Yep. FOLLOW THE DOLL..." with 👍
12:28:23 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Well I believe it is..."

Like everything - middle ground. There is balance. It can help cancer patients and some others. But there is a whole category of misuse that we need to consider.

12:28:27 From Joy Forrest : Reacted to "It depends. Without ..." with 👍
12:29:17 From Tina Lawson 😊 : Reacted to "Like everything - mi..." with 👍
12:29:20 From Keri Drowatzky : Nonalcoholic fatty liver disease. I have this problem as well as diabetes, etc..
12:29:22 From Joelma Kosciuszko, FI : Reacted to "Like everything - mi..." with ❤️
12:29:31 From Audrey Whitaker : it's funny how you can see different impacts, depending on the child.
12:30:04 From Shonquella Terrell : In my opinion like everything else it is a choice, it is an excuse like everything else in life. Keeping God and stay prayed up first is the best health choice ever:)
12:30:42 From Cindy Baltz-King : Reacted to "In my opinion like e..." with ❤️
12:32:35 From Tina Lawson 😊 : Replying to "Well I believe it is..."

Just had this conversation w' my daughter in AA about someone she sponsors & she isn't comfortable w' her using (even though she has many medical issues) as it's an "addictive substance"...just said like everything "Balance"

12:32:38 From Dr. Debra : <https://www.youtube.com/watch?v=uH5JQDAqA8E> Video about Trauma and the nervous system: a polyvagal perspective

12:33:03 From Audrey Whitaker : Joy, what a cute baby you have!!!
12:33:10 From Moni Mali : I had to be on meds to deal with him during abusive prego. Wellbutrin, I think is what caused a lot of her Au, DD, SLD, SPD, EDS
12:33:15 From katharine : Reacted to "Joy, what a cute bab..." with ❤️
12:33:31 From Joy Forrest : Replying to "Joy, what a cute bab..."

Thanks— he's my youngest grandson.

12:33:37 From Carrie : Reacted to "I had to be on meds ..." with 😬
12:33:43 From Tina Lawson 😊 : Reacted to "YES! I've had client..." with 😬
12:33:53 From Becky Sewell : Good morning! Becky from Idaho
12:33:54 From Tina Lawson 😊 : Reacted to "There it is; great p..." with 👍

12:34:08 From Tina Lawson 😊 : Replying to "There it is; great p..."
Exactly

12:34:38 From Tina Lawson 😊 : Reacted to "Yep. FOLLOW THE DOLL..." with 😬

12:35:15 From Ariella : Fetal Alcohol Syndrome can occur from even 1 drink in pregnancy.. it's a risk.

12:35:34 From Joelma Kosciuszko, FI : Reacted to "Fetal Alcohol Syndro..." with ❤️

12:35:38 From Deborah Stahl Waters : Reacted to "Fetal Alcohol Syndro..." with 👍

12:35:49 From Deborah Stahl Waters : Removed a 👍 reaction from "Fetal Alcohol Syndro..."

12:35:54 From Tina Lawson 😊 : Reacted to "In my opinion like e..." with ❤️

12:37:37 From Kendra : Proverbs 15:22 Plans fail without advice, but with many counselors they are confirmed.

12:37:51 From Shonquella Terrell : True

12:38:15 From Laura Lathrop : I always tell my survivors, "Be careful who you let in your head!"

12:38:24 From Brooke Eggen : Reacted to "I always tell my sur..." with 👍

12:38:29 From Ariella : Reacted to "Fetal Alcohol Syndro..." with ❤️

12:38:29 From Joelma Kosciuszko, FI : Reacted to "I always tell my sur..." with ❤️

12:38:34 From Ariella : Removed a ❤️ reaction from "Fetal Alcohol Syndro..."

12:38:45 From Kendra : John 16:13 When the Spirit of Truth comes, he will guide you into the full truth. He won't speak on his own. He will speak what he hears and will tell you about things to come.

12:38:55 From Jolene Underwood : Reacted to "I always tell my sur..." with 👍

12:39:12 From Moni Mali : Church pastor says go to bible. sometimes people in conjunction with bible help. Double approach

12:39:21 From Laurie Tims : Had to leave and rejoin from phone - Laurie Tims from Iowa.

12:39:28 From Tara : We have to careful not to look at those with disabilities of any sort that that means the child is a result of ACE categories. My toddler granddaughter is from healthy (mentally, emotionally, spiritually..) parents but was born with a chromosome deletion affecting her neurologically and some physical. She is a gift of the Lord and such a JOY! ❤️

12:39:42 From Dolores (Dodie) Smith : Sorry to leave early today. I have a dr. appointment. Great class!

12:39:57 From Kendra : Proverbs 19:20 Listen to advice and receive discipline, that you may become wise by the

end of your life.

12:40:42 From Kendra : Proverbs 12:15 A stubborn fool considers his own way the right one, but a person who listens to advice is wise.

12:41:07 From Amy : 100% Tabitha

12:41:07 From Tina Lawson 🌻 : I seek wise counsel but like Advocates we don't TELL people what to do ...then ultimately make my decisions...Learning to trust the Holy Spirit in me because I know my Good God has me 😊

Leslie Vernick taught me to ask "What IF"?

12:41:16 From Tina Lawson 🌻 : Reacted to "100% Tabitha" with ❤️

12:41:29 From Kendra : Proverbs 11:14 Where there is no guidance, a people falls, but in an abundance of counselors there is safety.

12:41:56 From Kendra : Proverbs 20:18 Plans are established by counsel; by wise guidance wage war.

12:42:02 From Kamilla : **Church Partnership Form – Protect The Flock**
<https://docs.google.com/forms/d/e/1FAIpQLScep8RRzTiBctzQ26oOmqwvoIM3VbfZfs5EGqPoptGaSEG4Zg/viewform>

Dan Boeck. Church Partnership churchpartners@calledtopeace.org

12:42:03 From Cathy Sage : QUESTION: can you give us a proper definition/understanding of the word discipline?

12:42:18 From Kendra : Reacted to "Church Partnership F..." with ❤️

12:42:55 From Kendra : John 14:26 But the Counselor, the Holy Spirit—the Father will send Him in My name—will teach you all things and remind you of everything I have told you.

12:43:43 From Tina Lawson 🌻 : I do remember asking my very 1st counselor (who I chose as my Pastor NEVER referred me anywhere)...“could you be my mom & tell me what to do” ...she of course did not.

12:44:02 From Tina Lawson 🌻 : Reacted to "John 14:26 But the C..." with ❤️

12:44:26 From Brooke Eggen : Replying to "QUESTION: can you gi..."

The word is translated instruction 30 times in the Bible.

12:44:28 From Tina Lawson 🌻 : Punishing is shaming !

12:44:42 From Kendra : Reacted to "The word is translat..." with 👍

12:44:45 From Rowena Slusser : Reacted to "Well I believe it is..." with 👍

12:45:01 From Karyn Russo : Keep getting signed out. Karyn Russo

12:45:13 From Shonquella Terrell : Agree

12:45:15 From Laura Lathrop : We always tell our kids, "We don't want to control you. We want to teach you how to control yourself."

12:45:30 From Brooke Eggen : Reacted to "We always tell our k..." with ❤️

12:45:37 From Tina Lawson 😊 : Question 🙋

Love that About Discipline Dr Debra...could we get that in the chat (written)? *Discipline -- to be trained and practice really and truly good discipline is actually training somebody and guiding them in practices that are going to be beneficial for their lives. (Joy Forrest). Discipline is teaching self-responsibility taking responsibility for what you're doing and making conscious choices as opposed to punishment where punishment is just harming another person, taking your anger, your frustration, your irritation out on another person. You want to teach self-discipline because if were not disciplined in ourselves and how we relate to someone else in our world. It has nothing to do with being selfish and a lot of people get hung up on this. If I fail to take responsibility for myself, there is no way I can sit here week after week in front of you educating you and speaking to you so I have to do that and I make a conscious choice to do those things. (Dr. Debra)*

12:45:53 From Rowena Slusser : Replying to "Reference to Questio..."

Thanks for your input!

12:45:57 From Tina Lawson 😊 : Reacted to "We always tell our k..." with ❤️

12:46:05 From Moni Mali : Reacted to "We always tell our k..." with ❤️

12:46:25 From Amy : I'm just going to shout out to Brooke who sat with me while I filled out a bunch of custody investigation paperwork. That was Jesus in flesh with me! We both needed to retreat to the other side of the lake after.... lol! Thanks Brooke!!!

12:46:44 From Kendra : Reacted to "I'm just going to sh..." with ❤️

12:46:51 From Brooke Eggen : Replying to "QUESTION: can you gi..."

I use the app: Blue Letter Bible to dig into root words in scripture.

12:46:55 From dena : QUESTION: What is your go-to resource for finding Hebrew or Greek roots for the purpose of understanding Scripture?

12:47:04 From Amy : Discipline is discipling, training. Not punishing....

12:47:08 From dena : OH, sorry, Brooke I just saw your post...

12:47:21 From Amy : Reacted to "I use the app: Blue ..." with 👍

12:47:30 From Cathy Sage : Thank you!

12:47:42 From Amy : Blue Letter Bible is such a blessing!

12:47:57 From Petra Charlotte NC : I love bible hub

12:48:06 From Brooke Eggen : Replying to "QUESTION: What is yo..."

<https://www.blueletterbible.org>

12:48:16 From dena : Replying to "QUESTION: What is yo..."

Thank you!

12:48:20 From Joelma Kosciuszko, FI : The hardest was to experience DARVO from my pastors/church, as my betrayer's used the Bible as a tool to get me to submit to my ex husband's and to re-marry without any evidence of change from his part.

12:48:41 From Brooke Eggen : Reacted to "OH, sorry, Brooke I ..." with 🥰

12:48:56 From Helenmary : Discipline is proactive and POSITIVE in the Biblical sense. Instruction: it is TEACHING, training. It is applying gentle, consistent pressure to TRAIN in the right direction, as a sapling is supported and DIRECTED while young and pliable. When it HARDENS it will be STRAIGHT and TRUE.

12:49:22 From Rachel Tomazin : The timing of this conversation is crazy! I got stuck on a verse yesterday and did deep dive on particular words.. I haven't tried the blue letter bible app though - going to have to check it out! #biblenerd !! :)

12:49:27 From Kendra : They call it "Strong's" because it's so heavy. lifting it will make you 💪 !

12:49:35 From Brooke Eggen : Reacted to "They call it "Strong..." with 😬

12:49:38 From Moni Mali : Reacted to "They call it "Strong..." with 😬

12:49:40 From Joy Forrest : Reacted to "The timing of this c..." with 👍

12:50:17 From Petra Charlotte NC : question training vs informed?

12:50:19 From Kendra : Reacted to "The hardest was to e..." with 😬

12:50:42 From Shonquella Terrell : yes yes

12:50:45 From Amy : I think I saw something recently about AI rewriting the Bible to make it "more accurate." I might hang on to a couple of resources along with my onion skin Bible. But I do sure love Blue Letter Bible along with that.

12:51:02 From dena : Reacted to "I think I saw someth..." with 😬

12:51:39 From Kendra : Reacted to "The timing of this c..." with 👍

12:51:54 From Tina Lawson 🌻 : Love Podcasts from "Theology & Therapy w' Lysa TerKeurst (first 5 app)...so so helpful for me to have a Theologian & Therapist on the same team giving different perspectives...Like here TEAM ❤️

12:52:09 From Kamilla : Brene Brown - Dare to Lead Hub

12:52:23 From Kendra : Reacted to "Love Podcasts from "... with ❤️

12:52:37 From Tina Lawson 🌟 : Reacted to "They call it "Strong..." with 🗨️

12:52:39 From Rochelle Juola : Reacted to "Love Podcasts from "... with ❤️

12:52:43 From Deborah Stahl Waters : Reacted to "Love Podcasts from "... with ❤️

12:52:49 From Deborah Stahl Waters : Removed a ❤️ reaction from "Love Podcasts from "...

12:52:59 From Jessica Evans : Trust and respect are hard ones when you've been abused. Many of us have been told its Biblical and godly to trust and respect your husband, period, regardless of the choices he is making! Like its a given. Not that it is earned.

12:53:04 From Deborah Stahl Waters : Reacted to "Love Podcasts from "... with ❤️

12:53:17 From Kamilla : Brene Brown - Dare To Lead. <https://a.co/d/i3Ckw4u>

12:53:21 From Tina Lawson 🌟 : Reacted to "The hardest was to e..." with 🗨️

12:54:04 From Kendra : Reacted to "Trust and respect ar..." with 👍

12:54:33 From Kamilla : ADVOCATES: Educate, Empower, Equip and Encourage

12:54:49 From Tara : I heard not long ago that we are not commanded I scripture to trust in people. We are commanded to trust God as well as to be trustworthy ourselves. That truth is SO helpful!

12:55:05 From Joelma Kosciuszko, FI : Reacted to "ADVOCATES: Educate, ..." with 💖

12:55:17 From Shonquella Terrell : Reacted to "ADVOCATES: Educate..." with ❤️

12:55:18 From Amy : We're called to test every spirit....

12:55:24 From Nicole Toyne : That takes intentionality, to just listen

12:55:24 From Jessica Evans : Reacted to "I heard not long ag..." with 👍

12:55:27 From Helenmary : Reacted to "I heard not long ..." with 👍

12:55:29 From Jessica Evans : Reacted to "We're called to test..." with 👍

12:56:48 From Kendra : Replying to "I heard not long ag..."

Jesus didn't entrust Himself to the Pharisees, because He knew what was in their hearts.

12:57:00 From Helenmary : Can those be listed--what Tabitha just suggested?

12:57:07 From Tara : I am an ACBC counselor and agree completely, Tabitha!

12:57:09 From Kendra : Reacted to "I heard not long ag..." with 👍

12:57:21 From Audrey Whitaker : I wish we had a trusted database for actual good biblical counselors

12:57:30 From Carrie : Reacted to "I wish we had a trus..." with 👍

12:57:38 From Nicole Toyne : Reacted to "I wish we had a trus..." with ❤️
12:57:49 From Eric and Peggy Peterson : What is the difference between a biblical counsellor and therapist?
12:58:02 From Beth Burke : ? is that pastor in Hillsboro, NC Tabi?
12:58:17 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "? is that pastor in ..."

Yep! Cane Creek Baptist Church

12:58:25 From Tina Lawson 🌻 : Yes, be patient...for me it was hard to see the TRUTH...I say "Clarity sucks but it's the TRUTH that sets us free"

12:59:07 From Beth Burke : Replying to "? is that pastor in ..."



12:59:17 From Cindy Baltz-King : That sounds AMAZING, Brooke!

Can you share the link to the trauma training.

12:59:29 From Amy : And to choose to live in peace!!

12:59:53 From Amalia : Reacted to "That sounds AMAZING,..." with 👍

12:59:55 From Moni Mali : .Thanks for sharing!!

13:00:04 From Cindy Baltz-King : AMEN, Tabitha!!

So much good info to know!!

13:00:12 From Brooke Eggen : Replying to "That sounds AMAZING,..."

<https://christiantraumahealingnetwork.org>

13:00:48 From Tina Lawson 🌻 : Spot on 100 % Tabi...there's humility & safety when you're able to work together vs "Only my way"...

Like my old pastor that was trying to silence me 😞

13:01:11 From Joy Parks : APSATS good stuff as well.

13:01:15 From Tina Lawson 🌻 : This IS ALL SO GOOD 💜

13:01:29 From Tina Lawson 🌻 : Reacted to "That sounds AMAZING,..." with 👍

13:01:58 From Cheryl Bennett : Reacted to "APSATS good stuff as..." with ❤️

13:02:40 From Amy : Replying to "APSATS good stuff as..."

What is APSATS? <https://www.apsats.org/#!event-list>

13:02:50 From rose : what was that EMDR website?

13:02:55 From Tina Lawson 🌟 : Replying to "That sounds AMAZING,..."

Thanks Brooke...

I went to her BO session as well...

So good!

13:03:07 From rose : was it EMDRIA.org?

13:03:15 From Kamilla : [EMDRIA International Association](#)

13:03:25 From Moni Mali : Question? Why did I get migraines every time i did Emdr?

13:03:29 From Tanja Jarvis : would you recommend EMDR even though I've done a ton of healing already, but still get triggered and big reactions due to sexual abuse and fear of emotional closeness with men? I've been out of my abusive marriage for over 4 years.

13:03:33 From Carrie : What is tabi's practice and do they have a waitlist?

13:03:49 From Amy : I begin EMDR this Friday!!

13:03:51 From Kamilla : [Tabitha Westbrook](#) – tabitha@thejourneyandtheprocess.com

13:03:57 From Cheryl Bennett : Reacted to "Question? Why did I ..." with ❤️

13:03:58 From Susie ~ CTPM : Replying to "What is tabi's pract..."

Journey in the Process

13:04:32 From Susie ~ CTPM : Replying to "What is tabi's pract..."

[The Journey &The Process](#)

13:04:46 From Cheryl Bennett : Replying to "APSATS good stuff as..."

<https://www.apsats.org/#!event-list>

They do not believe that the wife is co dependent and responsible for her husband's sexual addictions. They also believe that the husband can not properly heal without the wife healing and him making amends to her.

13:04:46 From Moni Mali : Authors name?

13:05:26 From Kamilla : [Peter Levine - Waking the Tiger](#). <https://a.co/d/c9OhKs2>

13:05:32 From Amy : Reacted to "https://www.apsats.o..." with 🙌

13:05:41 From Amy : Replying to "APSATS good stuff as..."

Thanks!

13:05:48 From Kendra : <https://www.emdria.org/publications-resources/>

13:05:50 From Tina Lawson 😊 : I get a lot of Confirmation when many ministries have just a little different approach YET are saying the same things.

13:06:13 From Moni Mali : Question? Link for that therapy?

13:06:31 From Helenmary : Would recommend anyone in Abingdon, VA area staying AWAY from Jerry Lankford, who advertises trauma informed and prayer, with Life Care Counseling. He took some of Leslie Vernick's training, but does not INCORPORATE it. He tried taking us in another direction, totally mis-diagnosed us, and not protecting confidentiality between us for my safety. We wasted money going to him. He totally turned off the pastoral staff, was very New Age and anti-Biblical and sadly reinforced their prejudices against additional counseling outside of the Church.

13:07:31 From Cindy Baltz-King : Reacted to "Would recommend anyo..." with 👍

13:07:31 From Amy : Reacted to "Would recommend anyo..." with 😬

13:07:38 From Joy Parks : Replying to "APSATS good stuff as..."

Love that Tabitha - change the world

13:07:46 From Kamilla : TF-CBT. <https://tfcbt.org>

13:07:55 From Cindy Baltz-King : Reacted to "Would recommend anyo..." with 😬

13:07:56 From Moni Mali : Replying to "APSATS good stuff as..."

Question? Link or acronym for the cheaper trainings/ therapy certifications?

13:08:18 From Cheryl Bennett : Replying to "APSATS good stuff as..."

The link is in my above comment and I agree with Tabitha that they are not that great with abuse.

13:08:48 From Carrie : Reacted to "Would recommend anyo..." with 😬

13:08:58 From Joy Forrest : Replying to "Would recommend anyo..."

Helenmary, Jerry is retired now. I am sure he didn't fully get DV, but he did help people who had experienced sexual abuse, and began to refer people to CTPM before he retired.

13:09:00 From Joy Parks : Replying to "APSATS good stuff as..."

I received more trauma help from APSATS coach than trauma informed counselor

13:09:22 From Shonquella Terrell : Reacted to "What is APSATS?" with ❤️

13:09:28 From Shonquella Terrell : Reacted to "https://www.apsats..." with 👍

13:09:34 From Kamilla : David Grand - Brainspotting Developer and Trainer

13:09:35 From Shonquella Terrell : Reacted to "What is APSATS?" with 😬

13:10:18 From Cindy Baltz-King : Tabitha, What about EFT tapping?

13:11:08 From Moni Mali : Replying to "APSATS good stuff as..."

Trauma touch therapy sounds awesome!

13:12:00 From Kendra : It may be a good idea to schedule a therapy session for right after the touch therapy/massage session, in case anything comes up.

13:12:07 From Tina Lawson 🌟 : Havening is so helpful for me as well 😊

13:12:09 From Moni Mali : Reacted to "TF-CBT. <https://t...>" with ❤️

13:12:18 From Amy : Reacted to "Havening is so helpf..." with 👍

13:12:20 From Cheryl Bennett : Reacted to "Havening is so helpf..." with ❤️

13:12:26 From Helenmary : Reacted to "Helenmary, Jerry i..." with 👍

13:12:27 From rose : personally I was able to find much improvement with EMDR.

13:12:34 From Cheryl Bennett : Replying to "Havening is so helpf..."

Me too! I love it!

13:12:41 From Amy : Reacted to "personally I was abl..." with ❤️

13:12:56 From Joelma Kosciuszko, FI : Tapping its my way to go.

13:13:02 From Tanja Jarvis : QUESTION: has anyone done magnet therapy? I've done a few sessions but am not 100% sure

13:13:48 From Joy Parks : QUESTION. Cereset thoughts?

13:14:18 From Kendra : If we do not get to answer your QUESTION during the live class, remember that Dr. Debra will annotate the chat, and you can read her response when she posts the links.

13:14:33 From Kamilla : If your QUESTION has not yet been answered, remember that Dr. Debra will go back thru the chat and catch any unanswered questions before she sends the replay later this week.

13:15:26 From Helenmary : Replying to "Would recommend an..."

I am glad to hear that. We were recommended to him while he was still in Raleigh by a very good counselor in Lynchburg who met him at Leslie's training, but she didn't know him well--she just said he seemed like he would be good. We had a disastrous experience with him--and he was very expensive. We had several other good counselors, but I would never

13:15:43 From Helenmary : Replying to "Would recommend an..."

trust him based on our experience.

13:15:44 From dena : Thanks, everyone!

13:16:04 From Nicole Toyne : Thank you. So much great new info.

13:16:08 From Lynn MN iPhone : Thank you ladies!

13:16:19 From DeniseS : Thanks to all ❤️

13:16:23 From Tina Lawson 🌻 : I find it's "Havening"mothering myself 🥰

13:16:23 From katharine : [info: the trauma book by Judith Herman is available free to read here](#)

13:16:23 From Joelma Kosciuszko, FI : Amazing class! Thanks you all.

13:16:24 From katharine :
<https://archive.org/details/traumarecovery00herm/page/97/mode/1up?view=theater>

13:16:25 From Cindy Baltz-King : As ALWAYS, another amazing class!

13:16:31 From Helenmary : Thank you all so much!

13:16:34 From Tina Lawson 🌻 : Thanks ❤️

13:16:35 From Shonquella Terrell : Thank you