

11:26:59 From Loes Tam : Hi everyone Loes Tam here from London England

11:32:55 From Liz Loeschner : Liz Loeschner Colorado Springs CO

11:33:11 From Porscha Green : Porscha in North Carolina

11:33:24 From Susan Sharp : Susan Sharp from Kalispell, MT. Hi everyone!

11:33:45 From Patricia Cleveland : Patricia Cleveland from PA -Hi everyone

11:39:08 From Lynn Marie : I have actually had a survivor tell me his testimony then proceed to share he had been in prison for murdering his abuser. I found myself having a hard time dealing w different emotions. since it is females I want to advocate. But I learned something.

11:47:43 From Lynn Marie : I wonder if the survivors were offered help prior to doing the offense if that would help? I know its on their end to seek help but sometimes w all the rage going on it is possible they become confused? Or not?

11:48:08 From Melanie : I forgot to sign in but I've been here since the beginning.

11:48:29 From Lynn Marie : Hi Melonie

11:51:29 From Porscha Green : I agree. I have seen women that have more emotional/ coercive ways in relationships versus physical

11:54:27 From Loes Tam : Thanks Joy for honestly sharing what even you ended up doing...

11:56:41 From Loes Tam : Pastors would always want couples to go for couples' counselling because they are only interested in saving marriages rather than protecting the individuals within the marriages..

11:58:46 From Kathy : Yes, agree.

11:59:24 From Lynn Marie : It has been said that counseling never helps in these situations. Because it is not a marriage problem to begin with. It was not helpful in my cause did nothing for me but add more shame and guilt

12:01:44 From Loes Tam : I am so sorry to hear that Lynn Marie...Sadly I believe that is often the case...Pastors need a lot more education on abuse...

12:02:10 From Lynn Marie : That is true

12:03:30 From Kathy : MCM1 please remind me what that book is again....

12:04:41 From Kathy : Got it!

12:07:09 From Loes Tam : As far as sexual relationships within a marriage many woman are told in churches that their bodies belong to their husbands and that they are responsible to keep him "happy" sexually

12:07:35 From Lynn Marie : They choose what they know for relationship. I certainly did

12:09:03 From Loes Tam : Many pastors need to be taught this principle of 1 Corinthians 7 Joy... they seem to know this passage only in part...

12:09:50 From Kathy : True, Joy! BUT, unfort,, ALL to common in churches/Christian circles. Marital rape is very real....hard for some Christian women to come to terms with this concept/crime.

12:11:57 From Loes Tam : It may be necessary to teach women what Paul really taught on the issue of sex within marriage... for instance at women Bible studies etc..

12:14:47 From Lynn Marie : Once the assessment is finished and define problems are present How is that to be used to support the survivor? I skipped ahead Dr Debra you have my attention for sure.

12:16:27 From Kathy : Very insightful, Dr. Debra!

12:19:00 From Loes Tam : Would a woman who had been abused as a child perhaps expects to be abused as an adult because she “deserves” it?

12:20:10 From Susan Sharp : Loes - I know a woman whose husband told her that very thing.

12:21:14 From Loes Tam : And she believes him I suppose... how sad!!

12:21:57 From Patricia Cleveland : Millon Clinical Multiaxial Inventory IV-Pearson Assessments

12:22:09 From Kathy : Thank you!!

12:22:34 From Susan Sharp : Loes - not any more - praise God!

12:28:03 From Kathy : We got ya.... :)

12:29:12 From Loes Tam : Thanks Joy for clarifying my question...

12:30:00 From Lynn Marie : I certainly did not recognize that I was being abused as a child. Bottom line its a choice to do the right thing or not that God gives daily.

12:31:02 From Patricia Cleveland : Not as applies to abuse. There are mental health and substance abuse treatment programs. Co-occurring disorder treatment. These are preferred if person has more than just one or the other. In my opinion.

12:32:44 From Kathy : Yes... same here...

12:32:59 From Kathy : In the NE

12:35:18 From Kathy : That may be providential....

12:38:22 From Kathy : I LOVE the smaller class size! :)

12:40:08 From Loes Tam : That is such a sad story Joy... and really quite unbelievable....

12:45:48 From Lynn Marie : So as advocates encourage the survivor to consider self care activities? While she is trying to find herself?

12:48:58 From Kathy : Self nurturing activities.... Yes, please!

12:49:26 From Kathy : YES!! :) Smiles here...we do that locally. :)

12:49:54 From Lynn Marie : Going to parks w my daughter during all the abuse I was in actually helped me.

12:51:28 From Loes Tam : Lovely picture Joy!!

12:52:06 From Kathy : All Trails App?

12:52:20 From Liz Loeschner : AllTrails

12:52:27 From Kathy : I think these ideas would be great to put in the Recovery group.

12:52:40 From Kathy : walking Pilates

12:52:49 From Susan Sharp : I sit at the piano and just improvise music.

12:53:59 From Kathy : Music is very therapeutic....

12:54:30 From Liz Loeschner : Gardening, going in nature to engage the senses, using the app Nextdoor to find groups of people who can meet with similar interests (like book clubs, single friends, childless women, pet meet ups, etc), music, reading, going to the library, volunteering at animal shelters, and writing/journaling.

12:54:57 From Kathy : Could you post a link about that, please?

12:55:18 From Liz Loeschner : <https://www.alltrails.com/>

12:55:35 From Patricia Cleveland : I like kayaking

12:55:35 From Liz Loeschner : <https://nextdoor.com/>

12:55:58 From Lynn Marie : Thanks Liz

12:56:28 From Loes Tam : Thanks Liz...

13:04:25 From Lynn Marie : Guilt and shame have been dominate through all my abuse

13:05:47 From Loes Tam : For many women it may be difficult to accept that they are to be assertive because of the teaching they have received in their churches over many years with regard their roles as wives...

13:05:53 From Kathy : This song JUST popped into my mind.... Lyrics
All this pain
I wonder if I'll ever find my way
I wonder if my life could really change, at all
All this earth
Could all that is lost ever be found?
Could a garden come out from this ground, at all?
You make beautiful things
You make beautiful things out of the dust
You make beautiful things

You make beautiful things out of us
All around,
Hope is springing up from this old ground
Out of chaos life is being found, in you
You make beautiful things
You make beautiful things out of the dust
You make beautiful things
You make beautiful things out of us
Oh, you make beautiful things
You make beautiful things out of the dust
You make beautiful things
You make beautiful things out of us
You make me new,
You are making me new
You make me new,
You are making me new
(Making me new)
You make beautiful things
You make beautiful things out of the dust
You make beautiful things
You make beautiful things out of us
Oh, you make beautiful things
You make beautiful things out of the

13:06:40 From Loes Tam : That is beautiful Kathy...

13:07:34 From Susan Sharp : Thanks for sharing that song, Kathy!

13:07:37 From Kathy : I just cut and pasted....

13:08:39 From Lynn Marie : I really enjoyed being in here today w everyone and learned even more.

13:08:56 From Kathy : Link to the song... <https://www.youtube.com/watch?v=1spkhp41ig4>

13:09:03 From Kathy : Yes... I hear crickets... HAHA!

13:10:14 From Kathy : I don't have anything else...

13:10:26 From Kathy : We'll be back tomm. at noon!

13:10:30 From Liz Loeschner : Thanks everyone

13:10:35 From Lynn Marie : see you tmw for a few minutes

13:11:31 From Kathy : Save the chat, please