

Video replay: <https://vimeo.com/840239272/81fd7ff279?share=copy>

11:25:01 From Deborah Stahl Waters : Deborah Stahl Waters Macon, GA

11:25:10 From Suzanne Jones : Suzanne from Pittsburgh, howdy!

11:25:11 From Darlene Hills-Clinkscale : Darlene Hills-Clinkscale from Columbus, OHIO

11:25:21 From Petra Charlotte NC : Peggy Drye NC

11:25:50 From Sheri Millenbaugh (Faber) OHIO : Sheri Millenbaugh (Faber) Ohio

11:25:56 From Ariella : Ariella, Israel

11:26:06 From Cathy Sage : Cathy Sage, Swanzey NH

11:27:05 From Lynn MN iPhone : Lynn A. MN via iPhone for a few minutes.

11:27:21 From Amy Henderson : Amy Henderson- Pickens, SC

11:27:23 From Tara : Tara, Idaho

11:27:28 From Becky MacDonald : Becky MacDonald - Bradenton, FL.

11:27:47 From Tynetta : Tynetta Chastain from St. Louis. Howdy.

11:27:53 From Hannah : Hannah Lippert from Stilesville, IN

11:28:02 From Rowena Slusser : Good Morning from Sunny Albuquerque, NM. Rowena Slusser

11:28:31 From Priscilla : Priscilla from Nanaimo Canada

11:28:46 From Michelle H. : Michelle from Las Vegas

11:28:56 From Ann : Ann Lawrence North Carolina

11:29:02 From Pam Rook : Pam Rook, Sylvania, OH

11:29:04 From Jolene Underwood : Jolene Underwood, Maryland

11:29:35 From Rowena Slusser : Good Morning Dr. Debra. I hope you are having a good week.

11:29:46 From Lynns : everyone, Lynns from N C

11:29:49 From Suzanne Jones : Native Texan here. Glad to be up north now

11:29:57 From Melanie Haymond : Good morning from Kalispell, Montana!

11:30:01 From Audrey Whitaker : Audrey WHitaker KS

11:30:01 From John Stonehocker : John Stonehocker from Oklahoma

11:30:24 From leonard : Chelsea Leonard Sweet Home Oregon

11:30:36 From Vanessa Satterfield : Vanessa Satterfield - North Carolina

11:30:44 From Lynn MN iPhone : I put my name in the chat already, but if it's me, Lynn A. I'll be switching over in a few minutes.

11:30:46 From Lynns : Hi Porscha Good to see you here

11:30:53 From Deborah Stahl Waters : Deborah Stahl Waters, Macon GA

11:30:58 From Porscha Green : Hello Everyone!

11:31:04 From Kamilla : Interested in Becoming an Affiliated Advocate with CTPM?

Please Complete the Advocacy Onboarding Form

<https://go.oncehub.com/AdvocacyOnboarding>

11:31:10 From Shannon Mullen : Shannon Mullen, Jamestown NY

11:31:18 From Nicole Toyne : Good morning. Nicole Toyne, CA

11:31:24 From rose : Rose in GA

11:31:26 From sue penn : Sue Penn Iowa

11:31:35 From Marjorie Lea : Marjorie Lea in Texas

11:31:37 From Cynthia : Cynthia p pa

11:31:40 From Tabitha Westbrook, LMFT, LCMHC, LPC : Tabitha, FloMo

11:31:44 From Amalia : Amalia Davis-Levittown, PA

11:31:45 From Gunita : Gunita P.- Miami, FL

11:31:51 From Kamilla : Porscha Green Porscha@calledtopeace.org

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

11:31:56 From Peggy Barrett : Peggy Barrett, Durham, NC

11:32:08 From Kamilla : Interested in Becoming an Affiliated Advocate with CTPM?

Please Complete the Advocacy Onboarding Form

<https://go.oncehub.com/AdvocacyOnboarding>

11:32:22 From Eric and Peggy Peterson : Hello from Eric and Peggy Peterson, Nashville, TN

11:32:24 From Angi Beery : Angi Beery, Goshen, IN

11:32:56 From Julie Burns : Julie Burns, Midlothian, TX

11:32:57 From katharine : Katharine Kofoed-Nielsen, Denmark

11:32:58 From Tanja Jarvis : Tanja J. Colorado

11:33:21 From Christy : Christy Estelle, NC

11:33:52 From Priya : Devapriya from CA

11:34:12 From Beth Burke : Beth in Burlington NC

11:34:25 From Karyn Russo : Good Morning, Karyn Russo NY

11:34:26 From Sheryl, Ohio : Sheryl in Ohio

11:34:30 From Amanda : I would love to be an affiliated advocate. As the last part of my college degree I need to complete an internship and I am wondering if this is something CTPM is able to offer.

11:34:34 From Anna Harris : Anna Harris here, Georgetown, TX

11:34:38 From Jennifer Anderson : Jen Mellor Mt Pleasant SC

11:34:42 From Amy Paquette : Amy Paquette, Albuquerque, NM

11:34:46 From Erica : Erica - was from Warrenton VA - now in Wichita KS

11:35:10 From Sheri Millenbaugh (Faber) OHIO : WELCOME PATCH 🥰❤️🥰

11:35:44 From cindymorris : Cindy Morris, Franklinton (Raleigh), NC

11:35:57 From Cheryl Bennett : Cheryl Bennett Acworth, Ga.

11:36:16 From Julie Burns : Name of the FB page?

11:36:17 From Brooke Eggen : Replying to "I would love to be a..."

Can you send an email to brooke@caldedtopeace.org

11:36:24 From Christine Felser : Christine Felser King of Prussia PA

11:36:46 From Amanda : Replying to "I would love to be a..."

Absolutely! I'll follow up after class :)

11:36:58 From Brooke Eggen : Reacted to "Absolutely! I'll fol..." with 👍

11:37:29 From Helenmary : Good morning from Virginia! Helenmary

11:37:39 From Kamilla : This is the first step to contacting Porscha and Brooke for Advocacy. Please fill out this link: <https://www.caldedtopeace.org/join-us/become-a-faith-based-advocate/>

11:37:53 From Darlene Hills-Clinkscale : Darlene Hills-Clinkscale from Columbus, Ohio

11:38:21 From JoAnna Schultz : JoAnna Schultz, Murrieta Ca

11:39:28 From Shonquella Terrell : Yes Lord , Thank youAmen

11:39:28 From Lynns : Amen thanks Joy

11:39:35 From Barbie : Barbie from Ohio

11:39:36 From Reenie Brown : Reenie Brown from Waxhaw, NC

11:39:37 From Dayna Martin : Dayna Martin, Williston, ND

11:39:46 From Joelma Kosciuszko, Fl : Joelma Kosciuszko, FL

11:40:07 From Shonquella Terrell : Shonquella Terrell, Holly Springs NC Wake County...

11:40:30 From Sammy's Iphone 🍌 : Samantha McCorkle, IN

11:40:43 From dena : Dena Roberts - DeWitt MI. Sorry I'm late! I had another meeting right before this one.

11:41:10 From Kamilla : ANNOUNCEMENT: On Saturday, July 8 from 12-1 EST, is the Q&A for this course. Please bring any questions you want to ask.

The link for this Q&A session will be added to the course website after this 4th class.

11:41:42 From Dolores (Dodie) Smith : Dodie, Wake Forest, NC

11:42:15 From Amanda Natividad : Amanda Natividad Goldsboro nc

11:42:34 From Becky Sewell : Becky Sewell Idaho

11:43:54 From Tabitha Westbrook, LMFT, LCMHC, LPC : Remember to take good care of yourself. You are the only you that you have. Get up & move, breathe, step away... Whatever you need to do.

11:45:44 From JoAnna Schultz : Reacted to "Remember to take goo..." with ❤️

11:45:47 From Kamilla : Remember 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!!

11:47:16 From Jennifer Anderson : Reacted to "Remember to take goo..." with ❤️

11:47:23 From Jennifer Anderson : Reacted to "Remember if you have..." with 👍

11:47:32 From Gwendolyn Hertzler : Gwen from Oklahoma joining late.

11:48:17 From Helenmary : Amen! So glad you have a new puppy

Dr. Debra; they are like children who never quite grow up. But SO worth it!

11:50:36 From Maryann : Maryann from Franklin, TN

11:51:23 From Jennifer Anderson : My nephews did crawl therapy at a place called Brain Highways in Kindergarten because they were on heavy anti seizure meds and when they came off they realized it had impacted their development.

11:51:26 From Helenmary : The crawling left/right motion helps prepare the brain for READING and comprehension. They observed the lack of this when the wheeled baby seats were popular and it impacted brain development.

- 11:51:40 From katharine : Reacted to "The crawling left/ri..." with ❤️
- 11:51:51 From sue penn : There is a correlation between crawling and reading.
- 11:51:57 From Joy Forrest : Reacted to "My nephews did crawl..." with 👍
- 11:51:59 From Amy : Amy in Montana
- 11:52:15 From Rebecca Elias, Austin, Tx : Rebecca Elias, Austin, Tx
- 11:52:41 From Helenmary : A good deal of Left/Right stimulation is very good for children; skating and other activities can help people who may not have had this.
- 11:52:42 From Joy Forrest : Replying to "The crawling left/ri..."

Well, my daughter's lack of crawling didn't affect that. She's an avid reader.

- 11:53:04 From Jill Swinderman : Sorry for being late. 😞 This is Jill from Parma Ohio
- 11:53:08 From Deborah Stahl Waters : Reacted to "Remember to take goo..." with ❤️
- 11:53:33 From Ladonna : Ladonna Hafen, Whitefish Montana...I forgot to sign in!
- 11:53:34 From iPhoneTina Lawson : I've come to see that God Created us with feelings & "can't heal what we don't feel" 😊
- 11:54:03 From Joy Forrest : Replying to "There is a correlati..."
- Good to know.
- 11:54:24 From Joy Forrest : Reacted to "I've come to see tha..." with 👍
- 11:54:43 From Shonquella Terrell : YES Tabitha
- 11:54:53 From Suzanne Jones : Feelings reveal true things about us - what we believe, what our intuition is pointing to - good to develop our emotional knowledge
- 11:55:36 From Yuklin Ling : Yuklin Ling
- 11:55:58 From Amy : Replying to "The crawling left/ri..."

@Joy Forrest Same with my son; in fact, he's the best reader out of my three kiddos.

- 11:56:01 From iPhoneTina Lawson : Tina from 🌞 state...(was beginning to wonder as we've just had a week of severe thunderstorms 🌩️)...

GRATEFUL to be here for such a Helpful class 🙏

- 11:56:31 From Naomi Jubilee : Naomi losing track of time here from Garner, NC
- 11:56:34 From Susanne : Sorry I am late, Susanne King, Montrose, CO
- 11:56:55 From Rochelle Juola : Rochelle J from Byrdstown TN but attending from Folly Beach SC

11:56:57 From Joy Forrest : Reacted to "Naomi losing track o..." with 🙄

11:57:17 From Deb Bissell : Deb Bissell, Zionsville, IN

11:57:17 From Brooke Eggen : I love you Tabi!!

11:57:28 From iPhoneTina Lawson : Just been learning so much about "Internal Family Systems"
...so so good to hear this is part of our class 💜

11:57:58 From iPhoneTina Lawson : Replying to "I love you Tabi!!"

Me too ❤️

11:58:01 From Sharon Stennett : Sharon Stennett Culpeper, Va

11:58:28 From iPhoneTina Lawson : Reacted to "I love you Tabi!!" with 😍

11:59:16 From iPhoneTina Lawson : Replying to "I love you Tabi!!"

Love ❤️ you too Brook 🙏

11:59:34 From Brooke Eggen : Replying to "I love you Tabi!!"

@iPhoneTina Lawson Love you, too!

12:00:29 From Cindy Stashenko : Cindy S. Switching off iPhone and onto laptop

12:00:43 From Judy Beachy : Judy Beachy, Nappanee, IN

12:01:20 From Sharon Stennett : Hoping I can stay connected as I travel

12:02:35 From iPhoneTina Lawson : "Havening" is one of my favorite ways to calm myself 😊

12:03:50 From Kamilla : **STRONG LIKE WATER by Aundi Kolber.** <https://a.co/d/b6QgJhZ>

12:04:40 From Jessica Evans : Great job with the quick overview, Tabi

12:05:16 From iPhoneTina Lawson : Reacted to "Great job with the q..." with 👍

12:05:28 From iPhoneTina Lawson : Reacted to "STRONG LIKE WATER by..." with 👍

12:06:51 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Great job with the q..."

Thank you!!

12:07:49 From Peggy Barrett : **Question: Can you give us a link to the video you are playing now?**

12:08:11 From Tabitha Westbrook, LMFT, LCMHC, LPC : Video link - <https://www.youtube.com/watch?v=ZdIQRxwT1I0>

12:08:19 From Angi Beery : Reacted to "Video link - https:/..." with 👍

12:08:39 From Mary Sue Owsley : Mary Sue Owsley from Idaho.

12:09:02 From Peggy Barrett : Thanks Tabitha! This is all so helpful and will be good to share with survivors.

12:11:07 From Tabitha Westbrook, LMFT, LCMHC, LPC : From the epigenetics perspective - remember we can shift that cycle so if you're panicking about your kiddos - don't. You can be (and are) the chainbreaker.

12:11:33 From Ladonna : Reacted to "From the epigenetics..." with 👍

12:11:36 From Hannah : Reacted to "From the epigenetics..." with 👍

12:12:07 From Jessica Evans : Reacted to "From the epigenetics..." with ❤️

12:12:16 From Yuklin Ling : Can we get a link to share this video ??

12:12:26 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Can we get a link to..."

<https://www.youtube.com/watch?v=ZdIQRxwT1I0>

12:12:30 From Barbie : Reacted to "Video link - https:/..." with 👍

12:12:32 From Naomi Jubilee : Reacted to "From the epigenetics..." with ❤️

12:12:53 From Joy Forrest : Reacted to "From the epigenetics..." with ❤️

12:13:44 From Judy Beachy : Reacted to "From the epigenetics..." with 💜

12:13:50 From iPhoneTina Lawson : Replying to "Can we get a link to..."

Yes!!

Wow...Such A POWERFUL Video!!

The BEST I've seen!!

12:14:23 From Sharon Stennett : This is so encouraging.

12:14:34 From Amy : This is why it's important to get children away from the abuser and not be forced to be with them.

12:14:46 From Audrey Whitaker : Reacted to "This is why it's imp..." with 🙌

12:14:48 From JoAnna Schultz : Reacted to "https://www.youtube...." with ❤️

12:15:00 From JoAnna Schultz : Replying to "Can we get a link to..."

I cannot wait to share this!

12:15:09 From Audrey Whitaker : Replying to "This is why it's imp..."

just an uphill battle with courts who don't get that

12:15:12 From Jessica Evans : Replying to "Can we get a link to..."

Love this one so much

12:15:19 From Amanda Natividad : Reacted to "From the epigenetics..." with ❤️

12:15:19 From Joy Forrest : Reacted to "just an uphill battl..." with 👍

12:15:24 From Judy Beachy : Reacted to "This is why it's imp..." with 🙌

12:15:24 From Susanne : Wow!!! so helpful!

12:15:27 From Joy Forrest : Replying to "This is why it's imp..."

Yes, for sure.

12:15:28 From Judy Beachy : Reacted to "just an uphill battl..." with 👍

12:15:28 From Amy : Wow. Great video.

12:15:29 From Amanda : Reacted to "From the epigenetics..." with ❤️

12:15:37 From Joelma Kosciuszko, FI : Reacted to "Video link - https:/..." with 🙌

12:15:46 From Tanja Jarvis : such a good video

12:15:59 From Angi Beery : Reacted to "Yes!!

Wow...Such A POW..." with ❤️

12:16:00 From iPhoneTina Lawson : Replying to "Can we get a link to..."

Help Please 🙏?

I can't figure out how to share (only copy)

12:16:36 From Jessica Evans : Replying to "Can we get a link to..."

In YouTube there is a share button that should let you copy the link or just copy and paste the link Tabi gave above and paste where you want to share

12:16:45 From Brooke Eggen : Reacted to "In YouTube there is ..." with 👍

12:17:02 From Jessica Gallina : Reacted to "From the epigenetics..." with ❤️

12:17:16 From iPhoneTina Lawson : Replying to "Can we get a link to..."

Amen Tabi...did my own work & now able to help my adult daughter 💕

12:17:32 From Joelma Kosciuszko, FI : Wonderful!! This video is so SO helpful! Thanks for sharing it Tabi!

12:17:54 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Amen Tabi...did my own..." with ❤️

12:17:59 From Jennifer Burkholder : Jen Burkholder VA

12:18:13 From Brooke Eggen : I say counseling is one hour a day once a week for a child but if mom goes to counseling it becomes 24 hours a day 7 days a week for the children as she heals and changes her family culture.

12:18:29 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "I say counseling is ..." with ❤️

12:18:31 From Audrey Whitaker : Reacted to "I say counseling is ..." with ❤️

12:18:31 From Jessica Gallina : Reacted to "I say counseling is ..." with ❤️

12:18:33 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I say counseling is ..."

Amen!!!!

12:18:37 From Judy Beachy : Reacted to "I say counseling is ..." with 💜

12:18:44 From Kamilla : ACE - Adverse Childhood Experiences

12:19:06 From Tabitha Westbrook, LMFT, LCMHC, LPC : Our kiddo therapist has a sand tray and our adult therapists love playing with it... 😊

12:19:14 From Joelma Kosciuszko, FI : Replying to "I say counseling is ..."

I totally agree with you Brooke!

12:19:29 From Joy Forrest : Reacted to "I say counseling is ..." with ❤️

12:19:53 From Dayna Martin : Replying to "I say counseling is ..."

Brooke, could you explain that further for me?

12:20:02 From Amy : Reacted to "I say counseling is ..." with 🙌

12:20:07 From Judy Beachy : So do I, Joy!

12:20:30 From Joy Forrest : Reacted to "So do I, Joy!" with ❤️

12:20:34 From Joelma Kosciuszko, FI : Reacted to "Our kiddo therapist ..." with ❤️

12:21:15 From Jessica Evans : I had a test taken where they were monitoring my heart rate and blood pressure and as I did calming/relaxation during I was just watching how everything slowed down and came to much healthier numbers. Even just 3 slow relaxing breaths helped quite a bit. We forget the power of that!

12:21:45 From Joy Forrest : Reacted to "I had a test taken w..." with 👍

12:21:48 From Brooke Eggen : Replying to "I say counseling is ..."

As mom goes to counseling and implements the healing things she is learning and changing about herself in her home the culture of the family changes because mom (if she is a single mom) is setting culture. If the kiddo is the only one going to counseling, they are getting 1 hour of therapy a week. If

mom goes to counseling kiddos can live in a therapeutic supportive environment as long as they are with mom.

- 12:22:11 From Tanja Jarvis : Reacted to "I say counseling is ..." with ❤️
- 12:22:12 From Sheryl, Ohio : Reacted to "I say counseling i..." with ❤️
- 12:22:30 From Porscha Green : Reacted to "I say counseling is ..." with ❤️
- 12:22:30 From Amy : Reacted to "As mom goes to couns..." with ❤️
- 12:22:33 From katharine : Katharine here, have to check out for a bit, will be back later, sorry, family stuff
- 12:22:33 From Jessica Evans : Reacted to "As mom goes to couns..." with ❤️
- 12:22:40 From Sheryl, Ohio : Reacted to "As mom goes to cou..." with ❤️
- 12:22:44 From Joelma Kosciuszko, Fl : Reacted to "As mom goes to couns..." with 🧡
- 12:22:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "As mom goes to couns..." with ❤️
- 12:22:48 From Porscha Green : Reacted to "As mom goes to couns..." with 🧡
- 12:22:52 From Sheryl, Ohio : Reacted to "Our kiddo therapis..." with ❤️
- 12:22:56 From iPhoneTina Lawson : Reacted to "I say counseling is ..." with ❤️
- 12:23:01 From Joelma Kosciuszko, Fl : Replying to "I say counseling is ..."
- YES!!
- 12:23:11 From Judy Beachy : Reacted to "As mom goes to couns..." with 💜
- 12:23:20 From Sheryl, Ohio : Reacted to "I had a test taken..." with ❤️
- 12:23:54 From Amanda : Reacted to "As mom goes to couns..." with ❤️
- 12:24:34 From Dayna Martin : Replying to "I say counseling is ..."
- Thanks, Brooke! That makes sense. Would you say it would be more important then for the mom to be in therapy than the child?
- 12:24:36 From Audrey Whitaker : that is one of my favorite verses and passages!!
- 12:24:45 From iPhoneTina Lawson : Replying to "Our kiddo therapist ..."
- Lol...it's probably a reason I enjoy playing with my plants 🌱 & flowers 🌸...sunshine 🌞 & dirt.
- 12:25:08 From iPhoneTina Lawson : Reacted to "Our kiddo therapist ..." with 😊
- 12:25:13 From Shonquella Terrell : YES

12:25:33 From Amy : Reacted to "Our kiddo therapist ..." with ❤️

12:25:59 From Audrey Whitaker : I feel like I need to go back to therapy after all this lol sigh...

12:26:06 From Chief : Gerry Bissell (aka Chief) Indy IN, showing up late after a funeral service

12:27:32 From Amanda : I love that your practice did that! Covid lockdown was the worst time of my life.

12:28:17 From Jennifer Anderson : Reacted to "I had a test taken w..." with ❤️

12:28:18 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Lol...it's probably a ..." with ❤️

12:28:26 From Amy : Can I post this here: Asking those of you who are willing to pray over my custody investigator as she evaluates our situation thoroughly and determines custody of our children. Praying for complete healing over our kiddos; but they need safety without chaos for that to happen.... Thank you folks.

12:28:41 From Jennifer Anderson : Reacted to "Can I post this here..." with ❤️

12:28:44 From Jessica Evans : Reacted to "Can I post this here..." with 👍

12:28:49 From Audrey Whitaker : Reacted to "Can I post this here..." with ❤️

12:28:57 From Judy Beachy : Reacted to "Can I post this here..." with 🙏

12:29:01 From iPhoneTina Lawson : Reacted to "Can I post this here..." with 🙏

12:29:10 From Joy Forrest : Replying to "Can I post this here..."

Praying, Amy!

12:29:11 From Deborah Stahl Waters : I lost connection & now I'm bk on.

12:29:11 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I feel like I need t..."

It's totally normal to go in and out of therapy to work on things as they arise! 😊

12:29:30 From iPhoneTina Lawson : Reacted to "I love that your pra..." with 😊

12:29:33 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I love that your pra..."

It was so bad for our clients! We were determined to be at least one safe place for them!!

12:29:41 From Karyn Russo : Karyn Russo NY

12:29:41 From Amanda : Reacted to "I love that your pra..." with 😊

12:29:41 From Brooke Eggen : Replying to "Can I post this here..."

Praying

12:29:42 From Amanda : Removed a 😊 reaction from "I love that your pra..."

12:29:42 From Joy Forrest : Reacted to "It was so bad for ou..." with 👍

12:29:45 From Audrey Whitaker : Replying to "I feel like I need t..."

Do you know of anyone good in ks by chance??

12:29:50 From Amanda : Reacted to "It was so bad for ou..." with 👍

12:29:54 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Can I post this here..."

Praying!

12:30:01 From Amy : Reacted to "I love that your pra..." with 👍

12:30:09 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I feel like I need t..."

@Audrey Whitaker Where are you located?

12:30:19 From Judy Beachy : Replying to "Can I post this here..."

God of all comfort, may your kingdom come and your will be done, and deliver these children from evil, in the Name of Jesus. Amen

12:30:20 From Audrey Whitaker : Replying to "I feel like I need t..."

Hutchinson ks

12:30:32 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I feel like I need t..."

@Audrey Whitaker I don't know anyone in KS, but I can ask around!!

12:30:33 From Amy : Reacted to "Praying, Amy!" with ❤️

12:30:35 From Karyn Russo : Karyn Russo NY

12:30:40 From Amy : Reacted to "Praying" with ❤️

12:30:44 From Amy : Reacted to "Praying!" with ❤️

12:30:48 From dena : QUESTION: What is the "5-4-3-2-1"?

12:30:52 From Amy : Reacted to "God of all comfort, ..." with ❤️

12:30:52 From Porscha Green : Reacted to "Can I post this here..." with 🙏

12:31:11 From Kamilla : <https://www.houseofpeacepubs.com/Advocacy%20Courses/images/5-4-3-2-1GroundingTechnique.jpg>

12:31:31 From Audrey Whitaker : Replying to "I feel like I need t..."

thank you!!! I feel like I need something if I am going to start being an advocate, at least for a bit.

12:31:33 From dena : Oh wow, I must have missed that. I guess I'm in the remedial group.... 🎉

12:31:38 From Shonquella Terrell : yes yes Mrs.JOY

12:31:47 From Jessica Evans : Yes, Joy. Jesus as my anchor = resilience through so many things. Abuse, losses, health condition...

12:31:50 From Amy : Reacted to "thank you!!! I feel..." with ❤️

12:31:56 From Lynns : **The five senses counting down from five to create a calm feeling within survivors.**

12:32:04 From Kamilla : **The 5-4-3-2-1 link is also on your class web page.**

12:32:16 From iPhoneTina Lawson : Replying to "I love that your pra..."

It's when I switched over to "Faithful counseling" & my therapist is on the opposite side of the state as I am...been with her since...Thank The Lord that was available!!

12:32:27 From Helenmary : Reacted to "Can I post this he..." with 👍

12:32:29 From Joelma Kosciuszko, FI : I agree Joy. Faith its what keep me going and believing things will GET BETTER!!

12:32:34 From Shonquella Terrell : Yes

12:32:37 From iPhoneTina Lawson : Reacted to "It was so bad for ou..." with 💜

12:32:43 From Kamilla : Phillipians 4:6-8

12:33:01 From Tabitha Westbrook, LMFT, LCMHC, LPC : ANTs - Automatic Negative Thoughts

12:33:02 From Amy : I see it as the "wrestling with God" like Jacob. We may come out with a limp, but we come out blessed and healed where it counts most.

12:33:15 From Brooke Eggen : Replying to "I see it as the "wre..."

Yes!

12:33:21 From Joelma Kosciuszko, FI : Reacted to "ANTs - Automatic Neg..." with 💖

12:33:23 From iPhoneTina Lawson : Replying to "I love that your pra..."

Grateful for you Tabi 😊❤️

12:33:33 From Audrey Whitaker : how about **automatic freak out thoughts??** 😄

12:33:52 From Amanda : Reacted to "It's when I switched..." with ❤️

12:33:55 From Lynns : reaching out to survivors and bible verses keep my thought positive most of the time

12:34:30 From Ariella : Reacted to "reaching out to surv..." with ❤️

12:34:35 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "how about automatic ..."

AFOTs LOL

12:34:53 From Amy : Reacted to "AFOTs LOL" with 😄

12:35:06 From Dolores (Dodie) Smith : Thank you, Joy.

12:35:34 From Lynn : Yes and Amen!

12:36:05 From iPhoneTina Lawson : Most definitely my FAITH is where

H 🙏 PE comes from & working alongside with a Trauma Therapist ...together are where True HEALING
❤️💕❤️ Comes from 🙏

12:36:06 From Amy : Question: Can you list the book that was referenced in relation to IFS and brain spotting and the "window of tolerance?"

12:36:41 From Jessica Evans : Replying to "Question: Can you li..."

Strong Like Water?

12:36:46 From Petra Charlotte NC : my d's too and the shiny happy people way harmful in bringing twisted beliefs I was taught!

12:36:52 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Question: Can you li..."

I didn't reference a book on that topic - I mentioned what I see in practice when it's not done well. The winds of tolerance is Strong Like Water.

12:37:32 From Amy : I love Isaiah 44 into chapter 45

12:37:45 From Audrey Whitaker : Reacted to "I love Isaiah 44 int..." with ❤️

12:37:59 From Amy : Wrestle and the rest; wrestle and then rest; repeat

12:38:07 From Amanda : Thank you so much for that reminder!

12:38:10 From Sheryl, Ohio : I'm still so early in my healing journey that I get surprised (in a bad way) when the grief and fear hit again after a spell of peace and calm....thank you for the reminder that it isn't linear.

12:38:16 From Amanda Natividad : Replying to "Question: Can you li..."

I am in the meeting both in zoom and on phone - I am having trouble hearing - internet is unhappy here

12:38:22 From iPhoneTina Lawson : Amen Joy...was there but it was finding that God was Good
❤️ for myself & that I couldn't earn His Love ❤️ ...He Now IS MY HEALER 🙏

12:38:48 From Kamilla : [Judith Lewis Herman – Trauma and Recovery](https://a.co/d/4uku4xr) <https://a.co/d/4uku4xr>

12:38:55 From Amy : Replying to "I'm still so early i..."

Praying for you Sheryl. You'll get there!

12:39:21 From Amy : Reacted to "I didn't reference a..." with 👍

12:39:34 From Kamilla : FYI - Herman's New Book: Judith Lewis Herman – Truth and Repair.
<https://a.co/d/3xqIB4G>

12:39:45 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I'm still so early i..."

It sure is not linear! And it's perfectly NORMAL to have that happen. Recovery is a process. One thing that may help is to know it's normal. Triggers happen and we learn to ride them out.

12:39:57 From Amy : Yes Joy!

12:40:07 From iPhoneTina Lawson : Reacted to "The 5-4-3-2-1 link i..." with 👍

12:40:08 From Petra Charlotte NC : that is exactly where I am in many ways

12:40:19 From Sheryl, Ohio : Reacted to "Praying for you Sh..." with ❤️

12:40:27 From Brooke Eggen : Matthew 11:29-30

The Message

28-30 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

12:40:34 From Jessica Evans : Reacted to "Matthew 11:29-30

The..." with ❤️

12:40:34 From Sheryl, Ohio : Reacted to "It sure is not lin..." with ❤️

12:40:35 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Matthew 11:29-30

The..." with ❤️

12:40:44 From Angi Beery : Reacted to "It sure is not line..." with ❤️

12:40:56 From Amy : Reacted to "Matthew 11:29-30

The..." with ❤️

12:40:58 From Deborah Stahl Waters : So true re: existential crisis!

12:41:08 From Amanda : Replying to "I'm still so early i..."

Yes, Sheryl. I am in the same space. It is so hard.

12:41:22 From iPhoneTina Lawson : Replying to "The 5-4-3-2-1 link i..."

Re this on cards from last years retreat but gave to my daughter...

Question 🙏

can we get access to those again ?

12:41:29 From Brooke Eggen : Replying to "I'm still so early i..."

Sheryl, I'm still in process, too. What I find is the longer I heal the shorter the times of bad surprises last.

12:41:35 From JoAnna Schultz : Reacted to "Matthew 11:29-30

The..." with ❤️

12:41:46 From Petra Charlotte NC : psalm 10 verse 17-18

12:42:18 From Shonquella Terrell : Needed Thissssss YES

12:42:25 From Shonquella Terrell : ❤️

12:42:27 From Judy Beachy : Reacted to "Matthew 11:29-30

The..." with ❤️

12:42:35 From Judy Beachy : Replying to "Matthew 11:29-30

The..."

Thanks, Brooke, I needed this.

12:42:40 From Brooke Eggen : Reacted to "Needed Thissssss YE..." with ❤️

12:43:01 From Shonquella Terrell : Reacted to "Matthew 11:29-30

T..." with ❤️

12:43:29 From iPhoneTina Lawson : "Theology & Therapy w' Lysa Tuerkurst " (with her Therapist & Theologian) has a podcast this month to help answer that question Joy...

So helpful.

12:43:52 From iPhoneTina Lawson : Reacted to "Matthew 11:29-30

The..." with ❤️

12:43:57 From Susanne : QUESTION: Would reading this book be enough to help with past trauma? or would one also need therapy?

12:44:12 From iPhoneTina Lawson : Replying to "Matthew 11:29-30

The..."

So Appreciate this Brooke ❤️

12:44:45 From Joy Forrest : Here's the link to my talk on rebuilding faith.
<https://www.youtube.com/watch?v=wDi6jHwZITk&t=100s>

12:44:51 From Brooke Eggen : Replying to "QUESTION: Would rea..."

Reading books helps me in therapy and has pushed me towards therapy. It hasn't been something I could do on my own yet. Maybe in the future but I think healing happens in community.

12:45:00 From Brooke Eggen : Reacted to "Thanks, Brooke, I ne..." with ❤️

12:45:03 From Brooke Eggen : Reacted to "So Appreciate this B..." with ❤️

12:45:05 From Joy Forrest : Reacted to "Matthew 11:29-30

The..." with ❤️

12:45:06 From Dr. Debra : Replying to "QUESTION: Would rea..."

Reading books can be helpful, however, therapy is a needed part of the process.

12:45:12 From Shonquella Terrell : Reacted to "Here's the link t..." with ❤️

12:45:14 From Brooke Eggen : Replying to "Matthew 11:29-30

The..."

@Judy Beachy Me, too!! I am just camping here!

12:45:26 From Jessica Evans : Replying to "QUESTION: Would rea..."

Trauma often requires more. Modalities that can get at the mind, body, and spirit. We talk about some of these approaches best for trauma in various classes.

12:45:31 From Jessica Evans : Replying to "QUESTION: Would rea..."

*trauma

12:45:44 From Joy Forrest : Reacted to "Amen Joy...was there b..." with ❤️

12:46:11 From Joy Forrest : Reacted to "I am in the meeting ..." with 🙄

12:46:29 From Joelma Kosciuszko, FI : Replying to "Here's the link to m..."

I cried every time I listen to her singing! Thanks for sharing Joy!

12:46:35 From Joelma Kosciuszko, FI : Reacted to "Here's the link to m..." with ❤️

12:46:55 From Eric and Peggy Peterson : What is the app? HeartMap?

12:47:03 From Helenmary : Is that Heart Math?

12:47:06 From Brooke Eggen : <https://www.heartmath.com>

12:47:07 From Kamilla : Heart Math App

12:47:10 From Joy Forrest : Replying to "The 5-4-3-2-1 link i..."

Which cards? The one with the hand diagram?

12:47:14 From iPhoneTina Lawson : Reacted to "Yes, Joy. Jesus as m..." with ❤️

12:47:23 From Joy Forrest : Reacted to "I love Isaiah 44 int..." with ❤️
12:47:25 From Joy Forrest : Removed a ❤️ reaction from "I love Isaiah 44 int..."
12:47:27 From Joy Forrest : Reacted to "I love Isaiah 44 int..." with ❤️
12:47:27 From Amy : Reacted to "Reading books can be..." with 👍
12:47:38 From Shonquella Terrell : Reacted to "https://www.heartm..." with 👍
12:48:47 From Kamilla : STRONG LIKE WATER by Aundi Kolber. <https://a.co/d/b6QgJhZ>
12:48:47 From Helenmary :

Thank you!

12:49:05 From Cathy Sage : QUESTION: any opinions on the book Try Softer?
12:49:18 From Joy Forrest : Reacted to "I cried every time I..." with ❤️
12:49:24 From Shonquella Terrell : Reacted to "STRONG LIKE WATER ..." with 👍
12:49:27 From Joy Forrest : Replying to "Here's the link to m..."

Yes, such a beautiful song.

12:49:29 From iPhoneTina Lawson : Relationship ❤️ vs Religion

God Created Us to NEED : Water, food, oxygen & connection

12:49:38 From Suzanne Jones : I have found Try Softer helpful. Interesting suppositions
12:49:52 From katharine : Katharine back
12:50:36 From Jessica Gallina : I love Try Softer! I often use it with the survivors that I counsel.
12:50:45 From Kamilla : TRY SOFTER by Aundi Kolber. <https://a.co/d/cVVKoaD>
12:51:07 From Lynns : I will see everybody next week. I enjoyed Tabi's videos today for sure.
12:51:07 From iPhoneTina Lawson : Try Softer I'm going through now w' Heather from "Held & Healed"...It's been JUST WHAT I HAVE NEEDED Especially on a Sunday morning...

Feel God Loving me 😊

12:51:28 From Porscha Green : That's my favorite scripture
12:51:28 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Try Softer I'm going..." with ❤️
12:51:34 From iPhoneTina Lawson : Reacted to "TRY SOFTER by Aundi ..." with ❤️
12:51:38 From Brooke Eggen : Reacted to "That's my favorite s..." with ❤️

12:51:43 From Amalia : <https://www.pauseapp.com/> One Minute Pause is a FREE Bible based app that is for 30 days to do in morning and evening to help through building Resilience.

12:51:44 From iPhoneTina Lawson : Reacted to "I love Try Softer! I..." with ❤️

12:51:49 From Amy : A friend going through similar circumstances shared this with me:

12:51:49 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Try Softer I'm going..."

We are starting an in-person group at our NC office for Try Softer skills in September.

12:51:50 From Porscha Green : James 1

12:51:53 From iPhoneTina Lawson : Reacted to "I have found Try Sof..." with ❤️

12:52:33 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "[https://www.pauseapp...](https://www.pauseapp.com/)"

I love this. I've used it and recommended it to clients. There is one narrator whose voice BUGS me though. LOL.

12:52:40 From iPhoneTina Lawson : Reacted to "Here's the link to m..." with ❤️

12:53:01 From Amy : The fact that the answers are in the Sanctuary makes so much sense! We have justification, which leads to sanctification (all our trials and struggles while the wicked seem to be on easy street) but all these lead to glorification as our reward. They have not these experiences and their reward is also coming.

12:53:02 From Judy Beachy : Reacted to "I love this. I've us..." with 😊

12:53:07 From iPhoneTina Lawson : Reacted to "I cried every time I..." with ❤️

12:53:27 From Joy Forrest : Reacted to "I love this. I've us..." with 👍

12:53:31 From Shonquella Terrell : My Oldest feel Like that at age of 23 smh.

12:54:14 From Joy Forrest : Replying to "[https://www.pauseapp...](https://www.pauseapp.com/)"

Yes, that can make so much difference! There are versions of the Bible I prefer to read, but won't listen to because of irritating narrators.

12:54:17 From Amy : Reacted to "I love this. I've us..." with 😊

12:54:17 From iPhoneTina Lawson : Removed a ❤️ reaction from "Here's the link to m..."

12:54:37 From Joy Forrest : Reacted to "The fact that the an..." with ❤️

12:55:49 From dena : Thanks, everyone! I have to leave a bit early...have a great week!

12:55:51 From Julie Burns : **Question: Struggling to get a fearful mom to get her own counseling. If I get counseling he will use it in court to show I am an unfit mother. She has been abused from the womb forward and in deep need. Please help w a word here. Mom getting counseling is seen as a strength by the courts because she is being proactive about healing from the divorce.**

12:56:32 From Judy Beachy : Lectio 365 is another free app with morning and evening meditations that has helped me with resilience.

Bonus pleasantries: Most narrators have delightful British, Scottish, or Aussie accents.

12:57:24 From Ariella : Reacted to "Lectio 365 is anothe..." with ❤️

12:57:27 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Question: Strugglin..."

She doesn't have to disclose to him she's in counseling - privacy laws apply. If she does get counseling the counselor CANNOT make a determination about her parenting fitness. That is done by a custody evaluator and is a SEPARATE role. A counselor providing therapy would be outside their scope to comment AT ALL on the fitness of the client as a parent.

12:57:57 From Joy Forrest : Reacted to "She doesn't have to ..." with 👍

12:58:03 From Angi Beery : Reacted to "Lectio 365 is anothe..." with ❤️

12:58:22 From iPhoneTina Lawson : Reacted to "We are starting an i..." with 🙏

12:58:25 From iPhoneTina Lawson : Reacted to "We are starting an i..." with ❤️

12:58:28 From iPhoneTina Lawson : Replying to "Try Softer I'm going..."

Beautiful ❤️

12:58:32 From Julie Burns : Replying to "Question: Strugglin..."

Thank you---son may share when w dad. She has so little trust of anyone. This is helpful.

12:59:04 From Petra Charlotte NC : question while in the middle of all this and healing can I figure out who I am?

12:59:21 From Judy Beachy : Replying to "Question: Strugglin..."

In my state, mom getting counseling is typically viewed as mom being proactive to be the best parent possible.

12:59:24 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Question: Strugglin..."

She doesn't have to tell the kiddo. I would schedule appointments in such a way the kiddo doesn't know.

12:59:25 From Jessica Evans : Replying to "Question: Strugglin..."

Tabi, if they ask her to disclose all of her doctors and any counselors/therapists in the divorce discovery process, wouldn't this possibly be problematic. This happened to me and my counseling notes were brought in. Just want to mention something to be mindful of. Some moms I work with who are in counseling and still in court, choose what to share with their counselor and what to hold back until after court is over.

12:59:28 From Amy : Replying to "Question: Strugglin..."

Also, what it will show is her desire to be her best for herself and her children. But I totally get the fear factor with an abuser. They will twist it; this kept me in isolation for a long time. But our history with 9 counselors shows I was trying and the reality that mainstream counselors don't understand this specific dynamic of coercive control; it takes an expert, specially trained.

13:00:15 From iPhoneTina Lawson : Reacted to "She doesn't have to ..." with 👍

13:00:22 From Jessica Evans : Replying to "Question: Strugglin..."

Still I think healing and wellness is the most important factor and shouldn't be put off when we are struggling.

13:00:31 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Question: Strugglin..."

Yes, counseling records could be subpoenaed. That can happen; however, her lawyer should be able to squash that one or ask the records be reviewed by the judge in camera to determine whether they would be applicable. A good therapist who understands abuse keeps notes that will be of no issue. *I have seen the counselor actually hire an attorney to help prevent her from having to reveal counseling records.*

13:00:51 From Julie Burns : Replying to "Question: Strugglin..."

It is also her "excuse" and that is equally real.

13:00:54 From Jessica Evans : Replying to "Question: Strugglin..."

Yes that is what happened in my case.

13:01:27 From Amy : Replying to "Question: Strugglin..."

I just listed all of our providers over the course of our marriage and current. This is why I ask for prayer. But I'm trusting God to help show my attempts for help in a very crazy environment; I didn't want intense crazy; I wanted calm, peace and joy. But "he" refused to allow us that calm, peace and joy.

13:01:47 From Shonquella Terrell : Reacted to "We are starting an..." with ❤️

13:02:11 From Amy : Reacted to "Try Softer I'm going..." with ❤️

13:02:38 From Jessica Evans : Replying to "Question: Strugglin..."

Was not hurtful but I understand her concerns/fears certainly. I had same. Diagnoses and content.

Good therapist should understand her circumstances and know that minimal notes are best, that couldn't hurt her in court.

Also I have heard where people have chosen to pay out of pocket (even though they had insurance) so there was no need to have a diagnosis on records to justify for insurance. Just to keep things cleaner

13:03:21 From Kamilla : BRUCE PERRY - What Happened to You? <https://a.co/d/7tHhKtq>

13:03:26 From Tami Heiss : Excellent book What happened to you? by Oprah & Bruce Perry

13:03:50 From Tami Heiss : Even better is listening to the book bc Oprah and Bruce both narrate it.

13:03:56 From Helenmary : Reacted to "I just listed all ..." with ❤️

13:04:01 From Amy : Survivors are coming out of constant threats and assaults; we are a bit intense at times, lol!

13:04:06 From Joelma Kosciuszko, FI : Reacted to "Excellent book What ..." with ❤️

13:04:48 From Brooke Eggen : Replying to "Even better is liste..."

It is a good audio book!

13:04:57 From Jessica Evans : Replying to "Question: Strugglin..."

Yes, Amy, remember that showing you're trying to take good care of yourself should be seen as a positive.

13:05:05 From iPhoneTina Lawson : Replying to "Question: Strugglin..."

I will ALWAYS stand on this Belief "HEALTHY PEOPLE see they need help & get it vs Abusive Unhealthy people won't see they have a problem so won't get help".

I WISH I had been diagnosed by a Psychiatrist that I had C-PTSD for divorce purposes in Court, but kept it so together that it didn't help me.

13:05:16 From iPhoneTina Lawson : Reacted to "Yes, Amy, remember t..." with ❤️

13:05:41 From Amy : Reacted to "I will ALWAYS stand ..." with 🙌

13:06:29 From Jessica Evans : Reacted to "I will ALWAYS stand ..." with 🙌

13:07:03 From iPhoneTina Lawson : Replying to "Question: Strugglin..."

Self care isn't selfish & ONLY how we can Love others.

"Love God ❤️ & Love others 🥰 AS we Love ourselves 🥰"

13:07:11 From iPhoneTina Lawson : Reacted to "I will ALWAYS stand ..." with 🙌

13:07:12 From iPhoneTina Lawson : Removed a 🙌 reaction from "I will ALWAYS stand ..."

13:07:14 From Rochelle Juola : Reacted to "Lectio 365 is anothe..." with ❤️

13:07:40 From Jessica Evans : Removed a 🙌 reaction from "I will ALWAYS stand ..."






13:07:42 From Jessica Evans : Reacted to "I will ALWAYS stand ..." with 👍

13:09:05 From iPhoneTina Lawson : Same here Joy...

When we TRUST GOD IS GOOD we can "do it afraid" one baby step at a time 🙌



13:09:05 From Joelma Kosciuszko, FI : That's so important Tabi!

13:09:06 From Shonquella Terrell : Amen Sister:)

- 13:09:14 From iPhoneTina Lawson : Reacted to "That's so important ..." with 
- 13:09:36 From Brooke Eggen : Mark 14:34 [Jesus says] "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."
- 13:09:37 From Joy Forrest : Replying to "Question: Strugglin..."
- @Jessica Evans Yes, and no matter what's behind a divorce, most people need therapy when going through one.
- 13:09:56 From Sheryl, Ohio : Reacted to "Yes, Sheryl. I am ..." with 
- 13:10:01 From Kamilla : WAIT - Why Am I Talking? WASTE - Why Am I Still Talking?
- 13:10:10 From Jessica Evans : Replying to "Question: Strugglin..."
- So true, Joy.
- 13:10:12 From Brooke Eggen : Replying to "Mark 14:34 [Jesus sa..."
- Even Christ was filled with sorrow at times.
- 13:11:06 From Petra Charlotte NC : thank you Tabitha! and that was future most died in captivity 70 years!
- 13:11:16 From Shonquella Terrell : Reacted to "Mark 14:34 [Jesus ...]" with 
- 13:11:27 From iPhoneTina Lawson : "What happened to me Vs What's wrong with me" ?is just healing 
- 13:11:36 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to ""What happened to me..." with 
- 13:11:41 From Amy : Daniel in the lion's den; Joseph in jail, etc....
- 13:11:46 From Kamilla : **REMINDER:**

There is no class next Tuesday, July 4.

The Q&A for this class will be on Saturday, July 8 from 12-1 PM EST.

- 13:11:47 From iPhoneTina Lawson : Reacted to "thank you Tabitha! a..." with 
- 13:11:48 From Nicole Toyne : Excellent Tabitha
- 13:11:50 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Even Christ was fill..." with 
- 13:12:04 From Kamilla : **REMINDER:**

There is no class next Tuesday, July 4.

The Q&A for this class will be on Saturday, July 8 from 12-1 PM EST.

13:12:04 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "WAIT - Why Am I Talk..."
WAIST - Why am I still talking?

13:12:21 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Daniel in the lion's..." with 

13:12:32 From Julie Burns : Tabitha, how would I get ahold of you on a specific matter?

13:12:39 From Ladonna : QUESTION: will the quiz be this weekend or next?

13:13:09 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Tabitha, how would I..."
info@thejourneyandtheprocess.com. My team can get questions to me.

13:13:23 From iPhoneTina Lawson : Now "I say what the enemy means for our harm, God can use for my good & His Glory"

13:13:23 From Petra Charlotte NC : the personality types , strengths

13:13:53 From Tabitha Westbrook, LMFT, LCMHC, LPC : Neil Anderson has a book that lists our identity in Christ in the back - can be helpful to review, too. And some of healing is getting to explore who we are and what we love.

13:14:02 From Julie Burns : Replying to "Tabitha, how would I..."
TY!

13:14:18 From Ladonna : Replying to "QUESTION: will the q..."
CLARIFICATION: since q&a is guest speaker, does that mean quiz delayed or open this weekend?

13:14:20 From Amy : Reacted to "Now "I say what the ..." with 



13:14:31 From Anna Harris : The song "Even If" by Mercy Me really ministered to my heart when in the depths of a trying to heal.

13:14:33 From Amanda : Yes Joy, I did the same.

13:14:42 From Amanda : I feel it gave me my own power back

13:14:53 From Joy Forrest : Reacted to "Yes Joy, I did the s..." with 

13:14:57 From Ladonna : Thank you!

13:15:02 From iPhoneTina Lawson : Love  love  love the TEAM  teaching & feel from class today  ...It's another way I believe God works 

13:15:26 From Nicole Toyne : Yes!!! Thank you Father

13:15:36 From Christy : thank you@

13:15:38 From iPhoneTina Lawson : Whom the son sets FREE is free indeed

13:15:45 From Lynn : Thank you

13:15:48 From Helenmary : Thank you all so much. Bless you--Will see you on the 8th and 11th.

13:15:48 From Shonquella Terrell : Thank you You all so:)

13:15:49 From Sheryl, Ohio : This was very practical, thank you!

13:15:49 From Joelma Kosciuszko, Fl : Thank you!

13:15:51 From Jennifer Anderson : Thanks so much!