


Video Replay: <https://vimeo.com/846353536/187c8f761b?share=copy>

- 11:25:56 From Christy Paulson : Christy Paulson Pine River, MN
- 11:26:05 From Tara : Tara, Idaho
- 11:26:09 From Pam Rork : Pam Rork, Sylvania, OH
- 11:26:10 From Sheri Millenbaugh (Faber) : Sheri Millenbaugh (Faber) Ohio
- 11:26:11 From John : John Stonehocker in Oklahoma
- 11:26:13 From Tynetta : Hello from Tynetta Chastain in St. Louis, Missouri
- 11:26:21 From Kendra : Kendra from Ohio
- 11:26:25 From Cathy Sage : Cathy Sage Swanzey, NH
- 11:26:37 From Suzanne Jones : Suzanne Jones Pittsburgh
- 11:26:58 From DeniseS : Denise Sharp is present
- 11:27:26 From Scott and Susanne : Susanne King, Montrose, CO
- 11:27:52 From Jessica Devaney : Jessica Oil City, PA
- 11:28:22 From Gunita : Gunita P. - Miami, FL
- 11:28:54 From Shonquella Terrell (BeSHE) : Thank you Joy:)
- 11:29:01 From Kendra : Because if you "cherry-pick," it's the same thing those who misuse Scripture to spiritually abuse are doing.
- 11:29:21 From Joy Parks : Joy Parks Great Falls, SC
- 11:29:25 From Shonquella Terrell (BeSHE) : Shonquella Terrell, Holly Spring, NC Hello everybody:)
- 11:29:25 From Julie Harr : Hannah Lippert, Stilesville, IN
- 11:29:32 From Deborah Stahl Waters : Deborah Stahl Waters ~ Macon, GA...Good Morning Everyone 
- 11:29:41 From Shannon Mullen : Shannon Mullen, Jamestown NY
- 11:29:47 From Vanessa Satterfield : Vanessa Satterfield - North Carolina
- 11:29:55 From Tabitha Westbrook, LMFT, LCMHC, LPC : We need a PTF in Little Rock, AR! And I volunteer as tribute.
- 11:29:56 From Karyn Russo : Good Afternoon! Karyn Russo, Nassau County NY
- 11:29:57 From Amalia : Amalia Davis-Levittown, PA
- 11:30:04 From Priscilla : Priscilla from Nanaimo, Canada
- 11:30:10 From Keri Drowatzky : Keri Drowatzky here

11:30:39 From Jill Swinderman : Jill from Parma Ohio

11:30:42 From Marjorie Lea : Marjorie Lea in Texas

11:30:43 From katharine : Katharine Kofoed-Nielsen, Denmark

11:30:54 From Rochelle Juola : Rochelle J from Byrdstown TN

11:31:07 From Nancy Kantsios : Nancy Kantsios from Aldie, VA

11:31:15 From rose : Rose in gA

11:31:17 From Ann : QUESTION: Where in PA Protect the Flock

11:31:22 From Ladonna : Ladonna Hafen, Whitefish, MT

11:31:23 From gretchen sewart : From WA state

11:31:26 From Christy : Christy Estelle, NC

11:31:28 From Kendra : I'm planning on driving 8-9 hrs to attend the one (maybe both) in the Chattanooga area in late August.

11:31:41 From Amy Henderson : Amy, Pickens, SC

11:31:53 From Rochelle Juola : I'm planning to attend Chattanooga

11:31:58 From Eric and Peggy Peterson : Hello from Eric and Peggy Peterson, Nashville, TN

11:32:06 From Erica : Erica (Warrenton VA) now in Wichita KS

11:32:07 From Ladonna : QUESTION: Any plans for Protect the Flock in Montana?

11:32:11 From Kendra : Reacted to "I'm planning to atte..." with 👍

11:32:14 From Darlene Hills-Clinkscale : Good morning Blessings Everyone 🙏 Darlene Hills-Clinkscale from Columbus, Ohio 🌹

11:32:15 From Gunita : What is Protect the flock?

11:32:18 From Audrey Whitaker : Audrey Whitaker Hutch ks

11:32:45 From rose : What is the date in Chattanooga? Church name?

11:32:49 From Jennifer Burkholder : Jen burkholder VA

11:32:49 From Kamilla : PROTECT THE FLOCK INFO: Church Partnership Form – Protect The Flock
<https://docs.google.com/forms/d/e/1FAIpQLScep8RRzTiBctzQ26oOmqwvoIM3VbfZfs5EGqPoptGaSEG4Zg/viewform>

Dan Boeck. Church Partnership churchpartners@calledtopeace.org

11:33:02 From Yuklin Ling : Y Ling (NY)

11:33:05 From Joy Parks : Prayer Request: Petra (Peggy) Hall is still in the hospital in Charlotte, NC

11:33:11 From Reenie Brown : Reenie Brown from Waxhaw, NC

11:33:17 From Kendra : REMINDER: Please put "QUESTION" at the beginning of your question, so we can see it easily.

11:33:20 From lauriefitzgerald : **Protect the Flock in Carlisle PA,**
<https://www.hopehousecv.org/events>

11:33:31 From Kendra : Reacted to "PROTECT THE FLOCK IN..." with 👍

11:33:34 From Laura Lathrop : Laura Lathrop, Attica, IN

11:33:36 From Rachel Lawrence : Rachel Lawrence, Wake Forest, NC. Also, SO happy to share that I interviewed and am onboarding as an advocate! YAH!

11:33:47 From Jolene Underwood : Jolene Underwood, Ellicott City, MD

11:33:53 From Rachel Tomazin : Rachel Tomazin- Columbus GA

11:33:56 From Audrey Whitaker : Reacted to "Rachel Lawrence, Wak..." with ❤️

11:34:05 From Carrie : Carrie Foldberg Williamsburg va

11:34:12 From Laura Lathrop : Reacted to "Rachel Lawrence, W..." with ❤️

11:34:18 From Jen Johnson : Jen Johnson, Western Australia

11:34:18 From Ann : QUESTION: **Would Protect the Flock training be good for law enforcement people?**

11:34:31 From Audrey Whitaker : Replying to "Rachel Lawrence, Wak..."
me too! :)

11:34:37 From Kamilla : **YOU ALL ARE INVITED TO OUR PROTECT THE FLOCK IN CHATTANOOGA, TN.** <https://www.eventcreate.com/e/ptfchattanooga>

11:34:42 From Rachel Lawrence : Replying to "Rachel Lawrence, Wak..."
Congrats Audrey! <3

11:34:56 From Christy : I have to log back out and try again

11:34:58 From Audrey Whitaker : Reacted to "Congrats Audrey! <3" with ❤️

11:34:59 From Kendra : Reacted to "YOU ALL ARE INVITED ..." with 👍

11:35:02 From rose : QUESTION;

11:35:04 From peggybarrett : Peggy Barrett, Durham, NC

11:35:04 From Audrey Whitaker : Replying to "Rachel Lawrence, Wak..."

you too!!

- 11:35:06 From katharine : Reacted to "Rachel Lawrence, Wak..." with ❤️
- 11:35:06 From Helenmary : Good Morning from Virginia! Helenmary
- 11:35:07 From Christine Felser : Christine Felser King of Prussia
- 11:35:11 From rose : QUESTION;
- 11:35:18 From Jennifer's Tablet : Jen Mellor Mt Pleasant SC
- 11:35:39 From rose : QUESTION; what date & church name for the chattanooga Protect the Flock?
- 11:35:52 From Brenda Carpenter : Brenda Carpenter, California
- 11:36:39 From rose : Got it thank you Kamilla
- 11:36:43 From Kendra : Reacted to "Rachel Lawrence, Wak..." with ❤️
- 11:36:46 From Kendra : Reacted to "me too! :)" with ❤️
- 11:36:48 From Kamilla : **CHATTANOOGA, TN - PROTECT THE FLOCK.**
<https://www.eventcreate.com/e/ptfchattanooga>
- 11:36:54 From Brooke, CTPM Advocate Coordinator : Reacted to "CHATTANOOGA, TN - PR..." with ❤️
- 11:37:18 From Bethany Harman : Bethany Harman Lubbock TX
- 11:37:23 From Kendra : Reacted to "CHATTANOOGA, TN - PR..." with ❤️
- 11:37:38 From Julie Burns : Julie Burns, Midlothian TX
- 11:38:02 From Amy Paquette : Amy Paquette Albuquerque, NM
- 11:38:08 From Rachel Lawrence : Just in case, signing in again - Rachel Lawrence, WF, NC
- 11:38:09 From Rachel Smith : Rachel Smith, Charlotte, NC
- 11:38:26 From Pam : Pam in TN
- 11:38:54 From iPhoneTina Lawson : Tina here from Vero Beach, Fl 🌻
- Grateful to learn from such Wise others 💜
- 11:39:18 From sue penn : Sue Penn Iowa
- 11:40:06 From cindymorris : Cindy Morris, Franklinton (Raleigh), NC
- 11:40:11 From Jolene Underwood : You can do an Advanced sharing and select the portion that shows up as a slide

11:41:25 From Barbie : Barbie from Ohio

11:42:05 From Lynn : Lynn A. MN

11:42:20 From Kendra : 🎉

11:42:25 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!!

11:42:31 From Keri Drowatzky : Tabi, are you buying us chicken dinner?

11:42:54 From Karin Shadle : Karin Shadle Iowa

11:42:58 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Tabi, are you buying..."

Haha. It's too early for chicken.

11:43:10 From Tara : welcome to my world! I am from NY!

11:43:17 From Dayna Martin : Dayna Martin, Williston North Dakota

11:43:18 From Shonquella Terrell (BeSHE) : I have a black screen

11:43:23 From Helenmary : Lost audio

11:43:37 From Helenmary : The enemy really doesn't like this topic today

11:43:43 From Kendra : Reacted to "Tabi, are you buying..." with 😄

11:44:23 From Tabitha Westbrook, LMFT, LCMHC, LPC : REMEMBER: This topic can be heavy. Take care of you - you are the only you that you have. Get up and move around, take some deep breaths, or even step away if you need to. The recording will be here and you can always come back as needed.

11:44:27 From Shonquella Terrell (BeSHE) : I do not see the slides?

11:44:33 From Brooke, CTPM Advocate Coordinator : Replying to "I have a black scree..."

Shonquella, the slides are definitely working. Are you on your computer or phone?

11:44:56 From Kendra : Reacted to "REMEMBER: This topic..." with ❤️

11:44:59 From Joy Forrest : Reacted to "Rachel Lawrence, Wak..." with ❤️

11:45:01 From Tina Lawson 🤗 : Yeah 🙌 ...Dr Debra...I say "I'm not tech savvy but not illiterate anymore" ...love the TEAM & Just inspires me "if you can do it, I can too" 💕

11:45:02 From Shonquella Terrell (BeSHE) : No ma'am I log out then log back in:)

11:45:08 From Joy Forrest : Replying to "Rachel Lawrence, Wak..."

Thank you!

11:45:10 From Brooke, CTPM Advocate Coordinator : Replying to "I do not see the sli..."

See my comment above?

11:45:15 From Dolores (Dodie) Smith : Dodie from Wake Forest, NC - sorry I'm late!

11:45:24 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Rachel Lawrence, Wak..." with ❤️

11:45:36 From Kendra : Replying to "REMEMBER: This topic..."

I was literally just typing this. 😊

11:45:42 From Maryann : Maryann from Franklin, TN

11:45:50 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "I was literally just..." with 👍

11:46:11 From Joy Forrest : No plans for a PTF in Montana currently. You can set one up though.

11:46:11 From Tina Lawson 😊 : Reacted to "Haha. It's too early..." with 😄

11:46:34 From katharine : **QUESTION: I have read that heightened cortisol in pregnant women can affect brain development differently for boys than girls, do you have any info on this?** *I will research this.*

11:47:55 From Tina Lawson 😊 : Replying to "Tabi, are you buying..."

@Tabitha Westbrook, LMFT, LCMHC, LPC sure appreciate you & your sense of humor when there's such hard topics...keep being the sassy 🙌 you ❤️

11:48:08 From Joy Forrest : Reacted to "@Tabitha Westbrook, ..." with 👍

11:48:15 From Keri Drowatzky : Risk of diabetes while pregnant, high blood pressure, heart issues for mom and baby.

11:48:48 From Keri Drowatzky : Failure to thrive in utero

11:49:05 From Tina Lawson 😊 : Reacted to "REMEMBER: This topic..." with 🥰

11:50:43 From Deborah Stahl Waters : My son had Fetal Alcohol Syndrome, the neurological portion. He was quite challenging to raise. PTL he made it to 18 y/o alive.

11:50:53 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "@Tabitha Westbrook, ..." with ❤️

11:51:34 From Shonquella Terrell (BeSHE) : I had preterm labor

11:51:36 From Keri Drowatzky : My daughter was abused while pg with my oldest grandson and the bio hit her, she drank and did drugs and he pushed her down a flight of stairs.

11:52:14 From rose : **QUESTION; any possible way we can see the previous slide briefly again?** *Go back to your handouts to review.*

11:52:25 From Julie Burns : I have a client who lived thru her mom's attempted abortion of her...the abuse post-birth started by 4. It feels like an overwhelming uphill climb.

11:52:52 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION; any poss..."
The slides are on the webpage for you.

11:53:03 From Kendra : Replying to "QUESTION; any poss..."

Rose: The slides are available on the webpage where you got today's Zoom link.

11:53:09 From Eric and Peggy Peterson : Wouldn't forced abortion be considered murder?

11:53:20 From Keri Drowatzky : Asher has autism spectrum disorder and ADHD.

11:54:00 From katharine : Replying to "Wouldn't forced abo..."

in the eyes of God, yes, but legally its more complicated I would think

11:54:03 From Ladonna : I have also experienced a woman getting an abortion because she was afraid she couldn't support the child alone as she left the relationship.

11:54:19 From gretchen sewart : Pregnancy resource centers are very compassionate towards women considering abortion or post abotion

11:54:39 From Kendra : Reacted to "Pregnancy resource c..." with ❤️

11:55:32 From Jessica Evans : Reacted to "Pregnancy resource c..." with ❤️

11:56:41 From Joy Forrest : Reacted to "Pregnancy resource c..." with ❤️

11:56:58 From Jessica Evans : Replying to "Pregnancy resource c..."

Yes, resources we can share!

11:57:16 From rose : Replying to "QUESTION; any poss..."

during discussion its an impossibility?

11:57:35 From Kendra : This goes back to the Interviewing course - ask more open-ended questions to gain more information about her situation.

11:57:38 From gretchen sewart : Reacted to "Pregnancy resource c..." with ❤️

11:57:44 From Christy : Reacted to "This goes back to th..." with 👍

11:57:45 From gretchen sewart : Removed a ❤️ reaction from "Pregnancy resource c..."


11:57:46 From Jessica Evans : Reacted to "This goes back to th..." with 👍

11:57:57 From Tara : Reacted to "This goes back to th..." with 👍

11:58:00 From rose : Reacted to "This goes back to th..." with 👍

11:59:05 From Hannah Lippert : **Is there any research on if simply the stress of emotional and spiritual abuse and some sexual abuse can cause a miscarriage?** *I will look for this specific topic.*


11:59:07 From Karin Shadle : My former husband asked me to not tell anyone that I was pregnant. He chose to not stop during intercourse when I was in pain. I experienced pain for more than an hour and then began to bleed and had a still birth. He did not take me to the doctor and then put the baby in the freezer. He kept it there for six months. Which led to me becoming clinically depressed.

11:59:20 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "This goes back to th..." with 

11:59:24 From Keri Drowatzky : How often do these women abort the baby themselves without the abortionist---self abortion?

11:59:46 From Laura Lathrop : Replying to "My former husband ..."

Karin, I am so sorry that happened to you, and for the loss of your baby.


11:59:47 From katharine : Reacted to "My former husband as..." with 

11:59:48 From Jennifer's Tablet : Question: This topic of forced pregnancy reminds me of families like the Duggars. Have you seen this kind of monitoring in the kind of faith communities who preach large families?

12:00:13 From Audrey Whitaker : Replying to "My former husband as..."

I am so very sorry, that is tragic.

12:00:18 From Amy Paquette : Reacted to "My former husband as..." with 

12:00:36 From Tara : Reacted to "My former husband as..." with 

12:00:38 From Audrey Whitaker : Reacted to "My former husband as..." with 

12:00:50 From Keri Drowatzky : Just curious, not being morbid or know of it myself. It's wrong.

12:01:20 From Jennifer's Tablet : Reacted to "My former husband as..." with 

12:01:36 From Joy Forrest : Hannah, I think there is some research on it, but my former roommate is an OB-GYN and says she sees a huge correlation.

12:01:49 From Rachel Lawrence : This is so true! My son has ADHD/Autism - major issues during pregnancy with IPV. His Developmental Pediatrician (pretty well-known in her field) doesn't diagnose ADHD until 7/8 if there is a trauma background in the home. I found that as another eye-opening part of understanding how trauma impacts children.

12:01:52 From Jennifer's Tablet : Replying to "My former husband as..."

I'm so sorry that you went through this

12:03:55 From katharine : you're describing my eldest daughter to a tee :S

12:04:56 From Scott and Susanne : God is writing their story, just like he does ours. They are in His hands!

12:05:00 From Joy Forrest : Replying to "My former husband as..."

Oh, Karin, I'm so sorry you went through that. Prayers that you find God's full healing and peace.

12:05:18 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "God is writing their..."

Amen. This is information, but does not mean we are hopeless.

12:05:25 From Brooke, CTPM Advocate Coordinator : Reacted to "God is writing their..." with ❤️

12:05:26 From Laura Lathrop : Reacted to "God is writing the..." with ❤️

12:05:27 From Jessica Evans : Reacted to "God is writing their..." with ❤️

12:05:58 From Kendra : Reacted to "God is writing their..." with ❤️

12:05:59 From Brooke, CTPM Advocate Coordinator : Replying to "God is writing their..."

God is the changer of stories!!

12:06:10 From Jessica Evans : Reacted to "God is the changer o..." with ❤️

12:06:12 From Audrey Whitaker : Reacted to "God is the changer o..." with 🙌

12:06:14 From Jessica Evans : Reacted to "Amen. This is inform..." with ❤️

12:06:21 From Keri Drowatzky : I am sorry this happened Karin. I can't imagine. 😞

12:06:23 From Yuklin Ling : Difficult after you leave if there is parental alienation

12:06:35 From Brooke, CTPM Advocate Coordinator : Reacted to "My former husband as..." with 🙏

12:07:17 From Karin Shadle : Replying to "My former husband as..."

Thank you. It has taken so long for me to comprehend what happened. That it was a part of the many kinds of abuse that we experienced. We were so isolated and had no reference point for so long.

12:07:22 From Barbie : Replying to "My former husband as..."

I'm so sorry you had that happen to you and for the loss of your baby. Hugs!!

12:07:25 From Jessica Evans : Replying to "Difficult after you ..."

It can surely be difficult! With the separation, using your own parenting time to build and focus on that bond and resilience is so important

12:07:36 From Joy Forrest : Reacted to "It can surely be dif..." with ❤️

12:07:54 From Monica Malisos : Sorry, forgot to check in. Monica M NC

12:07:59 From Kamilla : Emma Katz – “Coercive Control in Children’s and Mothers’ Lives”

<https://a.co/d/iE1TWJt>

12:08:17 From Tina Lawson 🌻 : I love ❤️ this as we’re not judging her but lovingly walk along side supporting her & just give info & LET HER MAKE DECISIONS...So sadly many times the spiritual abuse from some churches will JUDGE & NOT HELP but HARM her 😞 ...so she then has a hard time seeing Gods ❤️ for her.

This is very personal for me as I was harmed @ age 15 & got pregnant w’ my daughter & my dad loved me as I CHOSE TO KEEP HER...this is the only of my 3 daughters that I have a relationship with & she’s in jail right now...and the same church that I needed to leave after 25 yrs (where my x & 2 other daughters families are)...they’ve all been shaming her...I’m so very grateful she’s Alive & we’re able to have a healthy relationship ❤️ where we now know Gods TRUTH For Us ❤️ ...Very painful...I’d appreciate 🙏 please.

12:08:19 From Keri Drowatzky : What are the risks of the baby developing Type 1 diabetes due to high cortisol levels in mom? It can be hereditary but what are the chances minus heredity? *Interesting research question.*

12:08:58 From Joy Forrest : Reacted to "I love ❤️ this as we..." with ❤️

12:09:03 From Brooke, CTPM Advocate Coordinator : Reacted to "I love ❤️ this as we..." with ❤️

12:09:05 From Laura Lathrop : Replying to "I love ❤️ this a..."

Prayers, for sure, Tina!

12:09:44 From Tina Lawson 🌻 : Reacted to "My former husband as..." with 🤔

12:09:48 From Scott and Susanne : Replying to "My former husband as..."

Karin, I am so sorry! Hugs and prayers!

12:10:16 From Tina Lawson 🌻 : Replying to "My former husband as..."

So horrible...I’m so very sorry this happened to you 😞

12:10:32 From Naomi Jubilee : Or telling the kids they can’t afford to eat because mom has taken their money, so kids come home starving and angry at mom...

12:10:50 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Or telling the kids ..."

Yep heard that from clients. Sigh.

12:11:06 From Tina Lawson 🌻 : Removed a 🤔 reaction from "My former husband as..."

12:11:12 From Jessica Evans : Replying to "What are the risks o..."

This is something you can dig into a little more for additional information. I will let you know if I can find any more information on this.

12:11:14 From Audrey Whitaker : Replying to "Or telling the kids ..."

yes!! the whining to the kids about, I only have 10 dollars in the bank...

12:11:15 From Tina Lawson 🌻 : Reacted to "My former husband as..." with 😬

12:11:23 From Deborah Stahl Waters : Reacted to "My former husband as..." with 😬

12:11:41 From Kendra : Reacted to "Or telling the kids ..." with 😬

12:11:54 From Tina Lawson 🌻 : Reacted to "God is writing their..." with ❤️

12:11:57 From Naomi Jubilee : Replying to "Or telling the kids ..."

Mine shows the kids his bank account (after he empties it) as "proof"

12:12:03 From Audrey Whitaker : my ex would show the kids scripture about not divorcing or that I was an adulterous when I got remarried.

12:12:07 From Tina Lawson 🌻 : Reacted to "Amen. This is inform..." with ❤️

12:12:13 From Tina Lawson 🌻 : Reacted to "God is the changer o..." with 🙏

12:12:43 From Audrey Whitaker : Replying to "Or telling the kids ..."

my eyes can't role hard enough. good grief..

12:13:31 From Audrey Whitaker : Replying to "my ex would show the..."

adulteress* got get it right lol

12:13:47 From Kamilla : Emma Katz – "Coercive Control in Children's and Mothers' Lives"

<https://a.co/d/iE1TWJt>

12:13:53 From Tina Lawson 🌻 : Reacted to "This goes back to th..." with 👍

12:14:54 From Tina Lawson 🌻 : Reacted to "Prayers, for sure, T..." with ❤️

12:15:00 From Rachel Lawrence : Reacted to "My former husband as..." with 🙏

12:16:27 From Deborah Stahl Waters : Replying to "My former husband as..."

Oh my goodness Karin, my ♥ hurts for you. I'm so very sorry you & your infant experienced this. May you be completely healed & Abba's peace overshadow you from this. 🙏🕊

12:16:42 From Kim : Yes exactly it is I'm going threw this everyday. It should be a law against this type of Abuse it's ongoing... From the dad right he does and the husband's get away with this it's like touring. I know God is with us prayers going up.

12:17:00 From Monica Malisos : Remember breastfeeding daughter and she was jumping as he was screaming at me

12:17:37 From Karin Shadle : Replying to "My former husband as..."

Thank you. Yes Abba is good to me!

12:17:52 From Shonquella Terrell (BeSHE) : Yes, my 6 year old daughter when she was in daycare she would bite every child that she would be intact with. She had the issues of not knowing how to express her feelings. So, wow I love this training every moment.

12:18:18 From Tina Lawson 🌻 : Replying to "I love ❤️ this as we..."

@Laura Lathrop thank you...too complicated to explain all here but going through some rough times because of continued abuse from my x & family...there's a reason I got a Life Saving Divorce after 38 yrs & live in Fl. while my daughter is in Pa (I'm her only safe family help other than her sponsor).

12:18:42 From Joy Forrest : Reacted to "my ex would show the..." with 😞

12:18:52 From Shonquella Terrell (BeSHE) : Understand that too:)

12:19:22 From Shonquella Terrell (BeSHE) : Reacted to "Remember breastfee..." with ❤️

12:19:45 From Tina Lawson 🌻 : Reacted to "Or telling the kids ..." with 😞

12:22:31 From Jennifer's Tablet : Me sitting here wondering if my 10 years on the mission field in some high risk areas were due to chasing adrenaline 😞 From childhood abuse. Good Lord ladies! This class is lightning lightbulbs every time

12:22:38 From rose : Replying to "I love ❤️ this as we..."

The way the X complicates relationships to include those with our adult children is something I never anticipated in leaving after 34 yrs in the destruction. My thought "ppl divorce successfully all the time, once he is in my past, it should be easier". Will consistently pray for you Tina.

12:22:49 From Karyn Russo : Replying to "My former husband as..."

Karin, I'm so sorry this happened to you and your baby. Praying for healing and Gods Peace. Hugs and love to you. 🥰

12:23:13 From Laura Lathrop : Reacted to "@Laura Lathrop tha..." with 👍

12:23:52 From JoAnna Schultz : JoAnna Schultz, Murrieta Ca

12:24:56 From leonard : Chelsea Leonard Sweet Home Oregon (been here just remember to sign in) on the lake in my new kayak at class.

12:25:04 From Laura Lathrop : So helpful! Talk therapy has always sounded overwhelming and terrifying to me, so I sympathize with people who avoid it. I'm so thankful for these other methods!

12:25:14 From rose : Reacted to "Yes, my 6 year old d..." with 👍

12:25:35 From Yuklin Ling : Can't see holes

12:25:50 From Yuklin Ling : Got it

12:26:02 From Jennifer's Tablet : Neurofeedback was huge for helping my extreme insomnia and migraines. I'm doing EMDR now and am shocked at the difference in the topics we covered in our last session. Blessed peace and detachment and it doesn't feel so haunting.

12:26:12 From Tabitha Westbrook, LMFT, LCMHC, LPC : Neuroplasticity - stuff can change in the noodle. It's not stuck.

12:26:20 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Neurofeedback was hu..." with ❤️

12:26:27 From Kendra : Reacted to "Neuroplasticity - st..." with ❤️

12:26:46 From Jennifer's Tablet : Replying to "Neuroplasticity - st..."

That is one of the most hopeful truths in all of this

12:27:14 From Karin Shadle : **Does anyone recommend Daniel Amen's approach to healing the brain?** *It's been some time since I read his book. He has some good methods for healing.*

12:27:32 From rose : QUESTION: Somatic Imaging, how new is this therapy? I'm hearing of it first here.

12:27:34 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Does anyone recommen..."

There are some good things about it - I've seen good results and mixed results.

12:28:02 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: Somatic Im..."

Somatic experiencing uses the body to help process the trauma.

12:28:07 From Laura Lathrop : I think of these methods kind of like medication - they may be necessary to get the person into a state where they are able to seek other forms of healing. They are less scary to start with.

12:28:23 From Tina Lawson 🤗 : Reacted to "I think of these met..." with 👍

12:28:27 From Jessica Evans : Reacted to "I think of these met..." with 👍

12:28:36 From Margaret KS : Yes, I've often felt that it is important to give people a picture of what healthy is. Many people can point out the problems.

12:28:38 From Jessica Evans : Reacted to "Neuroplasticity - st..." with ❤️

12:29:15 From cindymorris : Dr Debra used the example "I'm a tree..." Jesus says, "I am the vine, you are the branches." 😊

12:29:37 From Tabitha Westbrook, LMFT, LCMHC, LPC : This week I used a combo of Trainspotting, IFS, somatic experiencing, and guided visualization for an intensive client. It was so great.

12:30:05 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "This week I used a c..."
Brainspotting - Geez autocorrect

12:30:08 From Helenmary : QUESTION: Can being very intense, coming across as very passionate and frustrated, be a trauma response?

12:30:42 From Deborah Stahl Waters : Replying to "Does anyone recommen..."

Re: Dr Amen...I actually went to his Calif ofc for a brain 🧠 scan. They confirmed I had a moderate TBI. I have found it helpful...yet the out of pocket expense made it very difficult to return for cont'd care. 😞

12:31:07 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Does anyone recommen..."
@Deborah Stahl Waters Agree - going to the Amen clinic is SO expensive.

12:31:18 From Joy Forrest : Reacted to "This week I used a c..." with 👍

12:31:19 From Jessica Evans : Reacted to "This week I used a c..." with 👍

12:31:25 From Joy Forrest : Reacted to "Brainspotting - Geez..." with 😄

12:31:29 From Deborah Stahl Waters : Reacted to "This week I used a c..." with ❤️

12:31:38 From Jessica Evans : Replying to "This week I used a c..."

We need good therapists in every state doing all of this!

12:31:44 From Kim : Breathing and Meditation?.

12:31:55 From Brooke, CTPM Advocate Coordinator : Replying to "Does anyone recommen..."
I used the book and didn't get great long term results.

12:32:00 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "This week I used a c..."
@Jessica Evans Yes, yes we do!!

12:32:30 From Jessica Evans : Replying to "This week I used a c..."

I vote that we clone and disperse Tabis!

12:32:42 From Kendra : I used to use guided imagery with my orthopedic PT clients for relaxation + manual therapy techniques. These were especially helpful for those with chronic migraines after a vehicle accident (traumatic event).

12:32:48 From Joy Forrest : Replying to "Breathing and Medit..."

Breathing and meditation make it easier for the traumatized parts of the brain receive the message.

12:32:58 From Joy Forrest : Reacted to "I used to use guided..." with ❤️

12:33:00 From Tina Lawson 🌞 : Feet flat on floor & palms upright on my lap & box breathing helped me in court...plus support from Arise Healing Community sisters 🙌

What I think about (🧘 📖 🗣️) & Havening, Tapping & Grounding are things I can do to Love myself 🧠 still now when my body is feeling the trauma.

12:33:16 From Kendra : Reacted to "Breathing and medita..." with 👍

12:33:16 From Joy Forrest : Replying to "I used to use guided..."

And migraines are so common for survivors of abuse

12:33:27 From Joy Forrest : Reacted to "Feet flat on floor &..." with ❤️

12:33:28 From Tina Lawson 🧡 : Reacted to "Breathing and medita..." with 👍

12:33:34 From Kendra : Reacted to "Brainspotting - Geez..." with 😂

12:33:45 From katharine : Replying to "I used to use guided..."

note on migraines - acupuncture had a massive effect on mine

12:33:49 From Kendra : Reacted to "I vote that we clone..." with 🙌

12:33:58 From cindymorris : QUESTION: can you define "emotional regulating" please.

12:34:06 From katharine : Replying to "I used to use guided..."

i now have a third less than I used to, would highly recommend

12:34:24 From Jessica Evans : Reacted to "Feet flat on floor &..." with ❤️

12:34:29 From Kendra : Reacted to "note on migraines - ..." with 👍

12:34:32 From Jennifer's Tablet : It seems to me that the success of talk therapy for a survivor greatly depends on the training and knowledge of the therapist. I had a Biblical counselor who was extremely helpful in guiding me back towards the truth from spiritual abuse but she was not trauma informed. We reached a point where she started saying that ptsd wasn't a thing or depression and anything other than strict biblical counseling was bad. So we had to part ways. The spiritual abuse help was hugely helpful though. I'm not sure how I would have done had I not also had input from CTPM and other resources that empowered me to make a decision to get help elsewhere. I think she now considers me backslidden 😏

12:34:38 From Joy Forrest : Reacted to "note on migraines - ..." with 👍

12:34:55 From Tara : Question: Joy, what does the meditation piece look like? How do you implement this piece with a client?

12:35:01 From Jessica Evans : Replying to "QUESTION: can you de..."

As Tabi just said, simply put "settle down"

12:35:06 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "This week I used a c..."

@Jessica Evans Hahaha. The world DOES NOT need that. Sounds terrifying. LOL. I'll just train a bunch of awesome counselors

12:35:20 From Joy Forrest : Replying to "I used to use guided..."

@katharine acupuncture really helped my TMJ pain. It really works.

12:35:27 From Kim : Yes they will they are hurting too.

12:35:28 From katharine : Reacted to "@katharine accupunct..." with 👍

12:35:30 From Jessica Evans : Replying to "This week I used a c..."

Hahah!

12:35:41 From Jessica Evans : Reacted to "@Jessica Evans Hahah..." with 👍

12:35:43 From Brooke, CTPM Advocate Coordinator : Reacted to "@Jessica Evans Hahah..." with ❤️

12:35:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Breathing and Medit..."

Breathing helps your brain know that you aren't in danger. It's a cue God gave our bodies that we are safe. Being able to take good, deep breaths sends good signals to our bodies.

12:35:48 From Kendra : Reacted to "@Jessica Evans Hahah..." with ❤️

12:35:55 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Feet flat on floor &..." with ❤️

12:35:56 From Joy Forrest : Reacted to "It seems to me that ..." with 😞

12:36:21 From Monica Malisos : My dau and I soooo are emotionally connected.

12:36:29 From Eric and Peggy Peterson : Remind me what externalizing is?

12:36:29 From Yuklin Ling : My daughter is both black and white .. what are the stats for that ?
It's probably individual

12:36:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "It seems to me that ..."

Agree. Talk can be helpful. Information is useful. Skills are useful. A good therapist can help for sure!

12:36:53 From Jessica Evans : Replying to "Remind me what exter..."

Coming in slides too!

12:36:56 From Kendra : Reacted to "Breathing helps your..." with ❤️

12:37:15 From Monica Malisos : Positive Visual imagery helped immensely during my biopsy
yesterday

12:37:19 From Jessica Evans : Replying to "Remind me what exter..."

Actually next week

12:37:20 From Brooke, CTPM Advocate Coordinator : Reacted to "Question: Joy, what ..." with 😊

12:37:22 From cindymorris : Can anyone recommend an acupuncturist in the Raleigh or Wake Forest, NC area?

12:37:30 From Joy Forrest : Reacted to "Agree. Talk can be h..." with 👍

12:37:37 From Kendra : Reacted to "Actually next week" with 👍

12:37:51 From rose : QUESTION:THIS slide is the current topic?

12:38:08 From Joy Forrest : **Health Points Acupuncture with Michelle Zane in WF.**

12:38:17 From cindymorris : Reacted to "Health Points Acupun..." with 😊

12:38:18 From Kim : Yes I tell my kids it's okay not feel okay

12:38:22 From Shonquella Terrell (BeSHE) : Have to step away I may not be back from the doctor's office, but have a wonderful day:) I hate to miss the rest of class because "missing great nuggets".

12:38:23 From Porscha Green : Replying to "Can anyone recommend..."

I have heard of a good one in Durham off of hwy 54. I do not remember the name

12:39:12 From Shonquella Terrell (BeSHE) : Chemical Unbalances is what I say:)

12:39:14 From Joy Forrest : Replying to "My daughter is both ..."

I'm not sure I understand your question— stats for what about her being black and white.

12:39:18 From Jessica Evans : Replying to "QUESTION:THIS slide ..."

Rose, im not sure of the question.

12:39:27 From Monica Malisos : My fav color too!!! 😊

12:39:36 From DeniseS : Purple reigns supreme! 💜

12:39:58 From Tina Lawson 😊 : When my daughter was in the hospital, I Was able to go behind my daughter & wrap my arms around her rocking her slowly while whispering in her ear "shame doesn't come from the Lord" ❤️

Also, have done that with her teen daughter (when I was allowed to see her) & be that Safe & Loving Grammy to her...

Calmed her down 😊

12:40:02 From Kendra : Reacted to "Purple reigns suprem..." with ❤️

12:40:14 From rose : Replying to "QUESTION:THIS slide ..."

neverming, I had asked for previous page during a 6-10 minute discussion. But it was impossible to do. Now it seems we were stuck on a handout beyond the actual discussion topic

12:40:33 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION:THIS slide ..."

Yes, we were elaborating on the slide about being regulated & mitigating aggression

12:40:43 From Jessica Evans : Replying to "QUESTION:THIS slide ..."

Expanding on related content and pertinent questions

12:41:14 From Porscha Green : Replying to "Can anyone recommend..."

Ping Traditional Chinese Medicine

12:41:51 From Jessica Evans : Replying to "My daughter is both ..."

I think this was in regard to previous slide point on externalizing behavior problems, with Caucasian children scoring significantly higher on externalizing scores than Black children.

Sorry, I don't have the statistics on children who are both black and white. Something to dig deeper and look for research on.

12:42:43 From Christy : Replying to "QUESTION:THIS slide ..."

Rose, I find it helpful to print out the slides before class, so I can read the slides as we go, especially if I miss something.

12:42:51 From Jessica Evans : Reacted to "Rose, I find it help..." with ❤️

12:42:54 From Jessica Evans : Reacted to "Rose, I find it help..." with 👍

12:42:55 From Jessica Evans : Removed a ❤️ reaction from "Rose, I find it help..."

12:42:56 From Kendra : This is why we rock and hum/sing softly to calm a fussy baby.

12:43:00 From Tabitha Westbrook, LMFT, LCMHC, LPC : Trauma gets written on our cells. And God, thankfully, can heal that!!

12:43:10 From Kendra : Reacted to "Rose, I find it help..." with 👍

12:43:13 From Porscha Green : Reacted to "Trauma gets written ..." with !!

12:43:16 From Monica Malisos : I actually got migraines from emdr

12:43:37 From Joy Forrest : Reacted to "Trauma gets written ..." with ❤️

12:43:43 From Kendra : Reacted to "Trauma gets written ..." with ❤️

12:43:56 From Kim : My church told me to get a small garbage can and throw all the bad feelings away Meditation ditation is my every day yes very good and true.

12:44:03 From Joy Forrest : Replying to "I actually got migra..."

Yes, I've known other people who experienced that

12:44:30 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I actually got migra..."

That can happen sometimes due to the activation. You can change the way it's done (tappers versus eyeballs) or switch methods all together. It's why I'm trained in a number of things so I can switch if a client needs that.

12:44:33 From rose : Replying to "QUESTION:THIS slide ..."

The slide was about caucasian children vs. white children and Mother Aggression, quite different from what the discussion hitting my ears. For someone who printed all the handouts to be ready for taking notes. None of these handouts are in front of me today. No worries, I can only catch a small portion so in the past it was no problem to return to a previous slide. I'm simply attempting to keep up. Not a slacker here

12:44:46 From Monica Malisos : I have always been my daughter's rock

12:45:04 From Joy Forrest : Reacted to "The slide was about ..." with 👍

12:46:06 From Tina Lawson 😊 : It's so damaging "spiritual bypassing" when someone tells a victim that if there are depressed or suicidal or have C-ptsd, they don't have enough faith...it's so very harmful & why we should be careful & sensitive to not do this.

12:46:19 From rose : Replying to "I actually got migra..."

EMDR was a positive experience but I'm sure it's contingent on the efficiency/expertise of the therapist

12:46:21 From Tina Lawson 😊 : Reacted to "I have always been m..." with ❤️

12:46:36 From Tina Lawson 😊 : Reacted to "Trauma gets written ..." with 🙌

12:46:43 From Keri Drowatzky : Had to leave for a moment.

12:46:47 From Tina Lawson 😊 : Reacted to "This is why we rock ..." with ❤️

12:46:54 From Kamilla : DR. DEBRA'S FURTHER TRAINING: Parenting Help for kids who are being manipulated, trauma bonding: https://www.houseofpeacepubs.com/parent_cc_children.htm

12:47:28 From rose : Reacted to "That can happen some..." with ❤️

12:47:31 From Rachel Smith : Replying to "It's so damaging "sp..."

Absolutely. I had a "leader" in Divorce Care call me out in group and say they didn't think I was saved because I didn't have joy in my life!

12:47:59 From Audrey Whitaker : Reacted to "Absolutely. I had a..." with 😬

12:48:10 From Joy Forrest : Reacted to "Absolutely. I had a..." with 😬

12:48:16 From Tina Lawson 😊 : Replying to "This is why we rock ..."

Yes...Wrapping ourselves in a blanket & rocking is so calming 😊

12:48:21 From Kendra : Reacted to "Absolutely. I had a..." with 🙄

12:48:26 From Joy Forrest : Reacted to "It's so damaging "sp..." with 👍

12:48:38 From Joy Forrest : Reacted to "EMDR was a positive ..." with 👍

12:48:39 From gretchen sewart : Reacted to "It's so damaging "sp..." with ❤️

12:48:48 From Joy Forrest : Reacted to "That can happen some..." with ❤️

12:48:53 From rose : Reacted to "It's so damaging "sp..." with 👍

12:49:16 From rose : Reacted to "This is why we rock ..." with 👍

12:49:16 From Deborah Stahl Waters : Reacted to "That can happen some..." with 👍

12:49:18 From Joy Forrest : Replying to "I actually got migra..."

@Tabitha Westbrook, LMFT, LCMHC, LPC you're the best!

12:49:41 From Kim : Aromatherapy is good

12:49:46 From Jessica Evans : Reacted to "That can happen some..." with ❤️

12:50:07 From Brooke, CTPM Advocate Coordinator : Reacted to "@Tabitha Westbrook, ..." with 👍

12:50:08 From Tina Lawson 😊 : Reacted to "DR. DEBRA'S FURTHER ..." with ❤️

12:50:32 From rose : Reacted to "Aromatherapy is goo..." with 👍

12:50:50 From Tina Lawson 😊 : Reacted to "Absolutely. I had a..." with 🙄

12:51:15 From Kendra : Reacted to "@Tabitha Westbrook, ..." with 👍

12:51:39 From Tina Lawson 😊 : Replying to "It's so damaging "sp..."

So sorry...so much of this has happened to me as well...not Gods ❤️

12:52:15 From Joy Forrest : Reacted to "So sorry...so much of ..." with 👍

12:52:21 From Porscha Green : Reacted to "That can happen some..." with ❤️

12:52:27 From Scott and Susanne : My son was the opposite, he was and still is very protective of me.

12:52:34 From Deborah Stahl Waters : Replying to "I actually got migra..."

I've done EMDR @ a very crucial time of a repeated spousal abandonment in the midst of me recouping from major surgery. I thought I was going to melt into the ground...my band width was very frayed 😞

12:52:45 From Kim : Male children stil

Blame me

12:52:49 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "This is why we rock ..."

I have a weighted blanket in my TX office that my clients LOVE. Got it from Amazon for inexpensive.

12:53:10 From Ladonna : QUESTION: Is this only violence or all CC reflected in this?

12:53:12 From Kendra : Reacted to "I've done EMDR @ a v..." with 🙄

12:53:20 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "@Tabitha Westbrook, ..." with ❤️

12:53:28 From Joy Forrest : Replying to "QUESTION: Is this on..."

All CC

12:53:28 From Kendra : Reacted to "I have a weighted bl..." with 👍

12:53:33 From Deborah Stahl Waters : Reacted to "@Jessica Evans Hahah..." with ❤️

12:53:56 From Joy Forrest : Replying to "QUESTION: Is this on..."

Well actually, you'd have to read the report to see what she measured.

12:54:27 From Julie Burns : This is very confusing to me....don't get it at all.

12:54:33 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I actually got migra..."

EMDR therapists should do a TON of resourcing for clients before entering into the trauma. If it's one session of "try this thing" and not enough grounding & resourcing it can be retraumatizing. I've done a series of intensives lately doing "cleanup" on another provider's inadequate work.

12:54:43 From Joy Forrest : Reacted to "EMDR therapists shou..." with 👍

12:55:11 From Joy Forrest : Replying to "I actually got migra..."

Yes! Not all therapists are equally effective

12:55:30 From Bethany Harman : This cant be just for male children right? My daughter verbally abuses me when she comes home like her father used to. We are in counseling for it. But can it be for girls to Yes

12:56:02 From Tina Lawson 😊 : My x spoiled our 3 daughters & used them as his pawns to harm me ...sadly because our middle daughter has a relationship w' her mom, she's punished ...but now she sees the TRUTH & is having her boundaries as she sees them unsafe...still 💔

12:56:02 From Kendra : Reacted to "DR. DEBRA'S FURTHER ..." with ❤️

12:56:05 From Deborah Stahl Waters : Replying to "This week I used a c..."

Tabi, can you pleeeeee twitch your nose & make multiple therapists happen instantaneously for every state?! 🤪

12:56:21 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "This week I used a c..."

Hahaha, boy do I wish I could!!! That would be super cool.

12:56:38 From Kendra : Reacted to "Tabi, can you pleeee..." with ❤️

12:57:12 From Tina Lawson 🤪 : Replying to "This cant be just fo..."

Sorry 🙄 same here & why I have my boundaries & speak Truth but not easy.

12:57:18 From Tina Lawson 🤪 : Reacted to "This cant be just fo..." with 🙄

12:57:41 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "This cant be just fo..."

Yes, it can be either gender. It's more common with males, but we see it in both.

12:57:49 From Bethany Harman : Reacted to "Yes, it can be eithe..." with 👍

12:57:59 From Bethany Harman : Replying to "This cant be just fo..."

thanks Tabby

12:58:17 From Dolores (Dodie) Smith : Sorry, I need to leave! Great class!

12:58:25 From Joy Forrest : Reacted to "Sorry, I need to lea..." with 👍

13:07:45 From cindymorris : Cindy M, Franklinton, NC - I had to sign back in. I got kicked out of the Zoom call when I first went into breakout room.

13:08:34 From Laura Lathrop : **We talked about Karyn Purvis's materials - TRBI - in our group. Definitely want to shout out to that material in working with traumatized children.**

13:09:10 From Brooke, CTPM Advocate Coordinator : Replying to "We talked about Kary..."

Love the podcast!!

13:09:13 From Naomi Jubilee : **We referenced Safe Hearts books from Damsel in Defense**

13:09:17 From Kendra : How to access good counseling for the child.

What questions to ask in vetting a counselor.

13:09:19 From Scott and Susanne : The woman I am working with, her kids don't know what normal is. The dad is emotionally absent.. I have encouraged her to start talking to them about what normal relationships look like.

13:09:25 From Christy : Naomi, Can you share names of the book series here?

13:09:33 From Joy Parks : Replying to "We referenced Safe H..."

thanks Naomi

13:09:38 From Christy : Reacted to "thanks Naomi" with 👍

13:09:45 From Helenmary : Is it Safe Hearts or Faith Hearts? Damsel and Defense series.

13:09:46 From Kendra : Reacted to "We referenced Safe H..." with 👍

13:10:14 From Naomi Jubilee : <https://damselcatalog.com/collections/safe-hearts>

13:10:51 From Kendra : How to set healthy boundaries in her home with an older teenager who is being disrespectful or worse.

13:10:58 From Naomi Jubilee : Replying to "https://damselcatalo..."

My daughter loves these so much that she insists on keeping them in her "private" room collection instead of the main bookcase, and she shares them when her friends come over

13:11:13 From Joy Parks : Reacted to "How to set healthy b..." with 👍

13:11:24 From Naomi Jubilee : Also how do you make a safety plan for yourself/your other children if your son is violent

13:11:40 From Kendra : Reacted to "Also how do you make..." with 👍

13:11:59 From Christy : Reacted to "We referenced Safe H..." with 👍

13:12:29 From Brooke, CTPM Advocate Coordinator : Replying to "How to set healthy b..."

So important!! I had to keep very clear boundaries with one of my kids. I told him why his behavior was hurtful to me and others. I then labeled the behavior as he got older. I also looked for the good and healthy in him and pointed it out.

13:12:46 From Kendra : "What's your biggest pain-point right now?"

13:13:08 From Kendra : Reacted to "So important!! I had..." with 👍

13:13:26 From Naomi Jubilee : Also understanding there is no quick fix, this is a long haul that mom will be dealing with her violent son and there's not a ton of accessible resources

13:13:43 From Kendra : Reacted to "Also understanding t..." with ❤️

13:13:47 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Also understanding t..." with 👍

13:15:31 From rose : Yes Joy, The fallout with my adult children has been such an unexpected continuing battle, struggle

13:15:50 From Audrey Whitaker : keep on praying, don't give up hope, do not grow weary in well doing, keep standing for truth, boundaries, moving toward your child in love.

13:16:19 From Tina Lawson 🌻 : I'll quote Leslie Vernick ... "Now what are you going to do with your problem with his problem"?

Her C O R E is helpful.

13:16:31 From DeniseS : Thank to all

13:16:32 From Joy Parks : Reacted to "Thank to all" with 👍

13:16:36 From Tina Lawson 🌻 : Ty very good conversation 💜

13:16:37 From Helenmary : Thank you all! God Bless.