

Video Replay: <https://vimeo.com/848502866/f907f25b67?share=copy>

- 11:30:28 From John : John Stonehocker Oklahoma
- 11:30:31 From Amy Henderson : Amy Henderson, Pickens SC
- 11:30:34 From Sheri Millenbaugh (Faber) OHIO : Sheri Millenbaugh (Faber) Ohio
- 11:30:36 From Cathy Simmons Sage : Cathy Sage Swanzey, NH
- 11:30:38 From rose : Rose in gA
- 11:30:40 From Darlene Hills-Clinkscale : Good morning Blessings, Everyone 🙏 Darlene Hills-Clinkscale from Columbus, Ohio.
- 11:30:46 From Porscha Green : Hello Everyone! Porscha in NC
- 11:30:46 From Michelle H. : Michelle from Las Vegas
- 11:30:52 From Deborah Stahl Waters : Deborah Stahl Waters - GA
- 11:30:54 From Amalia : Amalia Davis-Levittown, PA
- 11:30:57 From gretchen sewart : From Washington State
- 11:30:58 From Nancy Kantsios : Nancy Kantsios from Aldie, VA
- 11:31:00 From Tara, Idaho : Tara, Idaho
- 11:31:01 From Brenda Carpenter : Brenda Carpenter, California
- 11:31:22 From Tynetta : Tynetta Chastain from St. Louis, Missouri. Howdy.
- 11:31:32 From Karin Shadle : Karin Shadle Iowa
- 11:32:00 From Erica : Erica in Wichita KS
- 11:32:06 From Kendra : Kendra from Ohio
- 11:32:17 From Vanessa Satterfield : Vanessa Satterfield - North Carolina
- 11:32:21 From Julie : Julie Burns, Midlothian, TX
- 11:32:21 From Susanne : Susanne King, Montrose, CO
- 11:32:27 From Jennifer Anderson : Jen Mellor Mt Pleasant SC
- 11:32:37 From Jill Swinderman : Jill Swinderman from Parma Ohio
- 11:32:37 From Christy Estelle : Christy Estelle, Jacksonville, NC
- 11:32:40 From Cheryl Bennett : What's it called?
- 11:32:44 From Shonquella Terrell (BeSHE) : Good Afternoon :) Shonquella -Holly Springs, NC

11:32:54 From KAMILLA : **When Love Goes Wrong** <https://a.co/d/dkqzX3x>

11:32:55 From Jolene Underwood : Jolene Underwood, Ellicott City, MD

11:33:04 From Priya : Hello from Devapriya, CA

11:33:06 From Rowena Slusser : Rowena Slusser, Albuquerque, NM

11:33:12 From peggybarrett : Peggy Barrett, Durham, NC

11:33:13 From Ladonna : Ladonna Hafen, Whitefish MT

11:33:27 From Laurie Tims : Laurie Tims, Iowa

11:33:32 From Julie Harr : Hannah Lippert - Stilesville, IN

11:33:32 From Karyn Russo : Karyn Russo NY

11:33:36 From Helenmary : Good Morning from South Central Virginia! -- Helenmary

11:33:49 From KAMILLA : **When Love Goes Wrong: What to Do When You Can't Do Anything Right Paperback – April 14, 1993**
by Ann Jones (Author), Susan Schechter (Author) <https://a.co/d/71KyO2O>

11:34:11 From KAMILLA : **Dr. Debra Wingfield Eyes Wide Open** <https://tinyurl.com/37wb53z4>

11:34:12 From katharine : Katharine Kofoed-Nielsen signing in from Denmark, sorry I am late

11:34:40 From Cindy Stashenko : Cindy S, NC

11:34:43 From Reenie Brown : Reenie Brown Waxhaw, NC

11:34:44 From cindymorris : Cindy Morris, Franklinton (Raleigh), NC

11:34:45 From Priscilla : Priscilla from Nanaimo, Canada

11:34:57 From Pam : Pam in TN

11:35:16 From Sheryl's iPhone : Sheryl, ohio, joining from phone

11:35:44 From Joy Parks : Joy Parks Great Falls, SC

11:35:45 From Tabitha Westbrook, LMFT, LCMHC, LPC : Tabitha, Wake Forest & Flower Mound

11:36:07 From Brooke, CTPM Advocate Coordinator : Brooke, Puyallup, WA

11:36:26 From Barbie : Barbie from Ohio

11:36:46 From Rachel Tomazin : Rachel Tomazin - Columbus GA

11:36:53 From Laurie Tims : meeting with a pastor tomorrow of a large efree church. Hoping to inspire him to host a training or work together with other churches in the Des Moines area. prayers appreciated!

11:36:53 From Dayna Martin : Dayna Martin, Williston, ND

11:37:09 From Brooke, CTPM Advocate Coordinator : Replying to "meeting with a pasto..."

Excited to hear this!!

11:37:12 From Kendra : I'm planning on coming down!

11:37:19 From katharine : Reacted to "meeting with a pasto..." with ❤️

11:37:29 From Karyn Russo : Karyn Russo Ny

11:37:29 From Laurie Tims : Reacted to "Excited to hear this..." with ❤️

11:37:48 From KAMILLA : **Protect The Flock in Chattanooga, TN.**

<https://www.eventcreate.com/e/ptfchattanooga>

<https://www.eventcreate.com/e/ptfchattanooga>

11:37:48 From Jessica Evans : Jessica, Columbus, OH

11:37:50 From Claudia Stephens : Hello, Claudia Stephens from Pickerington Ohio.

11:38:11 From iPhoneTina Lawson : Joy is your birthday Sept 28th? Mines the 21st & I WANT
"Cake 🍰 or KeyLime pie" ...

L 😊 L ❤️

11:38:15 From Jessica Evans : Reacted to "Hello, Claudia Steph..." with 🙌

11:38:58 From Joy Forrest : Reacted to "Joy is your birthday..." with 😄

11:39:05 From KAMILLA : **Dr Debra is referring to this link:**

https://davidchallen.substack.com/p/sallys-law-how-coercive-control-finally?utm_source=substack&utm_medium=email

11:39:06 From katharine : oh I heard about that!

11:39:35 From Joy Forrest : Reacted to "meeting with a pasto..." with ❤️

11:39:40 From iPhoneTina Lawson : Tina here from Vero Beach,

FL 😊 RIDA

11:40:13 From sue penn : Sue Penn Iowa

11:40:25 From Keri Drowatzky : Keri Drowatzky here from Bartlesville, Ok

11:40:31 From holly a : Holly a from Temecula ca

11:40:40 From Audrey Whitaker : Audrey Whitaker hutch ks

11:41:10 From Kendra : Having internet issues, so my camera is off. Still here!

11:41:32 From Joy Parks : Reacted to "Having internet issu..." with 👍

11:42:20 From Brooke, CTPM Advocate Coordinator : Here's the link to the current Protect the Flocks:
https://docs.google.com/spreadsheets/d/1jyftQcYpyzwFaJYGlfNhZIDjIO0B4rcBVP8nHem7J5c/edit?usp=s_haring

11:42:59 From Lynns : Amen thank you Joy I am trying to get the courage to do this sometime.

11:43:02 From Joy Forrest : Replying to "meeting with a pasto..."

We've done a few PTF's inn Des Moines , but always happy to come back. We have an E-Free church who partners with us there.

11:43:13 From Joy Forrest : Reacted to "Dayna Martin, Willis..." with ❤️

11:43:28 From Joy Forrest : Replying to "I'm planning on comi..."

Yay!

11:43:32 From Audrey Whitaker : what did I miss from the beginning discussion? I had to restart my router...

11:43:34 From Kim : Good Morning to all Mrs Joy

Apologize for my malfunction of my Computer.

11:43:58 From iPhoneTina Lawson : Wishing Birthday Blessings 🎂🎈🌸🍰 to You Dr Debra ❤️ ...You are such a Blessing 💜

11:44:23 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!!

11:44:25 From Jessica Evans : Replying to "what did I miss from..."

All recorded so no worries, you can go back and tune in! 😊

11:45:09 From Laurie Tims : I remember finding this verse and thinking about how frustrated and embittered we were as kids!

11:45:23 From moni mali : monica m nc

11:45:30 From Joy Forrest : Replying to "what did I miss from..."

We just mentioned a checklists for recognizing abusive behavior, and how it takes time sometimes to recognize it— especially when victims haven't recognized it yet.

11:45:57 From Audrey Whitaker : Reacted to "We just mentioned a ..." with 👍

11:46:39 From iPhoneTina Lawson : Amen Tabi...could not get through this life without knowing Gods got me ❤️ ...Powerful & comforting reminders...like a God 😊

11:48:25 From iPhoneTina Lawson : Sadly...I was taught & believed "If I, then I get" ...

But now know the TRUTH!

11:48:34 From cindymorris : I know Don Owsley. 😊 We went to church together when I lived in San Diego. I'm sure it will be a good book.

11:48:36 From Hannah Lippert : QUESTION: Could you share the title of that book Joy?

11:48:40 From Shonquella Terrell (BeSHE) : Yes:) It very true !!

11:48:42 From katharine : Reacted to "QUESTION: Could you ..." with 👍

11:48:42 From Joy Forrest : add ❤️

11:49:05 From cindymorris : I hope I heard that name correctly Joy ...

11:50:06 From Yuklin Ling : Y Ling NY

11:50:56 From Jennifer Anderson : That term legalistically is the key. I didn't realize how lacking of grace I was or how conservative my church background was until post abuse. Something about this breaking and healing process does take the scales of legalism off our eyes.

11:51:13 From Christy : Reacted to "That term legalistic..." with ❤️

11:51:32 From Christy : Jennifer, that is my experience as well!

11:51:45 From katharine : Reacted to "That term legalistic..." with ❤️

11:52:03 From Hannah Lippert : Replying to "That term legalistic..."

I 100 percent agree with you! 💜

11:52:43 From Jennifer Anderson : Reacted to "Jennifer, that is my..." with ❤️

11:53:24 From Chief : Gerry Bissell (aka Chief) Indpls IN

11:53:35 From Shonquella Terrell (BeSHE) : perfect:) LOVE IT

11:54:16 From Nicole Rothfleisch : Nicole Rothfleisch checking in here from CA. Love this lesson/teaching. **A couple parenting authors I love are Dr. Karyn Purvis and L.R. Knost.**

11:55:14 From Gunita : Gunita P. - Miami, FL

11:55:15 From Joy Forrest : **The author of the book I mentioned is Don Owsley. He's a pastor, counselor, and seminary professor who has a heart for abuse survivors. The name of the book is Cultivating Kids, Enriching Parents— coming January 2024.**

11:55:29 From Deborah Stahl Waters : This is my mezuzah I picked up recently

11:55:42 From cindymorris : Reacted to "The author of the bo..." with ❤️

11:55:48 From cindymorris : Reacted to "The author of the bo..." with 🙌

11:55:57 From Joy Forrest : Reacted to "This is my mezuzah I..." with 👍

11:56:09 From Jennifer Anderson : Reacted to "pic-0514d04f-7265-45dd-b9bf-5a093d1f44b4.jpg" with ❤️

11:56:20 From Jessica Evans : Reacted to "This is my mezuzah I..." with 👍

11:56:24 From Joy Forrest : Replying to "pic-0514d04f-7265-45dd-b9bf-5a093d1f44b4.jpg"

Wow, I haven't seen one like that. Nice.

11:56:46 From Deborah Stahl Waters : Reacted to "This is my mezuzah I..." with 👍

11:56:49 From Deborah Stahl Waters : Removed a 👍 reaction from "This is my mezuzah I..."

11:56:50 From Deborah Stahl Waters : Reacted to "This is my mezuzah I..." with 👍

11:56:52 From Deborah Stahl Waters : Removed a 👍 reaction from "This is my mezuzah I..."

11:57:06 From Deborah Stahl Waters : Reacted to "pic-0514d04f-7265-45dd-b9bf-5a093d1f44b4.jpg" with ❤️

11:57:07 From Deborah Stahl Waters : Removed a ❤️ reaction from "pic-0514d04f-7265-45dd-b9bf-5a093d1f44b4.jpg"

11:57:19 From Helenmary : Birthday Blessings Dr. Debra; we love and appreciate you very much! ❤️🎂🌈 *Thank you Helenmary.*

11:57:46 From Jennifer Anderson : Replying to "Deborah Stahl Waters..."

That's pretty. I've seen a lot of these on Isle of Palms near Charleston when I was delivering for a florist.

11:57:54 From Hannah Lippert : Reacted to "The author of the bo..." with 👍

11:58:01 From Hannah Lippert : Replying to "The author of the bo..."

Thank you!

11:58:24 From Joy Forrest : Reacted to "Thank you!" with 👍

11:58:45 From Jennifer Anderson : Replying to "Deborah Stahl Waters..."

Not that pretty though. They were like little bars. I think the practice of having one at your door is a good reminder.

11:59:19 From Joy Parks : Reacted to "Not that pretty thou..." with 👍

11:59:26 From Helenmary : I have a mezuzah front and back door 😊 --try some of the Messianic catalogs Tabitha. They make nice wedding presents for young couples as well.

12:00:43 From Shonquella Terrell (BeSHE) : Wow!

12:00:44 From Jennifer Anderson : Question: Would also higher risk for substance addiction be in here or does that fall under the first bullet point of mental health issues?

12:00:48 From Deborah Stahl Waters : Tku Joy, I hadn't seen one like this either. I thought it was unique & that's why I liked it. ❤️

12:01:16 From rose : QUESTION:What about the opposite effect. Some children I've witnessed school and excelling as their "happy place" when home life is chaotic. School becomes like a refuge and a place they can be heard and make their mark with excellent grades, experience true success. ANY COMMENTS OR ELABORATING ON THIS?

12:01:46 From Joy Parks : Reacted to "QUESTION:What about ..." with 👍

12:01:51 From Nicole Toyne : Nicole Toyne CA. Watching while driving.

12:02:19 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION:What about ..."

This absolutely can be a way kiddos cope. It can be great and adaptive, but also can become an issue later in life with overwork/workaholism. Though it looks more socially acceptable, it may need support down the road for them.

12:02:33 From Shonquella Terrell (BeSHE) : yes yes

12:02:43 From Jennifer Anderson : Replying to "QUESTION:What about ..."

I've seen this with a family member where one child went this way and she's incredibly successful and her brother went the path of substance abuse and is currently incarcerated and repeating a lot of his Dad's patterns. It's haunting for his Mom.

12:03:08 From Jennifer Anderson : Reacted to "This absolutely can ..." with ❤️

12:03:41 From Deborah Stahl Waters : Jennifer Tku. Wow! That's interesting in that area. Do you still live near Charleston? Yes, these are a good reminder.

12:03:49 From Shonquella Terrell (BeSHE) : Me TOO:)

Tabitha

12:04:05 From Deborah Stahl Waters : Reacted to "I have a mezuzah fro..." with ❤️

12:04:42 From Nancy Kantsios : Can there be an increase in porn use in teens as an escape and coping mechanism?

12:04:57 From Karyn Russo : I would appreciate any recommendations for free or low cost individual Counseling for my daughter 34 who lives in North Charleston. She has no insurance. She is a survivor of severe childhood coercive control and has no insurance. She was asking me for help finding counseling last night. Please contact me (516)255-7387. Thank you

12:05:31 From Julie : The hurt is the same. That is what is hard to appreciate with the high achiever. BTDT (Been there done that).

12:05:33 From Laurie Tims : Reacted to "The author of the bo..." with ❤️

12:05:57 From Laurie Tims : Reacted to "QUESTION:What about ..." with ❤️

12:06:10 From Karin Shadle : What do children need to do going forward who have no friends and no social skills for interacting with anyone besides relatives because they were isolated by the abuser. He required them to be home schooled and taught the family to fear virtually everyone? He did not allow church attendance and hated church though claiming to be Christian.

12:06:12 From Laurie Tims : Replying to "QUESTION:What about ..."

me too! doing well in school was my ticket outta there!

12:06:14 From Jennifer Anderson : Replying to "Deborah Stahl Waters..."

Yes I'm in Mt Pleasant. I puppy sit for a couple on Isle of Palms which is nearby and now that I think about it they are also of the Jewish faith. They have some beautiful blessings in Hebrew in their home.

12:06:49 From rose : Replying to "pic-0514d04f-7265-45dd-b9bf-5a093d1f44b4.jpg"

Unsure as I've only now seen one of "these"? Can you give me something to Google on this item?

12:06:57 From Julie : Can someone please help define what rape in marriage looks like/means. I am struggling to put a frame around this w clients.

12:07:04 From Hannah Lippert : Replying to "I would appreciate a..."

You might ask the local women's shelter if they have any recommendations. My local women's shelter was actually who was able to refer me to a local affordable counselor.

12:07:51 From Brooke, CTPM Advocate Coordinator : Reacted to "You might ask the lo..." with 👍

12:08:22 From Claudia Stephens : Thank you for discussing! This is such an important topic!

12:08:22 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I would appreciate a..."

Also domestic violence organizations may be able to provide referrals.

12:09:21 From Deborah Stahl Waters : Jennifer, that's neat! I'm not Jewish; yet I ♥ my Jewish Carpenter. So, I appreciate our Jewish heritage. Do you also live in Isle of Palms?

12:09:57 From Kim : Church mentors and positive outlet like sports

12:10:13 From iPhoneTina Lawson : That was me...got married early (at 17)...to get away from what was happening at home & got into an Abusive marriage 😞 ...now see effects on my children & grandchildren 😞 ...

Why I'm inspired now to continue on my healing 💔💔💔 journey to "Break the cycle" 💜

12:10:34 From Tabitha Westbrook, LMFT, LCMHC, LPC : Please be sure to put QUESTION in front of questions - it makes it so much easier for us to see it and make sure we answer it.

12:10:41 From Joy Forrest : Reacted to "Please be sure to pu..." with 👍

12:10:59 From rose : Reacted to "That was me...got marr..." with 👍

12:10:59 From Joy Parks : Reacted to "That was me...got marr..." with 👍

12:11:13 From Kendra : If you can't say 'No' without consequences, then you can't really say an honest 'Yes,' either.

12:11:24 From Cheryl Bennett : Reacted to "If you can't say 'No..." with ❤️

12:11:24 From Audrey Whitaker : Reacted to "If you can't say 'No..." with 🙌

12:11:26 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "If you can't say 'No..." with 👍

12:11:37 From Laurie Tims : Reacted to "If you can't say 'No..." with 👍

12:11:39 From Brooke, CTPM Advocate Coordinator : Consent is an enthusiastic yes without consequences for saying no.

12:11:55 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Consent is an enthus..."
YES. This exactly.

12:11:56 From Cheryl Bennett : Reacted to "Consent is an enthus..." with ❤️

12:12:00 From Lynns : Kind of off the topic but the movie Barbie portrays the wrong message to everyone especially children.

12:12:05 From iPhoneTina Lawson : Yep, "my body's not my own" was what I believed was Gods
❤️ ...No More 🚫 !
Love that "Freely consenting" 😊

12:12:12 From Laurie Tims : Replying to "If you can't say 'No..."
so true!

12:12:13 From Joy Parks : Reacted to "If you can't say 'No..." with 👍

12:12:18 From Helenmary : What is the course that will help address marital rape, etc?

12:12:41 From Laurie Tims : Replying to "Consent is an enthus..."
so good!

12:12:42 From iPhoneTina Lawson : I say "Shame never comes from the Lord" ❤️

12:12:51 From iPhoneTina Lawson : Reacted to "Consent is an enthus..." with 🙌

12:12:52 From Joy Forrest : Reacted to "I say "Shame never c..." with ❤️

12:12:57 From Jessica Evans : Reacted to "Consent is an enthus..." with ❤️

12:12:58 From leonard : Reacted to "Consent is an enthus..." with 👍

12:12:58 From Kendra : Reacted to "Consent is an enthus..." with 🙌

- 12:13:05 From Porscha Green : Reacted to "Consent is an enthus..." with ❤️
- 12:13:08 From leonard : Removed a 👍 reaction from "Consent is an enthus..."
- 12:13:15 From leonard : Reacted to "Consent is an enthus..." with 👍
- 12:13:21 From Jessica Evans : Replying to "What is the course t..."

Intimate Partner Sexual Violence IPSV, hopefully offered next month!

- 12:13:42 From iPhoneTina Lawson : Reacted to "If you can't say 'No..." with 🙌
- 12:13:43 From katharine : "removing the target" -great way to put it!
- 12:13:43 From Jennifer Anderson : Replying to "I would appreciate a..."

MyLifeResources.org has a sliding scale. They have a North Charleston office. I texted you as well but I would say Renee Ferguson there. I used to work there.

- 12:13:51 From leonard : Reacted to "Consent is an enthus..." with 🙌
- 12:14:00 From Jennifer Anderson : Reacted to "Jennifer, that's nea..." with ❤️
- 12:14:07 From Jessica Evans : Replying to "Yep, "my body's not ..."

We will untwist this

- 12:14:56 From Jennifer Anderson : Replying to "Deborah Stahl Waters..."

No I can't afford that area lol. I can't afford Mt Pleasant either which is inland from IOP but I'm with family. These areas are part of Charleston county

- 12:15:17 From leonard : Reacted to "If you can't say 'No..." with 🙌
- 12:15:45 From Helenmary : Reacted to "Intimate Partner S..." with 👍
- 12:16:02 From iPhoneTina Lawson : Reacted to "We will untwist this" with 👍
- 12:16:11 From Brooke, CTPM Advocate Coordinator : Reacted to "We will untwist this" with ❤️
- 12:17:12 From John : QUESTION: I think I missed something. Can you please go over the box labeled New generation of violent families?

12:17:47 From Ladonna : **QUESTION: Has a link been established between mass school shootings and coercively controlling homes?**

- 12:17:57 From Brooke, CTPM Advocate Coordinator : Replying to "QUESTION: I think I ..."

In response to being coercively controlled, a child will continue the patterns they experienced in their family of origin.

- 12:18:48 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: Has a link..."

If you read the book No Visible Bruises is ties together mass killings being preceded by domestic abuse.

12:19:14 From KAMILLA : Replying to "QUESTION: Has a link..."

Rachel Louise Snyder – No Visible Bruises. <https://a.co/d/eILXVEM>

12:19:16 From Karyn Russo : Karyn Russo, NY having connection difficulties today.

12:20:13 From Lynns : I have recently learned how to keep all three of my eating disorders this has been so helpful under control. My therapist suggested using the word " balanced meal"

12:20:19 From Kendra : Reacted to "We will untwist this" with ❤️

12:20:36 From Ladonna : Replying to "QUESTION: Has a link..."

Yes please, on the other resources Dr. Debra 😊 *Please check your course web page.*

12:20:46 From Cheryl Bennett : Reacted to "I have recently lear..." with ❤️

12:21:08 From KAMILLA : You can reach Dr. Debra at faith.advocacy8@gmail.com for further information and resources in this area.

12:21:15 From Dr. Debra : <https://www.nctsn.org/what-is-child-trauma/trauma-types/intimate-partner-violence/effects>

12:21:21 From Gabriela Silva : I'll have to leave our meeting earlier today due to an appointment. I will watch the recording later. Thank you Dr. Debra, Mrs. Joy and everyone.

12:22:10 From Amanda : QUESTION: My understanding is bedwetting is typically related to sexual abuse, but can witnessing physical abuse cause continuous bedwetting or a regression in it?

12:22:25 From iPhoneTina Lawson : I just got squirted in the face 2x when OUT of the pool in my 55 & older park, by an "emotional little bully in a 74 yr old body" ...it's everywhere BUT Proud of myself for how I handled it 🍊🥰...did not engage but didn't leave either...went to the deep end & swam w' my friend (from Pa) & reported to office.

12:22:44 From Joy Forrest : Reacted to "I'll have have to le..." with 👍

12:23:04 From Jennifer Anderson : QUESTION: I know that there is a kids program that goes along with Divorce Care. Is there something similar for children of abuse? There's a number of survivors in our area with kids that are struggling. Does CTPM do support group for teens or kids at all? Or know if any curriculum? *Groupwork with Children of Battered Women: A Practitioner's Manual*
<https://www.amazon.com/Groupwork-Children-Battered-Women-Practitioner%E2%80%B2s/dp/0803955154>

12:23:11 From Lynns : Sorry my previous message of dealing w my own eating disorders I replace most words with balanced meal this has been very helpful

12:23:31 From katharine : Reacted to "I just got squirted ..." with ❤️

12:23:31 From KAMILLA : Replying to "QUESTION: Has a link..."

You can contact Dr. Debra for more information and resources at faith.advocacy8@gmail.com

12:24:12 From Porscha Green : I agree with this Dr. Debra

12:27:14 From KAMILLA : Renee Jain has a podcast!

12:27:25 From Joy Forrest : Renee Jaine also has resources for kids coming out of trauma.

12:27:26 From Sheri Millenbaugh (Faber) OHIO : Reacted to "Renee Jaine also has..." with 😊

12:27:33 From Joy Forrest : Rene

12:27:37 From Sheri Millenbaugh (Faber) OHIO : Reacted to "Renee Jain has a pod..." with 😊

12:27:59 From JoAnna Schultz : JoAnna Schultz, Murrieta Ca

12:28:13 From KAMILLA : She is also listed as Reene Jain.

12:28:16 From Tabitha Westbrook, LMFT, LCMHC, LPC : Robyn Gobbel also has a podcast and she talks about parenting traumatized kids. <https://robyngobbel.com/>

12:28:39 From iPhoneTina Lawson : Yes Once Again in my small town "The Women's shelter" was where I Got HELP vs my Church & Yes, they helped children & did many activities with the local YWCA 💜

12:29:07 From Karyn Russo : I lost any messages to me in the chat . I'm having connection issues today. Please resend.

12:29:34 From Laurie Tims : YEP! This is why I talk to pastors!

12:29:40 From Barbie : <https://gozen.com/about/>

Found this in a search for Renee Jain...I have no knowledge about it, but may be worth checking.

12:29:50 From Cheryl Bennett : Reacted to "YEP! This is why I ..." with ❤️

12:30:02 From iPhoneTina Lawson : Reacted to "YEP! This is why I ..." with ❤️

12:32:42 From iPhoneTina Lawson : Replying to "YEP! This is why I ..."

That's so needed but In my experience, Sadly many haven't wanted to believe "there's that kind of problem" or too prideful to care to listen (not safe)...

Have to choose where my energy goes 😊

12:33:26 From iPhoneTina Lawson : Reacted to "Robyn Gobbel also ha..." with ❤️

12:34:09 From Kendra : As Advocates, we may also want to help her safety plan for herself and other children if her child is very violent in the home.

12:34:50 From rose : QUESTION: grandson is aggressive/physically attacks his sister....now they are both same size, soon during puberty he will surpass her in size. Daughter refuses to allow

granddaughter to "hit back" nor defend herself. Her brother is black belt in taekwondo....any resources to give her or suggestions. She is not open *Rose, please contact me for a private conference about this issue.*

12:35:05 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "As Advocates, we may..." with 👍

12:35:06 From KAMILLA : [Through a Child's Voice by Debra Wingfield, Ed.D.](https://tinyurl.com/5xyhzmrd)

<https://tinyurl.com/5xyhzmrd>

12:36:29 From Keri Drowatzky : My granddaughter Analise started cutting herself on her upper thighs with a sharp pencil due to stressors at home and stress with her health. No one will listen to her, so she does internalize. She's also not allowed to be on her room by herself due to the cutting. But this doesn't help her.

12:37:06 From Barbie : I don't think school personnel understand the coercive control and think of it as "minor" incidents. If they do report it, kids end up in worse situations because CPS doesn't understand it either. All it does is makes the parent(s) worse. It's a nightmare all around!

12:37:43 From iPhoneTina Lawson : Reacted to "My granddaughter Ana..." with 🙄

12:39:20 From Karin Shadle : Loss of identity is the impact I have seen in kids as well...

12:39:26 From Barbie : Reacted to "My granddaughter Ana..." with 🙄

12:40:01 From katharine : **QUESTION: my husband's niece displays lots and lots of these negative types of behaviour (very negative mood nearly all the time, very reactive, self-harming, etc), and has always been somewhat this way (she is 9). Her older sister is not like this at all, but is open, friendly, positive etc. I have no reason whatsoever to suspect either parent of abusive behaviour, but based on her behaviour should I be more suspicious of abuse, or can there be other reasons for this kind of acting out (she is not autistic)?** *Katherine, there are many reasons why there are differences in children's demeanor. Self-harming is concerning and finding a qualified counselor to evaluate what is leading her to self-harm is an important step. There may be other factors that a qualified counselor can assess.*

12:40:11 From iPhoneTina Lawson : Replying to "I don't think school..."

Sure can feel hopeless 😞

But Why EDUCATION is key as "knowledge is power" ... "silence breeds violence"


12:40:18 From Helenmary : Can you go over those disregulation behaviors again more slowly?

12:40:26 From iPhoneTina Lawson : Reacted to "I don't think school..." with 👍

12:40:58 From Kim : Working with special needs for 20 years. I have learned music meditation even breathing therapy.


12:41:02 From katharine : Replying to "QUESTION: my husband..."

to clarify, obviously you cannot diagnose her based on this, but I mean more - are these types of behaviours almost exclusively connected to abuse?

12:41:03 From iPhoneTina Lawson : Reacted to "As Advocates, we may..." with 

12:41:40 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: my husband..."

There are other causes of self-harm that are not abuse. I recommend counseling for her - there can be friend issues, etc. that may be going on that contribute.


12:41:59 From katharine : Reacted to "There are other caus..." with 

12:42:25 From katharine : Replying to "QUESTION: my husband..."

she is on some kind of list at her school to get some kind of psychological help.

12:42:51 From Brooke, CTPM Advocate Coordinator : Replying to "QUESTION: my husband..."


Remember trauma is in the eye of the beholder. How someone experiences and processes an event in their life is very personal.

12:43:03 From katharine : Reacted to "Remember trauma is i..." with 

12:44:13 From Kendra : "good gangs" - 4-H clubs, community theater, etc

12:44:47 From Jessica Evans : Replying to "Can you go over thos..."

Dysregulation can manifest in many different ways...you might see irritability, outbursts, aggression. You can look back at the externalizing behaviors for more information.

12:44:50 From Joy Forrest : Reacted to "Working with specia..." with 

12:44:50 From rose : Reacted to "I don't think school..." with 

12:45:52 From Jessica Evans : Replying to "Can you go over thos..."

Trouble regulating emotions

12:46:00 From Brooke, CTPM Advocate Coordinator : Children can take agency over their life. God is the changer of stories. Children who experience CC are not doomed. Scripture has tons of examples of those who overcame their oppression. Joseph is one who comes to mind readily.

12:46:13 From Joy Forrest : Reacted to "Children can take ag..." with 

12:46:16 From Kendra : Reacted to "Children can take ag..." with 

12:46:22 From Jessica Evans : Replying to "Can you go over thos..."

It could also look like withdrawal, tearfulness, etc so it runs a wide spectrum

12:46:34 From Porscha Green : Reacted to "Children can take ag..." with 

12:46:37 From Chelsea : Reacted to "Children can take ag..." with 

12:46:42 From rose : Reacted to "Remember trauma is i..." with 👍

12:46:51 From Joy Forrest : Replying to "Children can take ag..."

Yes, I love sharing Joseph's story with kids living with abuse.

12:46:55 From Nancy Kantsios : QUESTION: A mom I am working with has a two and a half year old who feels the tension in the home from emotional abuse of mom from a very emotionally immature porn addict dad. Mom cries a lot and he tries to make her feel better by lots of hugs and saying mommy be happy. He repeats "mommy sad" over and over. He becomes quite disregulated and literally refuses to eat. How can she help him. He is so little and not able to understand. Mom can reassure her child that she's the grown up and can take care of herself. She can let her son know he needs to be a child.

12:46:56 From Porscha Green : Replying to "Children can take ag..."

Yess Brooke! I am a living testimony of this!

12:47:04 From Jessica Evans : Replying to "Can you go over thos..."

Those would be more on the internalizing side

12:47:16 From Brooke, CTPM Advocate Coordinator : Replying to "Children can take ag..."

@Porscha Green yes you are!

12:47:44 From rose : Reacted to "Children can take ag..." with ❤️

12:47:47 From Joy Forrest : Reacted to "Yess Brooke! I am a ..." with ❤️

12:48:05 From Karyn Russo : Reacted to "Children can take ag..." with ❤️

12:48:06 From Jessica Evans : Reacted to "Children can take ag..." with ❤️

12:48:07 From Laurie Tims : Replying to "Children can take ag..."

The agency I took as a kid - that resistance, was always condemned as rebellion - so that was so hard for me. It wasn't until the last 5 years for me to feel "absolved" from all that resistance/rebellion - I was doing the best I could against the abuser.

12:48:12 From Jessica Evans : Reacted to "Yess Brooke! I am a ..." with ❤️

12:48:19 From Karyn Russo : Reacted to "Yess Brooke! I am a ..." with ❤️

12:48:34 From Joy Forrest : Reacted to "The agency I took as..." with 😞

12:49:06 From Keri Drowatzky : Taking kids to the library to check out kid/family friendly movies--old comedies, animal movies, nature thru National Geographic movies, etc..

12:49:42 From Brooke, CTPM Advocate Coordinator : Many theaters have summer movie programs that offer discounted admission rates for older movies.

12:50:11 From Kendra : Thrift store shopping vs Amazon if funds are tight/credit cards are monitored

12:50:15 From Helenmary : Sometimes our local park shows free family movies.

12:50:21 From Jennifer Anderson : Totally! Sometimes movies can help speak to you. I escaped from my ex one time just for the night to see a movie. Captain Marvel was playing and spoke to me a lot about deception and getting back up and being strong and just generally being the powerful person God made me to be. Sometimes when I'm too addled and maybe not in the word as much as would be helpful the Holy Spirit has pinged me through movies and media.

12:50:53 From Kendra : \$1 ice cream cones/frosty at Wendy's.

12:51:10 From cindymorris : Reacted to "\$1 ice cream cones/f..." with 🍌

12:51:15 From cindymorris : Reacted to "Totally! Sometimes m..." with ❤️

12:51:15 From Jessica Evans : Tabi's example of Rahab... resisting oppression is not a bad thing... love this

12:51:23 From cindymorris : Reacted to "Sometimes our local ..." with 🍌

12:51:25 From Kendra : Reacted to "Tabi's example of Ra..." with ❤️

12:51:30 From Cheryl Bennett : Reacted to "\$1 ice cream cones/f..." with ❤️

12:51:45 From Dr. Debra to Joy Forrest(Direct Message) : I am going to try to remain in my office with my sound off.

12:51:54 From Joy Forrest to Dr. Debra(Direct Message) : Reacted to "I am going to try to..." with 👍

12:52:01 From Joy Forrest to Dr. Debra(Direct Message) : Replying to "I am going to try to..."
Ok

12:53:22 From Karin Shadle : Hiding these kinds of things preemptively protects her from being pounced on by the abuser. It removes the things he thrives on... the things her perceives as justification to be angry etc. This is wise for her to do then...

12:53:46 From iPhoneTina Lawson : It was my Attorney that told me "when I was getting my ducks in a row" (ready to separate), that I felt like I was sneaky & lying 😞...she said "No your being safe & protecting yourself" ...hard because of the harmful church teachings...This is so helpful ladies (Advocating for ourselves is WISE 😊).

12:53:59 From Brooke, CTPM Advocate Coordinator : Reacted to "It was my Attorney t..." with ❤️

12:54:55 From Laurie Tims : Reacted to "It was my Attorney t..." with 👍

12:55:52 From iPhoneTina Lawson : Totally...why I had my Grandkiddos over all the time...
We'd have sleepovers camping in the LR ❤️ ...I see they were my coping mechanisms...yet, now sadly they're kept from me 😞

12:56:48 From Joy Forrest : Reacted to "Hiding these kinds o..." with ❤️

12:57:07 From Laurie Tims : Rejoining from phone. Need to pick up kids.

12:57:08 From Audrey Whitaker : I think when they are so little, to try to shield them from as much as you can. I don't regret this when they were younger. Find others to lean on.

12:57:23 From Cheryl Bennett : Reacted to "It was my Attorney t..." with ❤️

12:59:18 From moni mali : My 11 yo is still afraid of the dark and with nightmares, sometimes won't sleep thru the night. My 13yo has bullying school anxiety and her academic challenges stress her so during teaching, she falls asleep. School almost reported me b/c they said I'm not giving kids proper sleep. I mentioned home-schooling as a remedy, and they practically all said no in unison.

13:00:10 From Christy : Reacted to "Dysregulation can ma..." with 👍

13:00:12 From moni mali : GPAC Garner PErforming Arts center does free summer play for 12-18yo. Through Garner Towne Players

13:00:39 From Jennifer Anderson : QUESTION: Where's that balance of not parentifying your kids (not putting them in an adult role) but just surviving as a team with your child as a single parent or in a destructive relationship? My abusive father had me in a role that was inappropriate in that way but I have single friends and see their oldest acting as the second parent. Another single survivor and I were talking about seeing this as a red flag with a man we are dating. It's hard to know what is just survival for the parent and child and what dips into an inappropriate dynamic that can impact that child for life. (Myself case in point)

13:00:43 From Christy : Reacted to "Yess Brooke! I am a ..." with ❤️

13:00:58 From Christy : Reacted to "The agency I took as..." with ❤️

13:00:59 From Kim : Ymca is great!

13:01:23 From Cheryl Bennett : Reacted to "My 11 yo is still af..." with 😬

13:01:28 From DeniseS : QUESTION: Ok, I understand why these actions help the victims maintain some control over the coercive situation, but does this not teach a child a pattern of passive-aggressive behavior?

13:02:20 From Karin Shadle : How do we communicate to the woman that these things are not sneaky, wrong or something to be ashamed of but rather evidence of her strengths in spite of the controlling efforts of the abuser?

13:02:37 From iPhoneTina Lawson : Yes...Heal for me 1st 🥰 but then so I can Love ❤️ others well...my middle daughter (who's in jail & doing the right thing) & the rest of the toxic family is judging her, yet, I'm a constant in her life as she's a gift 🥰 from God...

She called me her "Hero" ❤️ last week as she knows I've Been through hard & am a Trauma SURVIVOR 🦋🥰

13:03:18 From moni mali : Reacted to "My 11 yo is still ..." with 🙄

13:03:21 From moni mali : Removed a 🙄 from "My 11 yo is still ..."

13:03:30 From KAMILLA : If your QUESTION has not yet been answered, remember that Dr. Debra will go back thru the chat and catch any unanswered questions before she sends the replay later this week.

13:04:08 From moni mali : Reacted to "Many theaters have..." with 👍

13:04:15 From Amanda : Tabby: I learned this in a protective parenting class. It's called parental resilience: not allowing the child to see the struggle, but coregulating and teaching.

13:04:20 From moni mali : Reacted to "Taking kids to the..." with 👍

13:05:26 From moni mali : QUES:TION: what was that organization joy?

13:05:33 From Karyn Russo : Karyn Russo Ny

13:05:40 From Joy Forrest : Replying to "QUES:TION: what was ..."

Safe Child

13:06:32 From katharine : Replying to "QUESTION: Ok, I unde..."

resistance different from aggression

13:07:10 From Karin Shadle : Is encouraging her to do these "normal" things part of helping her to regain her identity and the concept that she can do good for the sake of goodness and not have to feel ashamed about that?

13:07:23 From Lynns : Fantastic class! I need to go see everyone next week

13:07:43 From Jessica Evans : Great discussion/reminders!! Untwisting

13:07:59 From iPhoneTina Lawson : Love the TRUTH in this hard class today 💕

13:09:29 From iPhoneTina Lawson : Mine a truck driver...but I hid a lot "thinking it was being a Godly wife (trying harder) & protecting my daughters" ...just SMH 🙄 ?!?"

13:09:46 From Karin Shadle : Hearing this part of the training is very encouraging because it shows me that I was strong enough to do some of these kinds of things when we were still under the coercive control! 😊

13:09:49 From iPhoneTina Lawson : Reacted to "Great discussion/rem..." with 💜

13:09:59 From Audrey Whitaker : Reacted to "Hearing this part of..." with ❤️

13:10:30 From JoAnna Schultz : I LOVE what Chris Moles had to say about resistance-
<http://www.chrismoles.org/news/2018/2/25/resisting-abuse-and-matthew-chapter-5-a6s5l>

13:10:40 From Cheryl Bennett : Reacted to "Hearing this part of..." with ❤️

13:10:43 From iPhoneTina Lawson : "Speak TRUTH in Love"... "PeaceMAKERS not PeaceKeepers"

13:10:59 From JoAnna Schultz : Replying to "I LOVE what Chris Mo..."

And more- <http://www.chrismoles.org/podcast/2019/11/5/episode-95-thinking-about-resistance>

13:11:12 From Audrey Whitaker : Replying to ""Speak TRUTH in Love..."

yeah, peacefakers!! :)

13:11:20 From KAMILLA : Joy's Paper - <https://joyforrest.wordpress.com/2014/02/26/biblical-headship-and-submission-in-emotionally-abusive-marriages/>

13:11:25 From Cindy Stashenko : I would really love a copy of that paper please!!

13:11:26 From Cheryl Bennett : Reacted to "Joy's Paper - https:..." with ❤️

13:11:32 From Beth Burke : Q - my adult son still argues that because "Honor your father" must mean what it says, he must respond to his controlling dad. Any truth to speak into this would help find balance with him.

13:11:34 From Nicole Toyne : I'd love to read that article Joy.

13:11:45 From Audrey Whitaker : yes they do and the abuser can try to make themselves God in the sight of the family

13:12:04 From iPhoneTina Lawson : Yes Joy...Know the God of the Bible ❤️

13:12:43 From Joy Forrest : Replying to "Q - my adult son sti..."

Promoting selfishness isn't honoring to anyone

13:12:47 From Helenmary : There is the LAW, but GRACE is the sometimes the highest reelevation of the LAW.

13:13:03 From iPhoneTina Lawson : Reacted to "Joy's Paper - https:..." with ❤️

13:13:09 From Nicole Toyne : Reacted to "Joy's Paper - https:..." with ❤️

13:13:11 From Beth Burke : Replying to "Q - my adult son sti..."

Thanks Joy!

13:13:19 From Joy Forrest : Reacted to "There is the LAW, bu..." with ❤️

13:13:23 From iPhoneTina Lawson : Reacted to "Promoting selfishnes..." with 🙌

13:13:26 From Joy Forrest : Reacted to "Thanks Joy!" with ❤️

13:13:28 From Cheryl Bennett : Reacted to "Promoting selfishnes..." with ❤️

13:14:44 From Kendra : Reacted to "Joy's Paper - https:..." with ❤️

13:14:47 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Q - my adult son sti..."

Boundaries are great honor because it encourages the person to evaluate behavior and change. They can choose not to do that, but holding someone accountable is a great gift and honor - even if the abuser doesn't feel that it does.

13:14:56 From Joy Forrest : Reacted to "Boundaries are great..." with ❤️

13:15:10 From Audrey Whitaker : Reacted to "Boundaries are great..." with ❤️

13:15:21 From KAMILLA : Emma Katz – “Coercive Control in Children’s and Mothers’ Lives”

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

13:15:22 From Kendra : Reacted to "Promoting selfishnes..." with 🙌

13:15:25 From Audrey Whitaker : Replying to "Q - my adult son sti..."

yes, the abuser doesn't get define honor

13:15:30 From Audrey Whitaker : Replying to "Q - my adult son sti..."

to*

13:15:36 From Kendra : Reacted to "Boundaries are great..." with ❤️

13:16:08 From Helenmary : Thank you all so much! God Bless.

13:16:19 From Nicole Toyne : Thank you. 😊

13:16:19 From katharine : thanks for today guys!

13:16:20 From Karyn Russo : ❤️

13:16:23 From iPhoneTina Lawson : Ty Ladies ❤️💜

13:16:25 From Christy : thanks!!!

13:16:31 From Deborah Stahl Waters : Tku DV team for teaching us today!

13:16:31 From Amanda : Does anyone have a direct number for Brooke?

13:16:31 From Joy Parks : Thank you. It's life changing.