

Video replay: <https://vimeo.com/581370415/0f3159ca89>

- 11:26:53 From Lynn Marie : Lynn Marie from Nc
- 11:27:28 From Lynn Marie : thank you Kathy!!!
- 11:29:39 From Loes Tam : Hi everyone Loes Tam here from London England
- 11:30:22 From Kathy : Kathy M. from NJ
- 11:30:41 From Liz Loeschner : Liz Loeschner from Colorado Springs, CO
- 11:30:47 From Patricia Cleveland : Patricia Cleveland from PA
- 11:31:15 From Zoom user : Eden Mast, Nappanee, In
- 11:31:43 From Dana De Vane-Webster : Dana De Vane-Webster (Wendell, NC)
- 11:34:22 From Kathy : I'm so sorry!!! :(
- 11:35:18 From Loes Tam : I am so sorry to hear that.. praying for her family.....
- 11:45:56 From Loes Tam : Language such as healing yourself may be very challenging language for women of faith for it may well be language they have never heard in their faith community...
- 11:47:41 From Lynn Marie : For me it was three major eating disorders. I am learning to repent myself as I heal but since I really out all that down my emotional health was slow.
- 11:48:12 From Kathy : Thanks for your insights Loes and for sharing, Lynn!
- 11:49:56 From Loes Tam : Women tend to be more focused on the others such as husband and children or friends rather than on herself
- 11:51:02 From Lynn Marie : so true Loes
- 11:52:16 From Lynn Marie : Because it is easier to focus on other and their issues we do not have to do the hard work of healing ourselves
- 11:52:40 From Kathy : Yo-yo effect :(
- 11:52:56 From Linda Hart : So true Lynn!
- 11:53:06 From Kathy : I have seen the same thing w/ women on thyroid meds.
- 11:53:43 From Loes Tam : Great that your healing did happen, Lyn Marie, even though it may have happened more slowly than you would have liked!!
- 11:57:13 From Dana De Vane-Webster : I agree, Dr. Debra. Getting clear medical history and official mental health diagnosis is so important. So many things manifest in different ways and victims in crisis often get misdiagnosed.
- 11:57:47 From Loes Tam : I think too that women tend to focus on others because they may have been taught it is selfish to focus on themselves...so they need to get some proper teaching

including from the Scriptures to help them understand they can only love others out of their understanding that God loves and values them...

11:58:05 From Patricia Cleveland : I have to take a call. I will watch the replay.

11:58:25 From Kathy : How often would a woman hide this info.? Shame or other reasons?

11:58:32 From Kathy : Thanks, Patricia!

11:58:38 From Linda Hart : **What do you do when they have been diagnosed, but the diagnosis does not fit what you see? How do you approach that?**

11:58:56 From Loes Tam : Keep well Patricia... see you next week...

12:01:10 From Kathy : I heard this quote.... You were hurt in community....you heal in community. (not isolation)

12:02:21 From Linda Hart : It's also a matter of trusting again to make yourself vulnerable with others.

12:02:26 From Liz Loeschner : Isolation is such a hard aspect to challenge but it is so important.

12:03:18 From Loes Tam : For some women this may be a little frightening, Kathy, since they have been hurt in community so they may have difficulty trusting the community... what do you think?

12:04:12 From Lynn Marie : You know the quote it takes a village to heal and help one another is true in many ways

12:04:36 From Kathy : I so agree....not easy. But, that's the goal. :)

12:05:55 From Loes Tam : True Kathy..

12:08:44 From Linda Hart : I always felt guilty if I did something for myself. Still learning to let God heal and love on me first.

12:09:02 From Kathy : Linda, thanks for sharing!! :)

12:11:00 From Kathy : Little by little...step by step....friend by friend...to larger groups. :)

12:15:06 From Kathy : Yes, I agree! Thanks for sharing! :)

12:16:29 From Loes Tam : Thanks Linda for sharing on your journey!!

12:17:20 From Kathy : Keep working your plan! Thanks for sharing! Yes! :) Love that goal, Dr. Debra! :)

12:21:06 From Lynn Marie : My ex expected me to pay all the bills and I made the least amount of money working.. so crazy

12:21:49 From Kathy : Lynn, I am sorry that was your experience. :(

12:23:32 From Loes Tam : It was abusive, Lynn, but perhaps he told you that you should submit to him as your "head"?

12:25:06 From Loes Tam : Is this part of your teaching on empowering women, Dr Debra?

12:28:22 From Kathy : But, the whole field of "battered" women (the older term) is VERY new...in my life time! That REALLY puts it all in perspective! I think part of the reason the church is behind 40 years.... part of the reason the court system is still learning about CC/DV.

12:28:46 From Patricia Cleveland : Patricia Cleveland from PA (returning)

12:29:13 From Loes Tam : So true Kathy...

12:32:51 From Zoom user : Do we need to put in when we return? My phone went out for a minute or so.

If so Eden Mast, Nappanee, In.

12:33:41 From Liz Loeschner : What steps might you take as the group provider if someone does not take responsibility for a tactic (especially potentially deadly tactics like stabbing in the back with a knife)?

12:34:00 From Zoom user : @Dr. Debra

I'm curious why you said you don't necessarily teach what healthy relationships look like in men groups?

12:36:33 From Loes Tam : For many women the pastor is their final authority

12:46:54 From Kathy : Church partnership - <https://www.calledtopeace.org/who-we-help/churches/>

12:47:31 From Loes Tam : Thanks Kathy for providing the link..

12:48:20 From Patricia Cleveland : Are clergy exempt from mandatory reporting? Is it different for priests than minister? If any know.

12:49:47 From Kathy : If someone is requesting an advocate - <https://docs.google.com/forms/d/e/1FAIpQLScapldcJrKZ3kFIF4gAjZcKJySCQ4Nih-lFofz5cSfK9I-rgw/viewform>

12:50:24 From Kathy : Scroll down to join a support group or other quick links... <https://www.calledtopeace.org/who-we-help/churches/>

12:50:28 From Patricia Cleveland : thanks

12:55:48 From Kathy : <https://dcj.colorado.gov/boards-commissions/domestic-violence-offender-management-board> (DVOMB)

12:58:05 From Kathy : Thanks for all the excellent handouts! :)

13:01:05 From Loes Tam : Some females have "forgotten" their abuse in their childhood until one day they begin to remember it...

13:05:07 From Linda Hart : I never realized how much my childhood abuse affected my life and my decisions. It just seemed normal. Not.

13:05:50 From Kathy : I think this is the link...
<https://cdpsdocs.state.co.us/dcj/DCJ%20External%20Website/DVOMB/Standards/DVOMB%20Standards.pdf>

13:06:22 From Linda Hart : Thanks for the links!

13:06:41 From Kathy : You are welcome! :)

13:07:18 From Loes Tam : Thanks Linda for sharing that.. I trust that you have been able to move forward even after recognising how much your childhood had affected you...

13:08:03 From Linda Hart : Yes Loes, thanks to God getting hold of me and kindness of a real loving church.

13:10:53 From Lynn Marie : Yeah a lot to take in for sure but I appreciate everyone comments.

13:12:37 From Kathy : <https://www.amazon.com/Unclenching-Our-Fists-Abusive-Nonviolence/dp/0826519423>

13:13:03 From Kathy : **Unclenching Our Fists: Abusive Men on the Journey to Nonviolence**
Paperback – August 8, 2013
by Sara Elinoff Acker

13:15:03 From Lynn Marie : see everyone next week..

13:18:29 From Linda Hart : Good question Dana. I wonder if volunteers could carry out some followup to get a little bit of data to see if further work is needed.
or warranted.