Video Replay: https://vimeo.com/875311839/d06f55b1ad?share=copy

–	
11:27:43	From rose : Rose in GA
11:27:58	From Beth Burke : Beth Burke in Burlington
11:28:05	From Jessica Devaney : Jessica Oil City, PA
11:28:14	From Pam Roork : Pam Roork, Sylvania OHIO
11:28:14	From John : John stonehocker Oklahoma
11:28:18	From Shannon Mullen : Shannon Mullen, Jamestown NY
11:28:26	From Sheri Faber (Millenbaugh) : Sheri Millenbaugh (Faber)
11:28:26	From Tara, Idaho : Tara, Idaho
11:28:34	From Kendra: Joy - who are you referencing?
11:28:44	From Tynetta: Tynetta Chastain from St. Louis. Hello!
11:28:56	From Priscilla : Priscilla in Nanaimo, Canada
11:29:20	From Laurie Tims : Laurie Tims, Iowa
11:29:20 Oregon	From Chelsea Leonard : Hey good morning everyone Chelsea Leonard Sweet Home,
11:29:24 this?	From Tara, Idaho: Who was your professor when you were in seminary who also taught
11:29:27	From Becky MacDonald : Becky MacDonald - Bradenton, FL
11:29:48	From Rochelle Walters Juola : Rochelle Walters from Byrdstown TN
11:30:08	From Cheri : Cheri Dara from Peachtree City, GA
11:30:14	From Joy P : Joy Parks Great Falls, SC
11:30:32	From Julie : Julie Burns, TX
11:30:33	From Chris Yoder's iPad : Chris Yoder Goshen IN
11:30:40	From Carrie : Carrie foldberg Williamsburg VA
11:31:14	From Ann : Ann Lawrence Roxboro, NC
11:31:28	From Marjorie Lea : Marjorie Lea in Texas
11:31:30	From Erica : Erica in Wichita KS
11:31:31	From Becki Johnson : Becki Johnson New York
11:31:39	From Reenie Brown : Reenie Brown from Waxhaw, NC

11:31:43	From Rachel Tomazin : Rachel Tomazin - Columbus GA
11:31:44	From Judy Caracheo : Judy Caracheo in Tx
11:31:56	From Breanna Perez Osborne : Bre Perez Osborne Lakeville MN
11:31:57	From Nicole Toyne : Good morning from scorching, sunny California ~ Nicole Toyne
11:32:27 reception in N	From Kendra: Wish I could come! It's the weekend of our son & daughter-in-law's AI.
11:32:27	From Carrie: Can't sit to see you at CCEF Joy!! Im totally coming to your room:)
11:32:32	From lauriefitzgerald: I'm going to be on-line for that!
11:32:41	From Carrie : And brooke :)
11:32:41	From Nancy Kantsios : Hello from Nancy Kantsios from Virginia
11:32:43	From Brenda Carpenter : Brenda Carpenter, California
11:33:02 to hear all of y	From Kendra: Why wouldn't they schedule you all at different time slots? I would want you also!
11:33:35	From Kendra: Reacted to "Can't sit to see you" with 💙
11.22.26	From KANALLA . Lein CTDM for Demostic Violence Assertance Month
11:33:36	From KAMILLA: Join CTPM for Domestic Violence Awareness Month -
	calledtopeace.org/events/domestic-violence-awareness-month/
https://www. Attend and in	calledtopeace.org/events/domestic-violence-awareness-month/ vite others to our VIRTUAL Domestic Violence Awareness Candlelight Vigil, Honoring
https://www. Attend and in	calledtopeace.org/events/domestic-violence-awareness-month/
https://www. Attend and in Survivors of D	calledtopeace.org/events/domestic-violence-awareness-month/ vite others to our VIRTUAL Domestic Violence Awareness Candlelight Vigil, Honoring
Attend and in Survivors of D 11:33:39	vite others to our VIRTUAL Domestic Violence Awareness Candlelight Vigil, Honoring comestic Abuse event on October 26, 2023, at 8 p.m. From Kendra: Reacted to "I'm going to be on-I" with From Brooke Eggen, CTPM Advocate Coordinator: Donation Link:
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https://www.dattend and in Survivors of D 11:33:39 11:33:51 https://interla 11:33:57 11:34:08 11:34:14 11:34:27 11:34:30 11:34:41 11:34:44	vite others to our VIRTUAL Domestic Violence Awareness Candlelight Vigil, Honoring Iomestic Abuse event on October 26, 2023, at 8 p.m. From Kendra: Reacted to "I'm going to be on-l" with From Brooke Eggen, CTPM Advocate Coordinator: Donation Link: and3.donorperfect.net/weblink/WebLink.aspx?name=E352302&id=76 From Kendra: Reacted to "And brooke:)" with From Kendra: Reacted to "Join CTPM for Domest" with From Amy Paquette: Amy Paquette Albuquerque NM From Kendra: This month is flying! From Suzanne Jones: Suzanne from Pitt, hey! From Kendra: Removed a reaction from "Join CTPM for Domest"
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11:34:52	From Jen Mellor : Jen Mellor, Mt Pleasant SC		
11:34:54	From C Joston : C. Joston Naples Fl		
11:35:00	From Jolene Underwood : Jolene Underwood, Ellicott City, MD		
11:35:00	From Kendra: Reacted to "Attend and invite ot" with 💙		
11:35:16	From Kendra : Kendra from Ohio.		
11:35:24	From Audrey Whitaker : Audrey whitaker ks		
11:35:37	From KAMILLA: 2024 He Makes All Things New Women's Retreat – May 2-5 in Lake		
<mark>Junaluska, No</mark>	rth Carolina. Our theme is BELOVED! God calls us "His Beloved." He delights in us and		
invites us to know His deep, life-changing love!			

Join Called to Peace Ministries (along with Chris Moles, Elyse Fitzpatrick, Darby Strickland, Renee Best and more) for an extended weekend and discover just how powerful it is to know our great God's love. We invite you to rest with us as we seek to unbind the lies, fear, and anxiety that past experiences of abuse have implanted into our hearts, and walk into the freedom and peace that come from the intimate knowledge of His love.

Early bird registration will end on November 8, 2023. Don't delay!!

Learn more and register here:

https://www.calledtopeace.org/survivor-healing-retreat/?mibextid=Zxz2cZ

11:35:43	From Marjorie Lea : When time is mentioned, please put what time zone - Vigil
11:35:44	From holly a : Holly albao from Temecula ca
11:36:05	From Dr. Debra: NC Capitol October 22, 1:30 p.m. Jesse's Law Rally.
11:36:06	From peggybarrett : Peggy Barrett, Durham, NC!
11:36:12	From Ladonna : Ladonna Hafen, Whitefish Montana
11:36:13	From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Attend and invite ot"
Eastern Time Zo	ne

11:36:27	From Porscha Green: Hello Everyone! Porscha in NC
11:36:33	From Kendra: Reacted to "NC Capitol October 2" with 💜
11:36:36	From Jessica Evans : Jessica, Columbus, OH
11:36:44	From Kendra: Reacted to "2024 He Makes All Th" with 💙
11:36:48	From Tara, Idaho : Tara, Idaho
11:37:50	From KAMILLA: Reacted to "NC Capitol October 2" with

11:38:13	From Vanessa Satterfield : Vanessa Satterfield - North Carolina
11:38:21	From yuklinling: Y Ling NY
11:38:24	From Chief: Gerry Bissell (aka Chief) Indpls IN
11:38:36	From Chelsea Leonard: I am living parental alienation so how is it not a thing?
11:38:44	From Christy Estelle : Christy Estelle, Jacksonville, NC
11:38:48	From Carrie : Reacted to "Why wouldn't they sc" with
11:38:50	From Katharine : Katharine from Denmark
11:41:06 all caps and thei important quest	From KAMILLA: REMINDER: If you have a question in the chat, please put QUESTION in proceed with your question. This makes it easier for our team to catch those allions!!
•	N is not answered, remember that the team will go back thru the chats and catch any estions before the replay is sent later this week.
11:41:26	From Helenmary: Good Morning from Helenmary in Virginia.
11:41:36	From Kendra: Reacted to "REMINDER: If you ha" with 💙
11:42:06	From cindymorris : Cindy Morris, Franklinton (Raleigh), NC
11:42:41	From Chelsea Leonard : Thank you for clearing that up for me Debra that makes sense.
11:42:50 take some time recording.	From Kendra: Remember to take good care of yourself - if you are feeling triggered, to step away, take deep breaths, stretch, etc. You can come back and watch the
11:44:01	From Maryann : Maryann from Franklin, TN
11:45:03	From Joy Forrest : Reacted to "Remember to take goo" with
11:45:10	From Lynn MN iPhone : Lynn A. MN via iphone
11:45:14	From Karyn Russo : Good Morning! Karyn Russo NY
11:46:19	From KAMILLA: Dr. Debra Wingfield Eyes Wide Open https://tinyurl.com/37wb53z4
11:47:24	From Becki Johnson: Reacted to "Thank you for cleari" with
11:47:28	From Keri Drowatzky : Keri Drowatzky in attendance. From Bartlesville OK
11:47:37 dating my now h	From Audrey Whitaker: that legit happened to me with the adultery claim when I was nusband!! and pointing out that I shouldn't divorce and showing them verses.
11:48:18	From Joy Forrest : Reacted to "that legit happened" with 🙄

11:48:25 From Becki Johnson : Reacted to "that legit happened ..." with 😟

11:48:33	From Jessica Evans: Reacted to "that legit happened" with 😩

11:49:31 From Becki Johnson: If one parent wants the children to get therapy and the other one insists that they don't, how can the judges not see that the resistant parent is trying to hide something?

11:50:49 From Joy Forrest: Replying to "If one parent wants ..."

Good question, and yet it happens all the time. Sometimes they advocate for a different therapist—one they can influence.

11:52:26 From yuklinling: My lawyer allowed my order to be changed to mutual after I had obtained it on my own,,

11:52:26 From Kendra: REMINDER: 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!!

If we do not get to answer your QUESTION during the live class, remember that Dr. Debra will annotate the chat, and you can read her response when she posts the links.

11:53:12 From Julie: Quit jobs to take lesser paying jobs to reduce financial obligations!
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11:53:20 From michala : or have extremally expensive lawyers

11:54:00 From Joy Forrest: Reacted to "Quit jobs to take le..." with

11:54:08 From Joy Forrest : Replying to "Quit jobs to take le..."

Mine did that!

11:54:16	From Joy Forrest: Reacted to "or have extremally e" with
11.04.10	TIVIII JUVI VITESL. NEACLEU LU - VI HAVE EXLIEINATIVE WILLI 📙

11:54:48 From Judy Croutch Beachy: Judy Beachy, Nappanee, IN

11:55:23 From m m : moni m NC

11:56:30 From Chelsea Leonard : Replying to "Quit jobs to take le..."

Yep that what mine did

11:56:37 Fr	om Jov Fo	orrest : Reacte	d to "Yep '	that what mine d	" with	60
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11:56:54 From Helenmary: Q: Could a church be held LIABLE for costing a woman those kind of

\$\$ losses?

11:57:00 From Tracy: In it myself right now. He hides assets, takes kids on expensive vacations, buys them lots of gifts and I am trying to keep my electric on and maintain counsel

11:57:25 From Jessica Evans : Replying to "If one parent wants ..."

Its important for decision making for medical and therapy and how to handle it to be outlined in the orders.

11:57:49 From KAMILLA: Dr. Debra's email: faith.advocacy8@gmail.com

11:57:52 From Becki Johnson: Replying to "Quit jobs to take le..."

mine threatened to quit working on the books if I went for an increase in child support when he got a high paying job. Instead of giving me more money, he paid for stuff for the kids, which made him the hero and kept us living in poverty

11:58:01	From	Jessica Evans	: Reacted to	"In it m	vself right n	." with	
11.00.01	110111	Jessica Evalis	. Neacted to	1111111111	.V3CII	. •	-

11:58:09 From Kendra: Reacted to "In it myself right n..." with 😧

11:58:12 From Ann West: Ann West from Charlotte, NC signing in late, Sorry! I have a plumber at the house today and may be in and out.

11:58:15 From Becki Johnson : Reacted to "In it myself right n..." with 😩

11:58:18 From Jessica Evans: When you disadvantage mom, you hurt the kids!

11:58:31 From michala: QUESTION- the state does go after the father for child support if the mother obtains social services like food and medical, is that beneficial or more harmful?

11:59:16 From Carrie: Reacted to "In it myself right n..." with

12:00:24 From Joy Forrest : Replying to "Q: Could a church b..."

Good question. Most victims don't have the resources to pursue a lawsuit, and if they did I can imagine how many church members might react.

12:01:24 From Joy Forrest : Reacted to "In it myself right n..." with 😞

12:01:54 From Amy : Amy (Montana)

12:03:21 From Joy Forrest: Reacted to "When you disadvantag..." with

12:05:02 From michala: they do go after

12:05:23 From Joy Forrest: Reacted to "they do go after" with

12:05:25 From Christine Felser : Christine Felser King of Prussia, PA

12:05:27 From Jolene Underwood: Years ago they did and I could only get pass through as a reduced amount. The support went to the state

12:05:38 From Helenmary: Reacted to "Mine did that!" with

12:05:49 From Helenmary: Reacted to "Quit jobs to take ..." with

12:05:54 From Kendra: Replying to "Q: Could a church b..."

That's too bad, as they were culpable in the outcome. If they were acting in integrity, you would think they would do all that they could to make the situation right, to the best of their ability.

12:05:57 From Becki Johnson: In NY they ask if there is domestic violence, and if their going after him will put you or the children at risk, they hold off.

12:06:13	From Joy Forrest : Reacted to "Years ago they did a" with 😕
12:07:05	From Joy Forrest: Replying to "Q: Could a church b"
The church here	e that did that learned from it and did a lot to help this woman financially afterwards.
12:07:17	From Kendra : Reacted to "The church here that" with 💙
12:07:36	From Jessica Evans: When you get to the website provided on the slide, you are looking
for the link that	say The Slippery Weasel Co- Parent (Litigation Abuse).
12:07:39	From Joy Forrest: Reacted to "In NY they ask if th" with
12:08:35	From Becki Johnson : Reacted to "The church here that" with 💙
12:08:50	From iPhoneTina Lawson : Tina here from
FL 🧶 RIDAam	at work & was on a walk w' my lady & forgot to sign in.
12:09:13	From Jessica Evans : Replying to "When you get to the"
https://www.hc	puseofpeacepubs.com/ipv_assess.htm
12:09:48	From KAMILLA : GAL - Guardian ad Litem
12:10:10	From Tara, Idaho : Tara, Idaho. Sorry, on my iPhone and keep getting kicked off. 🙄
12:12:02 abusive to the o	From michala: heard a judge this week tell a mom "you havent allowed him to be thild so he deserves time" even with an active dvpo in place
12:12:08 Africa	From Infinix SMART 6: Sorry, I'm connected via phone, I am Peter from Tanzania, East
12:12:44	From Joy Forrest : Reacted to "Sorry, I'm connected" with
12:13:09	From Joy Forrest : Reacted to "heard a judge this w" with 😟
12:13:21	From Pam Roork: QUESTION: What does GAL stand for?
12:13:34	From KAMILLA: GAL - Guardian ad Litem
· ·	From Kendra: Since Tabi isn't here to remind us to breathe - Remember to take good - if you are feeling triggered, take some time to step away, take deep breaths, stretch, me back and watch the recording.
12:14:05 with (From Brooke Eggen, CTPM Advocate Coordinator: Reacted to "Since Tabi isn't her"
12:14:06	From Jessica Evans : Reacted to "Since Tabi isn't her" with
12:14:14	From Joy Forrest : Reacted to "Since Tabi isn't her" with
12:14:17	From Infinix SMART 6: Reacted to "Sorry, I'm connected" with

12:14:23 From Kendra: Reacted to "Sorry, I'm connected..." with

12:14:40 From Ann West: Replying to "Since Tabi isn't her..."

Thank you Kendra, this is maddening!

12:14:45 From KAMILLA: Dr. Debra Wingfield Eyes Wide Open https://tinyurl.com/37wb53z4

12:14:50 From Amy: The GAL in my situation has only talked with my stbx. He has harmed my son with his one-sided history.

12:14:52 From Jessica Evans: When you get to the website https://www.houseofpeacepubs.com/ipv_assess.htm, the link you're looking for for this checklist is The Lying Rat Co-Parent (Using Court-Appointed Professionals).

12:15:05 From Porscha Green: I recently heard someone say that their GAL was an attorney (not practicing the same law but trained as a GAL)

12:15:18 From Shannon Mullen: I really wish I could take this whole slideshow right into court to teach everyone! I don't know if this could possibly be any more accurate.

12:15:21 From Brooke Eggen, CTPM Advocate Coordinator: Replying to "I recently heard som..."

My GAL was a lawyer

12:15:36 From Porscha Green: Reacted to "My GAL was a lawyer" with 💍

12:16:04 From Porscha Green: Replying to "I recently heard som..."

That's a first of me hearing this. She was in Ohio

12:17:23 From Kendra: Replying to "Sorry, I'm connected..."

Thanks, Peter - I renamed your participant label.

12:17:52 From Kendra: Reacted to "I really wish I coul..." with 💙

12:18:38 From Brooke Eggen, CTPM Advocate Coordinator: Ask questions from a place of

curiosity

12:18:39 From Laurie Tims: Laurie Tims, Iowa, joining from computer now instead of phone

12:19:58 From Amy: Question: How do you recommend working with a therapist when the children have been away from abuser parent so long that they have forgotten the abuse for the most part or even are drawn to the parent because of the "good times." In other words, the children don't see the danger/risk.

12:20:08 From Becki Johnson: Reacted to "I really wish I coul..." with 💙

12:21:39 From Kendra: Or benefits/bribes to the child - a teenager who is promised a trip or a

gaming system that the safe parent couldn't afford or wouldn't approve of.

12:22:06 From Amy: Reacted to "Or benefits/bribes t..." with

- 12:22:58 From Tracy: The dad has been conditioning the child all their life that mom is always the problem, so if he says anything the child believes the dad
- 12:23:41 From rose: QUESTION; WHERE CAN WE FING "LAUREN & ELIZABETH INTERVIEW"?
- 12:23:53 From rose : =FIND
- 12:24:22 From Audrey Whitaker : Replying to "=FIND"

should be q&a recording from last month

- 12:24:42 From rose: Reacted to "=FIND" with
- 12:24:59 From Helenmary: Reacted to "QUESTION; WHERE CA..." with
- 12:25:06 From Helenmary: Reacted to "should be q&a reco..." with 👍
- 12:25:41 From Laurie Tims: Right the behavior of the abuser REPELLS the children
- 12:25:41 From michala: QUESTION- how do we go about helping Kayden's law get put into place in our state? i just completed core training for dv and sa and our shelter is the largest in the state and they were unaware of it. Start by reaching out to Danielle Pollock https://www.daniellepollack.com/
- 12:26:33 From Tracy: QUESTION FOR THERAPIST ARE THEY A CHRISTIAN IS SO IMPORTANT Sometimes therapists who are Christian are uneducated about coercive control. This is why Joy, Tabitha, Chris Moles, and Greg Wilson are going to CCEF to educate this group.
- 12:26:59 From Audrey Whitaker: I think it's so important for the mother if possible give her children good healthy community, through a safe church, friends. school etc, to present something contrary to the abuser and his tactics, so they know, this isn't just mom vs dad. and if you can get them to a good therapist too of course.
- 12:27:36 From Jessica Gallina: Reacted to "I think it's so impo..." with
- 12:27:50 From Joy Forrest: Reacted to "I think it's so impo..." with 👍
- 12:29:39 From Marjorie Lea: Reacted to "heard a judge this w..." with 🔐
- 12:32:02 From Marjorie Lea: Reacted to "Ask questions from a..." with 👍
- 12:34:14 From C Joston: When I was preparing to leave I signed my kids up for Preventative Education classes with the local DV Shelter. They did not address the past, as with therapy, but rather educated them about how to stay safe. I assumed we'd end up 50/50 at the time. The staff recognized we were a high lethality case during these visits and we sheltered shortly after. I highly encourage survivors to see what their local DV Shelter offers, especially when the abuser is making it difficult to get the kids in therapy.
- 12:35:23 From Audrey Whitaker: Reacted to "When I was preparing..." with 👍
- 12:35:30 From Joy Forrest : Reacted to "When I was preparing..." with 💙
- 12:36:19 From Kendra: Reacted to "When I was preparing..." with 💙

12:36:27 From mm: if they owe in other states, the older kids get first, so it may look like ur going to get something but never really do, especially if they work for cash/ off the books 12:36:46 From Joy Forrest: Reacted to "if they owe in other..." with 🙄 12:37:00 From KAMILLA: Questions to ask therapists (from last month's class): https://www.houseofpeacepubs.com/Advocacy%20Courses/documents/KeyQuestionstoasktherapists.p df 12:37:04 From Audrey Whitaker: can we share the wheel?? 12:37:15 From Julie: Our agency does offer counseling for kids. And there is Camp Hope, which is an outstanding camp experience for kids. Camp Hope America. Part of the Alliance for Hope International. 12:37:27 From Joy Forrest: Reacted to "Our agency does offe..." with 12:39:15 From Jessica Evans: Replying to "can we share the whe..." Yes, this is a tool you can share. 12:41:28 From Joy Forrest: Replying to "Our agency does offe..." That's a great resource, Julie. 12:43:03 From Laurie Tims: 9th grade behavioral science class - the teacher said it's so hard to prove emotional and verbal abuse. It was discouraging as I recognized that that was the majority of what we experienced. Though it was also physical. 12:43:27 From Joy Forrest: Reacted to "9th grade behavioral..." with 😞 12:44:31 From Amy: Reacted to "Our agency does offe..." with 12:44:42 From Audrey Whitaker: can we share on social media?? 12:44:44 From Ladonna: Texas council on family violence 12:45:12 From Ladonna: They made the wheel 1 12:45:20 From Brooke Eggen, CTPM Advocate Coordinator: Here's the link: http://dfvbenchbook.aija.org.au/dvbb/docs/Ptacek-Judical-responses-that-entrap.pdf 12:46:29 From yuklinling: 72 degrees? 12:46:48 From Audrey Whitaker: Replying to "72 degrees?" stable 12:47:18 From Kendra: Replying to "72 degrees?" unruffled; not "hot under the collar" or sobbing 12:47:37 From Joy Forrest: Replying to "72 degrees?"

Not too emotional

12:48:32	From Becki Johnson: Reacted to "9th grade behavioral" with 😟	
12:49:43 to receive affirm	From Julie: I so appreciated your teaching earlier that the court is not the place for her nation for all her sufferingwe are. That is very clarifying!	
12:49:55 with ♥	From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "I so appreciated you"	
•	From rose: when I told judge he would tell be after raging "you don't know how I bu" with his same evil inflection it worked against me. So my aty didn't coach me at all / er on the stand. It would be better if I had calmly stated the words of the X.	
12:50:20 in.	From Jessica Evans: This is where all the grounding, calming, breathing strategies come	
12:50:22	From Joy Forrest : Reacted to "I so appreciated you" with	
12:50:25 with	From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "This is where all th"	
12:50:32	From rose : Reacted to "This is where all th" with	
12:50:41	From Becki Johnson : Reacted to "This is where all th" with	
12:50:46	From Audrey Whitaker : Replying to "I so appreciated you"	
it's so hard, you just want the truth out and to be seen. but court is game time		
12:50:54	From Joy Forrest : Reacted to "it's so hard, you ju" with	
12:51:01	From Becki Johnson : Reacted to "it's so hard, you ju" with 👍	
12:51:06	From Joy Forrest : Reacted to "when I told judge he" with 😳	
12:51:15 From Kendra: In a recent class, Tabi mentioned taking the shake-to-activate hand warmers and putting in your pockets/under bra straps for warmth, if you tend toward the "freeze" response.		
12:51:56	From Kendra: Reacted to "This is where all th" with 💙	
12:52:07	From Kendra : Reacted to "I so appreciated you" with 💙	
12:52:51	From KAMILLA: Chart for documenting behaviors/impacts:	
https://www.houseofpeacepubs.com/Advocacy%20Courses/documents/Timelineexample.docx		

From Jessica Evans: You can look back at the Trauma course webpage to find some 12:52:56 helpful grounding/calming strategies...

https://www.houseofpeacepubs.com/Advocacy%20Courses/images/5-4-3-2-1GroundingTechnique.jpg

From Tina Lawson 😊: I believe Some Emotion is good ... I seemed to be "To together" 12:52:59 then it comes across as hard hearted.

Looking forward & not at the abuser w' Feet 🔝 🚅 flat on the floor & palms 🤲 up & flat on my lap & **Breathing HELPS so much!**

My Attorney wrote on notebook & said IF I needed a break that she'd call for a RR break.

12:53:10 From Jessica Evans: Replying to "You can look back at..."

https://www.houseofpeacepubs.com/Advocacy%20Courses/documents/Fingerhold-Practice-for-Managing-Emotions-Stress-Final.pdf

12:53:26 From Laurie Tims: Replying to "when I told judge he..."

my dad would tell me, while angry at me, "Someday, someone might be so angry at you that they will want to kill you!"

12:53:34	From Tina Lawson 😊 : Replying to "You can look back at"	
Thank you		
12:53:38	From Jessica Evans : Reacted to "Thank you" with 👍	
12:53:47	From Becki Johnson : Reacted to "my dad would tell me" with 😟	
12:53:47	From Joy Forrest : Reacted to "my dad would tell me" with 😞	
12:53:59	From Tina Lawson 😊 : Reacted to "my dad would tell me" with 🙄	
12:54:11	From Jessica Evans : Replying to "I believe Some Emoti"	
Yes, balance! Somewhere in between.		
12:54:11	From Becki Johnson : Reacted to "I believe Some Emoti" with 👍	
12:54:35	From Joy Forrest : Reacted to "Yes, balance! Somewh" with 👍	
12:54:37	From Tina Lawson 😊 : Replying to "when I told judge he"	
@Laurie Tims had to be so scary ② how sad ᢒ sorry		
12:55:21	From Amy : Reacted to "my dad would tell me" with 😳	

12:56:11

From Laurie Tims: Reacted to "@Laurie Tims had to ..." with

12:57:09 From Julie: Right about now, I am thanking God for the family court and its judge in our county. yikes!

From Laurie Tims: Replying to "when I told judge he..." 12:57:18

yes, and it also sounded dumb to me as a teenager. I've processed it more as an adult and just the realization that he was trying to hurt and control me with these statements. He also, and I have this written in my journal, told me that he could break my bones if he wanted to because I was his daughter. Terrible!

12:57:22 From Joy Forrest: Reacted to "Right about now, I a..." with 💙

12:57:42 From Jessica Evans: Reacted to "Right about now, I a..." with 🤎

12:57:48 From Audrey Whitaker: my ex had to go do some Anger management until a counselor released him. The case manager/mediator considered Celebrate Recovery good enough, such a joke. I don't think there was any actual accountability, just him telling his victim story and then getting himself on security duty because of his hero/victim mentality.

12:58:35 From Joy Forrest: Reacted to "my ex had to go do s..." with 🙄

12:59:07 From yuklinling: My judge was known as a misogynist in my county

12:59:22 From Laurie Tims: Reacted to "My judge was known a..." with 🙄

12:59:41 From Kendra: Again:

Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

12:59:54 From Jessica Evans : Reacted to "Again:

Remember to t..." with

13:00:01 From Marjorie Lea: Reacted to "yes, and it also sou..." with 😧

13:00:14 From Audrey Whitaker: Replying to "Again:

Remember to t..."

it's bringing up our personal experiences for sure :)

13:00:35 From Jessica Evans : Reacted to "it's bringing up our..." with 😞

13:01:03 From Jessica Evans: When you get to the website

https://www.houseofpeacepubs.com/ipv_assess.htm, the link you're looking for for this checklist is The Charging Rhinoceros Co-Parent (Using Family Court Judges).

13:01:14 From Becki Johnson: I was told that the judges would only give a protective order if there was an incident that was dangerous and recent. This was over 20 years ago, might be better now.

13:01:20 From Kendra: Replying to "Again:

Remember to t..."

I post this again whenever my heart starts to ache at hearing these examples. I know they represent real people and families.

13:10:18 From Ladonna: How would you help a survivor avoid a GAL when the ex requests one because he found one aligned with him?

13:10:36 From Amy: Reacted to "How would you help a..." with 199

13:11:04 From Ladonna : Replying to "How would you help a..."

Woops...forgot to write QUESTION:

13:11:38 From Julie: QUESTION: What is "Child Support Enforcement"?

13:12:00 From yuklinling: I can hear Joy

13:12:01 From Audrey Whitaker: we can hear you joy

13:12:01 From Ladonna: You are good on this side

13:12:03 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "QUESTION: What is

"..."

The agency that supports the parent getting child support

13:12:03 From Marjorie Lea: I hear Joy

13:12:03 From Kendra: I can hear you

13:12:04 From Amy: We hear you Joy

13:12:06 From Audrey Whitaker: maybe Dr. Debra's

13:12:08 From Amy Paquette : Joy, I can hear you

13:12:11 From Tina Lawson \mathfrak{S} : I can hear Joy

13:12:13 From Hannah Lippert : I can hear Joy

13:12:24 From Helenmary: I can hear you.

13:12:31 From m m : joy is good

13:12:38 From yuklinling: We can all e=hear Joy'

13:12:40 From Hannah Lippert : Dr. Debra, we can hear Joy. 😜

13:12:52 From Carrie: Dr Debra we can hear joy!

13:13:40 From Kendra: Fathers, don't stir up anger in

your children, but bring them up

in the training and instruction of

the Lord. (Ephesians 6:4)

13:15:02 From rose: Also, in glory we will no longer be concerned with the evil that is perpetrated on this earth. Heaven will erase all the pain

13:15:09 From Kendra: Fathers, do not antagonize your

children, so that they will not

become discouraged.

(Colossians 3:21 NASB).

(Colossians 3:21	NASB).
13:15:15	From Helenmary : Reacted to "Also, in glory we" with 💚
13:15:17 he did	From mm: my daughter told him you leave me and my family alone and after that,
13:15:23	From Amy : Reacted to "Also, in glory we wi" with 🍅
13:15:23	From Becki Johnson : Reacted to "Also, in glory we wi" with 💙
13:15:36	From Helenmary: Reacted to "Fathers, do not an" with 💙
13:15:37	From yuklinling : God will redeem !
13:15:43	From Brooke Eggen, CTPM Advocate Coordinator : Replying to "God will redeem !"
Yes!!	
13:15:44	From Kendra: Reacted to "God will redeem!" with ♥
13:15:52	From Jessica Evans: Thank you, Joy. Ending on hope!
13:16:18	From rose : Reacted to "God will redeem !" with 💙
13:16:26	From yuklinling : Thank you
13:16:27	From Kendra: Reacted to "Thank you, Joy. Endi" with 💙
13:16:28	From Christy Estelle : Thanks!
13:16:30	From rose : Reacted to "Also, in glory we wi" with 🏀
13:16:31	From rose : Reacted to "Also, in glory we wi" with 💙
13:16:33	From Tracy: You guys need a signal to eachother
13:16:34	From rose : Removed a 💙 reaction from "Also, in glory we wi"
13:16:39	From rose : Removed a 🎨 reaction from "Also, in glory we wi"
13:16:41	From Jessica Evans : God be with you both!
13:16:44	From Helenmary: Thank you all! Have a good week.
13:16:44	From Marjorie Lea : Whiteboard