

Video replay: <https://vimeo.com/882200446/d3eb25f259?share=copy>

11:20:23 From JoAnna S. to Everyone:

JoAnna Schultz, Murrieta Ca

11:23:47 From Nicole Toyne to Everyone:

Good morning Nicole Toyne, CA

11:27:09 From rose to Everyone:

Rose in GA

11:27:37 From Jessica Devaney to Everyone:

Jessica Oil City PA

11:27:53 From Tara, Idaho to Everyone:

Tara, Idaho 🙌

11:28:46 From Angi Beery to Everyone:

Angi Beery, Goshen, Indiana

11:28:53 From Pam Rook to Everyone:

Pam Rook, Sylvania Ohio

11:28:58 From Jessica Evans to Everyone:

Jessica, Columbus OH

11:29:06 From Sheri Faber (Millenbaugh) to Everyone:

Sheri Faber Millenbaugh Ohio

11:29:23 From Keri Drowatzky to Everyone:

Keri Drowatzky in Bartlesville OK

11:29:35 From Joy P to Everyone:

Y'all are amazing. Thank you for blessing us.

11:29:41 From rose to Everyone:

Rose in GA (signing in again after Record began)

11:29:42 From Cathy Simmons Sage to Everyone:

cathy sage White River Jct, VT

11:29:45 From Carrie to Everyone:

Carrie Foldberg Williamsburg va

11:29:46 From Joy P to Everyone:

Joy Parks Great Falls, SC

11:29:49 From Audrey Whitaker to Everyone:

Audrey Whitaker hutch ks

11:29:51 From Brenda Carpenter to Everyone:

Brenda Carpenter, California

11:30:00 From Shannon Mullen to Everyone:

Shannon Mullen, Jamestown NY

11:30:00 From Laurie Tims to Everyone:

Laurie Tims, Iowa

11:30:08 From Ann to Everyone:

Hello from Harkers Island. Ann Lawrence

11:30:36 From Jolene Underwood to Everyone:

Jolene Underwood, Ellicott City, MD

11:30:43 From Amy Paquette to Everyone:

Amy Paquette Albuquerque, NM

11:30:52 From Marjorie Lea to Everyone:

Marjorie Lea in Texas

11:30:56 From Tina to Everyone:

Tina Propes, Campbellsville, KY

11:31:07 From Carol Michaels to Everyone:

Carol from Colorado

11:31:12 From Tynetta to Everyone:

Tynetta Chastain from St. Louis here.

11:31:13 From Hannah Lippert to Everyone:

Hannah Lippert, Stilesville, IN

11:31:24 From Deborah Stahl Waters to Everyone:

Good Morning,

Deborah Stahl Waters - GA

11:31:45 From John to Everyone:

John Stonehocker in Oklahoma

11:31:49 From Karyn Russo to Everyone:

Good Morning! Karyn Russo NY

11:31:57 From Kamilla to Everyone:

Dr. Debra's email: faith.advocacy8@gmail.com

11:32:00 From Becki Johnson to Everyone:

Becki Johnson New York state

11:32:04 From Ladonna to Everyone:

Ladonna Hafen Whitefish, MT

11:32:10 From Tyne to Everyone:

Tyne Heenan, Saskatchewan, Canada

11:32:15 From Priscilla to Everyone:

Hi, Priscilla from Nanaimo, Canada

11:32:18 From Vanessa Satterfield to Everyone:

Vanessa Satterfield - North Carolina

11:32:21 From DeniseS to Everyone:

Denise is present, traveling

11:32:21 From Brenda Carpenter to Everyone:

Brenda Carpenter, California

11:32:23 From Kamilla to Everyone:

2024 He Makes All Things New Women's Retreat – May 2-5 in Lake Junaluska, North 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>

11:32:37 From Reenie Brown to Everyone:

Reenie Brown Waxhaw, NC

11:32:48 From Kendra to Everyone:

Kendra from Ohio

11:33:05 From Joy P to Everyone:

Reacted to "2024 He Makes All Th..." with 🥰

11:33:50 From Dolores (Dodie) Smith to Everyone:

Dodie, Wake Forest, NC

11:34:28 From Pam to Everyone:

Pam in TN

11:34:37 From Laurie Tims to Everyone:

QUESTION - who do people email if they need to change from the automatic payment selection - we have a client who needs to request a scholarship.

11:34:41 From Amy Henderson to Everyone:

Amy Henderson, Pickens, SC

11:34:52 From Samantha's iPad to Everyone:

Samantha McCorkle Knightstown indiana

11:35:09 From Suzanne Jones to Everyone:

Suzanne from Pittsburgh

11:35:09 From Kendra to Everyone:

Replying to "QUESTION - who do pe..."

info@calledtopeace.org for retreat questions and help

11:35:31 From Erica to Everyone:

Erica in Wichita KS

11:35:32 From Kamilla to Everyone:

Judith Lewis Herman – Trauma and Recovery <https://a.co/d/4uku4xr>

Judith Lewis Herman – Truth and Repair. <https://a.co/d/1FtZ9YH>

11:35:44 From Jessie Gogg to Everyone:

Jessie Gogg North Carolina

11:36:49 From Kendra to Everyone:

“With his mouth the godless man would destroy his neighbor [or child]...”

(Proverbs 11:9)

11:37:02 From Kendra to Everyone:

“They sharpen their tongues like swords and aim their bitter words like arrows.”

(Psalm 64:3)

11:37:14 From Kendra to Everyone:

“[By] sorrow of heart the spirit is crushed.” (Proverbs 15:13)

11:37:30 From Laurie Tims to Everyone:

so powerful.

11:37:31 From Julie to Everyone:

Julie Burns, Midlothian TX

11:37:36 From Kendra to Everyone:

“The human spirit can endure in sickness, but a crushed spirit who can bear?”

(Proverbs 18:14)

11:37:44 From Kamilla to Everyone:

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 your QUESTION has not yet been answered, remember that the team will go back thru the chats and respond to any unanswered questions before the replay is sent later this week.

11:37:48 From Porscha Green to Everyone:

Hello Everyone! Porscha in NC

11:37:53 From Tracy to Everyone:

Tracy of PA

11:38:06 From Helenmary to Everyone:

Hello! Helenmary from Virginia.

11:38:10 From cindymorris to Everyone:

Cindy Morris, Franklinton (Raleigh area), NC

11:38:31 From Rebecca noel to Everyone:

Hi. Rebecca Noel from Tulsa OK.

11:38:33 From Katharine to Everyone:

Katharine from dk


11:38:34 From Beth Burke to Everyone:

Beth, burlington

11:38:37 From Kamilla to Everyone:

ACE - Adverse Childhood Experiences

11:38:55 From Kendra to Everyone:

Reacted to "REMINDER: If you ha..." with 


11:39:34 From iPhoneTina Lawson to Everyone:

Tina, Vero Beach, FL  RIDA

11:39:54 From Laurie Tims to Everyone:

Reacted to "Use the faith.advoca..." with 

11:40:13 From Laurie Tims to Everyone:

Reacted to "Tina, Vero Beach, FL..." with 

11:40:16 From Kendra to Everyone:

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.

11:40:59 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Remember to take goo..."

You are the only you that you have!!

11:41:08 From iPhoneTina Lawson to Everyone:

Amen...Healing Is Available for Us   

11:41:15 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Amen...Healing Is Avai..." with 


11:41:20 From Kendra to Everyone:

Reacted to "2024 He Makes All Th..." with 


11:41:24 From Gabrielle's iPhone to Everyone:

C. Joston Naples FL

11:41:44 From iPhoneTina Lawson to Everyone:

Reacted to "Remember to take goo..." with 

11:43:09 From iPhoneTina Lawson to Everyone:

Reacted to "You are the only you..." with 

11:43:14 From Jessica Gallina to Everyone:

Jessica Gallina, Canton Ohio

11:43:22 From Porscha Green to Everyone:

Reacted to "Amen...Healing Is Avai..." with 

11:43:30 From Rochelle Walters to Everyone:

Rochelle Walters from Byrdstown TN

11:43:31 From Karyn Russo to Everyone:

Karyn Russo NY


11:44:21 From Chief to Everyone:

Gerry Bissell (aka Chief) Indpls IN

11:48:36 From Kim brown to Everyone:

whole body therapy is hard to find.

11:48:45 From cindymorris to Everyone:


Reacted to "whole body therapy i..." with 

11:49:16 From Dr. Debra to Everyone:

Replying to "whole body therapy i..."

Sometimes multiple providers have to be accessed.

11:49:41 From Kendra to Everyone:

Reacted to "You are the only you..." with 

11:49:55 From Kendra to Everyone:

Reacted to "Amen...Healing Is Avai..." with ❤️

11:50:26 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "whole body therapy i..."

While we work from a somatic perspective, I also partner with a local massage therapist who does trauma touch therapy. We also have referrals for acupuncture. Sometimes it does take a team!

11:50:40 From Kim brown to Everyone:

Hello Everyone! Porcha can you call me when you have a chance. Thanks inn advance!

11:51:05 From Audrey Whitaker to Everyone:

If you can find functional medicine practice, that can be helpful, they look at whole body, stress, sleep, nutrition lifestyle. Where I went even asked if I had past trauma.

11:51:53 From Kim brown to Everyone:

Reacted to "If you can find fu..." with 👍

11:53:00 From Kamilla to Everyone:

Replying to "Hello Everyone! Porc..."

Porscha Scheduling Link <https://go.oncehub.com/PorschaGreen1>

11:53:17 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Amen Brooke!

11:53:38 From Kendra to Everyone:

faith.advocacy8@gmail.com

11:53:51 From Kendra to Everyone:

Reacted to "Amen Brooke!" with ❤️

11:55:33 From Kendra to Everyone:

As a former foster parent, I can attest to the effects of fetal exposure to stress hormones on the developing baby.

11:55:39 From Porscha Green to Everyone:

Replying to "Hello Everyone! Porc..."

Thanks Kamilla. Kim, I just texted you.

11:55:53 From Kim brown to Everyone:

thanks

11:56:47 From Beth Burke to Everyone:

Replying to "As a former foster p..."

This makes me search my brain to remember my pregnancies, miscarriages, and the adult kids of those more stressful times that I was pregnant.

11:57:00 From Karyn Russo to Everyone:

Auditory Processing Disorder

11:57:02 From Kim brown to Everyone:

Reacted to "As a former foster..." with ❤️

11:57:47 From Keri Drowatzky to Everyone:

How many children are born Down Syndrome when there is abuse in the home? Curious.

11:58:33 From Christy Estelle to Everyone:

Christy Estelle NC

11:58:39 From Julie to Everyone:

Brooke, I am so sorry for your pain.

11:59:04 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Brooke, I am so sorr..."

Thank you.

11:59:09 From Keri Drowatzky to Everyone:

Thank you.

12:01:31 From Robin Kencel to Everyone:

Robin Kencel Greenwich CT

12:02:23 From Laurie Tims to Everyone:

I have felt a shaming that I couldn't just deal with my dad - like - if I were to cling onto the truth of Jesus, I could just ignore my dad's abuse. . . even as and adult - it's annoying. No one helped me see the real biblical solution of just staying away entirely.

12:02:50 From Amy Paquette to Everyone:

Reacted to "I have felt a shamin..." with 😬

12:03:01 From Carrie to Everyone:

Reacted to "I have felt a shamin..." with 😞

12:03:07 From Helenmary to Everyone:

Reacted to "I have felt a sham..." with ❤️

12:03:13 From Beth Burke to Everyone:

Replying to "I have felt a shamin..."

Thank you for helping so many of us see this through your transparency and testimony!

12:03:17 From Kamilla to Everyone:

Emma Katz – “Coercive Control in Children’s and Mothers’ Lives”

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

12:03:24 From Helenmary to Everyone:

Reacted to "I have felt a sham..." with 🙄

12:03:27 From Kim brown to Everyone:

when dealing with them from with to young adults we deal with them all. Churches do help with occupying the children yes PTSD and even Sexual Abuse Hypervigilent. Im dealing with all those with 4 kids. It can be done it takes me Lots of God Praying Talking. Call to Peace is Amazing to Help us and the kids. Thank you all!

12:04:00 From Karyn Russo to Everyone:

Wanted to add children with autism and other intellectual disorders are sometimes overlooked in having depression, anxiety, ptsd.

12:04:16 From Dr. Debra to Everyone:

Replying to "Wanted to add childr..."

Definitely

12:04:39 From Judy Beachy to Everyone:

Reacted to "As a former foster p..." with 🙄

12:05:02 From Judy Beachy to Everyone:

Reacted to "I have felt a shamin..." with ❤️

12:05:24 From Judy Beachy to Everyone:

Reacted to "Definitely" with 👍

12:05:29 From Judy Beachy to Everyone:

Reacted to "Wanted to add childr..." with 👍

12:08:54 From Kim brown to Everyone:

Keep them busy but make sure they know they do not need to follow mommy or daddy if they see this in your relationship ever. Dont stay! I love My church My husband has not seen the kids for 3 years or spoke to him. Its takes a Villiage....God,Church, Listen to them and there Feelings.

12:09:52 From Porscha Green to Everyone:

Also acknowledging their strengths brings them into more awareness of their capabilities

12:09:58 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Also acknowledging t..." with ❤️

12:10:13 From Porscha Green to Everyone:

Reacted to "Also acknowledging t..." with ❤️

12:10:14 From Porscha Green to Everyone:

Removed a ❤️ reaction from "Also acknowledging t..."

12:10:16 From Porscha Green to Everyone:

Reacted to "Also acknowledging t..." with ❤️

12:10:17 From Porscha Green to Everyone:

Removed a ❤️ reaction from "Also acknowledging t..."

12:10:35 From Laurie Tims to Everyone:

I've felt this from my counselor. It's so great and yes, it transfers to my own kids. I have shifted so much myself from thinking I needed to "control" my own kids.

12:10:45 From Laurie Tims to Everyone:

Reacted to "Thank you for helpin..." with ❤️

12:11:08 From Laurie Tims to Everyone:

Replying to "I have felt a shamin..."

Thanks, Beth :)

12:11:21 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "I've felt this from ..." with ❤️

12:11:24 From Becki Johnson to Everyone:

Reacted to "Thank you for helpin..." with ❤️

12:11:26 From Becki Johnson to Everyone:

Reacted to "I have felt a shamin..." with ❤️

12:11:29 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "I've felt this from ..."

That's why therapy for mom is so important. Her therapy is also therapy for the children.

12:11:36 From Porscha Green to Everyone:

Reacted to "I've felt this from ..." with ❤️

12:11:53 From Porscha Green to Everyone:

Reacted to "That's why therapy f..." with !!

12:12:21 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "I've felt this from ..."

@Brooke Eggen, CTPM Advocate Coordinator I wholly endorse these comments. 😊

12:12:40 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

This is a very helpful resource for engaging children in a healthy and life-giving way:
<https://child.tcu.edu/karyn/>

12:12:41 From Kim brown to Everyone:

Thank you for giving me a Called to Peace. I dont know how im doing it I Know its God! Lots of activities singing crying meditation carpool PTA is a good way to show the kids Im Here if hes not.

12:12:42 From Suzanne Jones to Everyone:

Documenting parenting class attendance can help with family court evidence if it becomes necessary.

12:14:11 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "This is a very helpf..."

<https://child.tcu.edu/podcast/#sthash.uQMxoVn4.dpbs>

12:16:39 From Kamilla to Everyone:

Look here for parenting classes with Dr. Debra: <https://www.houseofpeacepubs.com>

12:16:42 From Judy Beachy to Everyone:

Replying to "This is a very helpf..."

I love Karyn Purvis's work.

12:16:55 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "I love Karyn Purvis!..." with 😊

12:16:56 From Kim brown to Everyone:

That was Awesome!

12:16:58 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Removed a 😏 reaction from "I love Karyn Purvis'..."

12:17:03 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "I love Karyn Purvis'..." with 👍

12:17:03 From Jessie Gogg to Everyone:

Reacted to I've felt this from ... with "❤️"

12:17:05 From Carrie to Everyone:

Reacted to "That was Awsome!" with 👍

12:17:30 From Beth Burke to Everyone:

Thanks for those reminders, Tabi

12:18:09 From Helenmary to Everyone:

Reacted to "Brooke, I am so so..." with 😔

12:18:22 From Kendra to Everyone:

Reacted to "That's why therapy f..." with 💜

12:18:29 From Helenmary to Everyone:

Reacted to "Thank you for help..." with ❤️

12:18:44 From Helenmary to Everyone:

Reacted to "Amen Brooke!" with ❤️

12:18:50 From Kendra to Everyone:

Reacted to "Look here for parent..." with 💜

12:18:56 From Helenmary to Everyone:

Reacted to "That's why therap..." with ❤️

12:19:01 From iPhoneTina Lawson to Everyone:

As a Survivor (Life saving divorce after 38yrs) & having 3 adult daughters that I thought I was protecting as I stayed because the "spiritual abuse"...I can now see how 1 HEALTHY Parent 50% of the time is better than 2 Unhealthy parents...I 1st believed 3 yrs ago newly divorced taking this class "Thank goodness I'm not dealing w' custody issues" BUT 3yrs later getting educated here, I NOW HAVE A DIFFERENT OPINION ...I would have left when my children were young as I see the harm in my now adult children 😔

QUESTION 🙋 :

Advocating for women Without telling them what to do, what would be a good way to communicate how STAYING IS Poorly Effecting their Children (which is never a mommas ❤️)?

12:19:26 From MMali to Everyone:

Reacted to "As a Survivor (Life ..." with ❤️

12:19:32 From Becki Johnson to Everyone:

Reacted to "As a Survivor (Life ..." with 😬

12:19:39 From Becki Johnson to Everyone:

Removed a 😬 reaction from "As a Survivor (Life ..."

12:19:50 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

@Tabitha Westbrook, LMFT, LCMHC, LPC Thank you for the grounding. Yesterday, some of the students at our homeschool coop were doing their first debate and they were stressed! I was able to lead them through a grounding exercise since you have been so faithful to lead and teach us.

12:20:11 From Becki Johnson to Everyone:

Reacted to "As a Survivor (Life ..." with 😬

12:20:11 From Kamilla to Everyone:

Parenting Help for kids who are being manipulated, trauma bonding:
https://www.houseofpeacepubs.com/parent_cc_children.htm

12:20:57 From Laurie Tims to Everyone:

Reacted to "That's why therapy f..." with ❤️

12:21:05 From Laurie Tims to Everyone:

Reacted to "@Brooke Eggen, CTPM ..." with ❤️

12:21:11 From iPhoneTina Lawson to Everyone:

Reacted to "@Tabitha Westbrook, ..." with ❤️

12:21:17 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "@Tabitha Westbrook, ..." with ❤️

12:21:22 From Angi Beery to Everyone:

Reacted to "@Tabitha Westbrook, ..." with 💜

12:21:42 From Audrey Whitaker to Everyone:

Reacted to "As a Survivor (Life ...)" with ❤️

12:21:44 From iPhoneTina Lawson to Everyone:

Replying to "@Tabitha Westbrook, ..."

So Helpful 🥰!!

12:21:58 From Kendra to Everyone:

Reacted to "@Tabitha Westbrook, ..." with 💜

12:22:07 From Kim brown to Everyone:

Reacted to "@Tabitha Westbrook..." with ❤️

12:22:28 From Helenmary to Everyone:

Reacted to "That's why therap..." with 👍

12:22:37 From iPhoneTina Lawson to Everyone:

Reacted to "Thanks for those rem..." with 🙏

12:22:57 From Helenmary to Everyone:

Reacted to "As a Survivor (Lif..." with ❤️

12:23:02 From Helenmary to Everyone:

Removed a ❤️ from "As a Survivor (Lif..."

12:23:06 From iPhoneTina Lawson to Everyone:

Reacted to "This is a very helpf..." with 👍

12:23:25 From Helenmary to Everyone:

Reacted to "@Tabitha Westbrook..." with ❤️

12:23:48 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "@Tabitha Westbrook, ..."

I'm so glad!! Yay!!

12:24:02 From Laurie Tims to Everyone:

Reacted to "As a Survivor (Life ...)" with ❤️

12:24:27 From Helenmary to Everyone:

Reacted to "https://child.tcu...." with 👍

12:24:31 From Helenmary to Everyone:

Reacted to "This is a very hel..." with 👍

12:24:32 From Kamilla to Everyone:

Advocates: Educate, Empower, Equip and Encourage

12:24:42 From Julie to Everyone:

Replying to "@Tabitha Westbrook, ..."

So far I have discovered that IF I share statistics/realities, I do so in small doses! It can really overwhelm their sense of failure that already exists

12:24:43 From iPhoneTina Lawson to Everyone:

Reacted to "Advocates: Educate, ..." with 💜

12:24:59 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "@Tabitha Westbrook, ..."

Great insight!

12:25:04 From Kendra to Everyone:

Reacted to "So far I have discov..." with 💜

12:25:13 From Kendra to Everyone:

Reacted to "Advocates: Educate, ..." with 💜

12:25:35 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "Advocates: Educate, ..." with ❤️

12:25:39 From Laurie Tims to Everyone:

Reacted to "@Tabitha Westbrook, ..." with ❤️

12:26:27 From Keri Drowatzky to Everyone:

Your background artistry is beautiful.

12:26:54 From Kim brown to Everyone:

YMCA is Great to They have Financial Help. Its Hurts so bad to Go!!! But The kids are More Important.....to Leave! Pruning is no meant to feel Good. It gives Kids a purpose.

12:26:54 From iPhoneTina Lawson to Everyone:

Reacted to "Your background arti..." with 💜

12:26:59 From Dr. Debra to Everyone:

Replying to "Your background arti..."

Thank you

12:27:07 From Kendra to Everyone:

"I trust that you are going to make the best decision for you and your family."

12:27:19 From Laurie Tims to Everyone:

yes. I love that. And that will empower her to own her OWN decision when/if she does leave.

12:27:26 From Kendra to Everyone:

Reacted to "yes. I love that. ..." with 

12:27:28 From Nicole Toyne to Everyone:

That is well said Brooke!

12:27:52 From Nicole Toyne to Everyone:

Yes, keep planting seeds of love into peoples hearts.

12:28:00 From Carrie to Everyone:

Reacted to "That is well said Br..." with 

12:28:02 From Becki Johnson to Everyone:

I can see a distinct difference between the children who "came of age" while we were with their abusive father, vs the ones who were younger when we got away. I still struggle with the guilt and sadness about the impact that abuse had on their lives and futures. If I had gotten away sooner, my youngest would not have been born, and she's a wonderful blessing to everyone who knows her, so I trust that God was in it. But it still makes me sad about how the older ones were impacted.

12:28:13 From Angi Beery to Everyone:

Reacted to "That is well said Br..." with 

12:28:14 From Helenmary to Everyone:

Reacted to "Thanks for those r..." with 


12:28:18 From Helenmary to Everyone:

Reacted to "That was Awsome!" with 

12:28:18 From Becki Johnson to Everyone:

Reacted to "yes. I love that. ..." with 

12:28:31 From Carrie to Everyone:

Reacted to "I can see a distinct..." with 

12:28:34 From Kim brown to Everyone:

Reacted to "I can see a distin..." with ❤️

12:28:38 From Laurie Tims to Everyone:

Reacted to "I can see a distinct..." with ❤️

12:28:38 From Helenmary to Everyone:

Reacted to "Great insight!" with ❤️

12:28:53 From Helenmary to Everyone:

Reacted to "Your background ar..." with ❤️

12:29:07 From Helenmary to Everyone:

Reacted to ""I trust that you ..." with 👍

12:29:11 From Helenmary to Everyone:

Reacted to "yes. I love that...." with ❤️

12:29:17 From Helenmary to Everyone:

Reacted to "That is well said ..." with ❤️

12:29:18 From Kim brown to Everyone:

Reacted to "I can see a distin..." with 🙌

12:29:33 From MMali to Everyone:

I am living proof of terrible memory at 45. Im sad for our kids 😞

12:30:02 From Kendra to Everyone:

Replying to "I can see a distinct..."

You did the best you could with the information, skills, and strength you had available to you at that time.

12:30:03 From iPhoneTina Lawson to Everyone:

Dr Debra you are such an "Inspiration" 💜 🦋


Your answer was helpful & Love your Artwork 🖼️ ❤️

Starting over in my 50s, I'm doing it even though it seems uphill many times!


12:30:27 From Dr. Debra to Everyone:

Reacted to "Dr Debra you are suc..." with ❤️


12:30:38 From Kendra to Everyone:

Reacted to "Dr Debra you are suc..." with 

12:30:39 From Dr. Debra to Everyone:

Reacted to "Dr Debra you are suc..." with 

12:31:27 From iPhoneTina Lawson to Everyone:


Reacted to "I can see a distinct..." with 

12:31:33 From Becki Johnson to Everyone:


Replying to "I can see a distinct..."

Thank you. No help. Pastors were worse than useless, they just didn't know. I've forgiven them. Now I want God to use my experience to make a positive change!

12:31:47 From Becki Johnson to Everyone:

Reacted to "You did the best you..." with 


12:32:07 From Marjorie Lea to Everyone:

Reacted to "Thank you for helpin..." with 

12:32:18 From Ladonna to Everyone:

Reacted to You did the best you... with ""

12:32:28 From Ladonna to Everyone:

Reacted to I can see a distinct... with ""

12:32:36 From Julie to Everyone:

QUESTION: Anyone have insight on the Brain Balance Program? i have a client w a profoundly impacted 8 yr old who seems to be getting triggered for nightmares, etc while engaging with Brain Balance.

12:32:51 From MMali to Everyone:


But God!

12:33:09 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "But God! "

My favorite words in the Bible!

12:33:15 From Laurie Tims to Everyone:

Reacted to "You did the best you..." with 

12:33:29 From Helenmary to Everyone:

Reacted to "Dr Debra you are s..." with ❤️

12:33:35 From Kim brown to Everyone:

Reacted to "My favorite words ..." with ❤️

12:33:39 From Helenmary to Everyone:

Reacted to "I am living proof ..." with 😞

12:33:43 From Angi Beery to Everyone:

Reacted to "But God! " with 💜

12:33:49 From MMali to Everyone:

Reacted to "Dr Debra you are suc..." with ❤️

12:33:54 From Helenmary to Everyone:

Reacted to "Thank you. No help..." with 😞

12:34:02 From Becki Johnson to Everyone:

Reacted to "But God! " with 💜

12:34:02 From Helenmary to Everyone:

Reacted to "You did the best y..." with ❤️

12:34:16 From Karyn Russo to Everyone:

Possibility of genetic predisposition to a disease can be switched on by the stress. For example autoimmune disorders.

12:34:17 From Laurie Tims to Everyone:

Replying to "I can see a distinct..."

Becki - you are making a HUGE difference. I have a front row seat. I'm so thankful to work with you!

12:34:26 From Becki Johnson to Everyone:

Reacted to "Becki - you are maki..." with ❤️



12:34:31 From MMali to Everyone:

Replying to "QUESTION: Anyone ha..."


Bb= thousands. Look up fodmap diet first

12:34:32 From iPhoneTina Lawson to Everyone:

Replying to "I can see a distinct..."

I understand your feelings...but now see that my healing  is what's important for my 3 adult daughters & 13 grandkiddos as it gives them hope 

12:34:46 From iPhoneTina Lawson to Everyone:

Reacted to "Dr Debra you are suc..." with 

12:34:49 From iPhoneTina Lawson to Everyone:

Removed a  reaction from "Dr Debra you are suc..."

12:34:57 From MMali to Everyone:

Replying to "QUESTION: Anyone ha..."

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12:35:03 From iPhoneTina Lawson to Everyone:

Reacted to "But God! " with 

12:35:20 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Possibility of genet..."

Yes!! Autoimmune disorders are related to stress and ACES

12:35:42 From Becki Johnson to Everyone:

Reacted to "I understand your fe..." with 

12:35:47 From MMali to Everyone:

Replying to "QUESTION: Anyone ha..."

They alter diet along with OT/PT/tutoring/ABA

12:35:59 From Laurie Tims to Everyone:

Replying to "Possibility of genet..."

yes! I have celiac and my gene go flipped on with stress at age 20

12:36:01 From Ladonna to Everyone:

Replying to "I can see a distinct..."

I feel you Becki. It...

12:36:14 From Kim brown to Everyone:

sleep with the Baby for as long as you can, long walks bike rides and warm milk works for me.
hope it Helps

12:36:37 From Judy Beachy to Everyone:

Reacted to "I can see a distinct..." with ❤️

12:36:48 From Nicole Toyne to Everyone:

I got kicked off twice. Missed a few minutes

12:36:58 From Becki Johnson to Everyone:

Replying to "I can see a distinct..."

Exactly! They not only had an abusive father but a depleted, exhausted, traumatized mother.

BUT GOD!!!!

12:37:32 From Cathy Simmons Sage to Everyone:

Replying to "Possibility of genet..."

It is making me crazy to think about the curriculum so many churches use for teaching how to discipline your children. It is abusive and so wrong. And as a parent who blindly followed I participated in that abuse. I feel sick.

12:37:39 From Laurie Tims to Everyone:

Reacted to "I feel you Becki. It..." with ❤️

12:37:42 From Julie to Everyone:

Replying to "QUESTION: Anyone ha..."

Thank you Kendra. I confirms in a simple way what I was suspecting. It seems like they are waking her brain in certain regions and the trauma is surfacing afresh. WE will continue to support. We have encouraged her to get trauma therapy for kid too.

12:37:43 From Laurie Tims to Everyone:

Reacted to "Exactly! They not on..." with ❤️

12:37:49 From Helenmary to Everyone:

Reacted to "My favorite words ..." with ❤️

12:37:52 From MMali to Everyone:

Replying to "QUESTION: Anyone ha..."

All stuff an AU diagnosis or innov waiver and insur can handle

12:54:03 From Jessica Evans to Everyone:

I am sorry we got cut off. Please share in chat if you'd like.

12:54:47 From Kendra to Everyone:

Reacted to "Thank you Kendra. I..." with ❤️

12:55:04 From Marjorie Lea to Everyone:

Share pictures and happy memories!

12:55:26 From Rebecca Sodergren to Everyone:

During chat, someone was asking for a link to the interview Laurie Tims did with Lauren. Can someone post the link here? I'm on a phone and having trouble getting to it.

12:55:49 From Marjorie Lea to Everyone:

Think of Positive activities and experiences for the counterbalance to the abuse

12:56:52 From iPhoneTina Lawson to Everyone:

Sadly I even had to sneak "going to the Dr." Because of the spiritual abuse "The Joy of the Lord Is your strength"....

Like Dr Debra said "But God gives us "Therapists, Drs, Dentists, Police, etc."

12:57:13 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Sadly I even had to ..." with 😞

12:58:20 From Laurie Tims to Everyone:

Replying to "During chat, someone..."

https://www.youtube.com/live/XwQeDLY-SRc?si=tOb6NTsb0DVi_jG

12:59:43 From Kim brown to Everyone:

whats the Title?

12:59:51 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Something Scary Happened <https://a.co/d/2ME0CPL>

12:59:56 From Audrey Whitaker to Everyone:

Replying to "Sadly I even had to ..."

yes and proverbs 11:14 Where there is no counsel, the people fall but in a multitude of counselors there is safety. and Hosea 4:6 my people are destroyed for a lack of knowledge-- Joy always uses this one.

13:00:35 From Kendra to Everyone:


Replying to "Something Scary Happ..."

Was just looking for it to share. :)


13:00:54 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Here's a list of Darby Strickland's books: <https://www.wtsbooks.com/collections/search-result?type=product&q=darby+strickland>

13:01:03 From Kendra to Everyone:

Reacted to "Here's a list of Dar..." with 


13:01:08 From Kendra to Everyone:

Reacted to "Something Scary Happ..." with 

13:01:14 From Kendra to Everyone:

Just as a father has compassion on his children, so the Lord has compassion on those who fear Him." (Psalm 103:13)


13:01:23 From iPhoneTina Lawson to Everyone:

Reacted to "yes and proverbs 11:..." with 


13:01:32 From Kendra to Everyone:

"Then some children were brought to Him so that He might lay His hands on them and pray; and the disciples rebuked them. But Jesus said, 'Let the children alone, and do not hinder them from coming to Me; for the kingdom of heaven belongs to such as these.'" (Matthew 19:13-14)

13:01:51 From Kim brown to Everyone:

Reacted to "Something Scary Ha..." with 

13:02:07 From Kim brown to Everyone:

Reacted to "Here's a list of ..." with 


13:02:12 From Carrie to Everyone:

I bought six of those books at the CCEF conference for my grandkids and just to have on hand. It is sooo good and provides an opportunity for helpful and safe and engaging conversations with younger children.


13:02:13 From Kendra to Everyone:

"As one whom his mother comforts, so I will comfort you; you shall be comforted in Jerusalem."
(Isaiah 66:13)


13:02:19 From Angi Beery to Everyone:

Reacted to "Here's a list of Dar..." with 

13:02:22 From Kendra to Everyone:

Reacted to "I bought six of thos..." with 

13:02:25 From Carrie to Everyone:

Reacted to "'As one whom his mot..." with 

13:02:44 From Kendra to Everyone:

"Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you." (Isaiah 49:15)

13:02:47 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:


Replying to "I bought six of thos..."

I bought 2 and the plushie!!

13:02:52 From Audrey Whitaker to Everyone:

such good verses!! I love the nurturing the Lord shows us which is different from a lot of male stereotypes.

13:03:09 From Kim brown to Everyone:

Reacted to "Dr Debra you are s..." with 


13:03:15 From Kendra to Everyone:

"Like a shepherd He will tend His flock, In His arm He will gather the lambs And carry them in the fold of His robe; He will gently lead the nursing ewes." (Isaiah 40:11)


13:03:33 From Judy Beachy to Everyone:

I could not pray to God as Father for years. But I LOVED Jesus, and I prayed to Him. As I continued to heal, I realized that Jesus Himself said, "If you've seen me, you've seen my Father." And I was able to gradually separate the image of my earthly father from Jesus how images the Father perfectly.


13:04:20 From Kim brown to Everyone:

Reacted to "I could not pray t..." with 

13:04:21 From Kendra to Everyone:

Reacted to "I could not pray to ..." with 

13:04:24 From Laurie Tims to Everyone:

Reacted to "I could not pray to ..." with 

13:04:28 From Becki Johnson to Everyone:

Reacted to "I could not pray to ..." with ❤️

13:04:51 From Audrey Whitaker to Everyone:

Reacted to "I could not pray to ..." with ❤️

13:04:55 From Becki Johnson to Everyone:

Reacted to "I bought 2 and the p..." with ❤️

13:05:27 From Becki Johnson to Everyone:

Reacted to "https://www.youtube...." with ❤️

13:05:28 From Kendra to Everyone:

Replying to "I could not pray to ..."

It was difficult for me to even read the Scriptures - sometimes still is, but I can open my Bible app and turn on the audio option and have it read to me.

13:05:48 From Becki Johnson to Everyone:

Reacted to "Possibility of genet..." with 🤪

13:06:00 From Marjorie Lea to Everyone:

Thank you Tabi for your words of wisdom- ALWAYS so helpful!!

13:06:18 From Rebecca Sodergren to Everyone:

Lol Tabi 🤪🤪

13:06:22 From Kim brown to Everyone:

Reacted to "Thank you Tabi for..." with ❤️

13:06:28 From Carrie to Everyone:

Replying to "I bought six of thos..."

I didn't see the plushie??!! 😞

13:06:28 From Judy Beachy to Everyone:

Reacted to "It was difficult for..." with ❤️

13:06:29 From iPhoneTina Lawson to Everyone:

Yes when I could finally see the TRUTH of Gods ❤️ for me 🥰, Is when I had the courage to take the steps to leave & put the energy I was putting on fixing the marriage, Onto doing my healing ❤️ work 🥰

I read in the gospel of John over & over to see the ❤️ of God

13:06:29 From K KN to Everyone:

thou mayest certainly read other translations than the KJV

13:06:40 From Kendra to Everyone:

Reacted to "thou mayest certainl..." with 😂

13:06:54 From iPhoneTina Lawson to Everyone:

Reacted to "Thank you Tabi for y..." with ❤️

13:07:24 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "thou mayest certainl..." with 😊

13:07:27 From Suzanne Jones to Everyone:

Christian Standard Bible is spot on translation and it has men and women for the people instead of just men as the marker for all people. Helpful for me where I'm at this point. ;-)

13:07:33 From Jessica Evans to Everyone:

Reacted to "thou mayest certainl..." with 😂

13:07:34 From iPhoneTina Lawson to Everyone:

Yes Brooke...I learned to Lament 🙏 & He could handle it ❤️

13:07:58 From Audrey Whitaker to Everyone:

I do enjoy the nkjv because my brain remembers scripture this way but I also have the HER bible app, and you can listen to women reading the scripture in the new living translation and it's been a good addition for me.

13:08:08 From Rebecca Sodergren to Everyone:

Wow, Brooke, so helpful

13:08:15 From Angi Beery to Everyone:

Aww Brooke, I love that!!! Than you for sharing!!! 💜

13:08:19 From iPhoneTina Lawson to Everyone:

He's not an "Abuser" God ❤️

13:08:29 From Rebecca Sodergren to Everyone:

Reacted to "thou mayest certainl..." with 😂

13:08:29 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "He's not an "Abuser"..."

Amen!

13:08:35 From Helenmary to Everyone:

Reacted to "thou mayest certai..." with 😄

13:08:39 From Beth Burke to Everyone:

Thanks Brooke

13:08:46 From Marjorie Lea to Everyone:

Preach it Brooke!

13:08:47 From iPhoneTina Lawson to Everyone:

Reacted to "Aww Brooke, I love t..." with ❤️

13:09:03 From Jessica Evans to Everyone:

Reacted to "He's not an "Abuser"..." with ❤️

13:09:09 From Kendra to Everyone:

"Woe to you shepherds of Israel who only take care of yourselves! Should not shepherds take care of the flock? You have not strengthened the weak or healed the sick or bound up the injured. You have not brought back the strays or searched for the lost. You have ruled them harshly and brutally. As surely as I live, declares the Sovereign LORD, because my flock lacks a shepherd and so has been plundered and has become food for all the wild animals, and because my shepherds did not search for my flock but cared for themselves rather than for my flock; therefore, you shepherds, hear the word of the LORD: This is what the Sovereign LORD says: I am against the shepherds and will hold them accountable for my flock." (Ezekiel 34:2-10; selected verses)

13:09:14 From Audrey Whitaker to Everyone:

it IS

13:09:18 From Karyn Russo to Everyone:

Thank you Brooke 🥰

13:09:25 From Helenmary to Everyone:

Reacted to "It was difficult f..." with ❤️ 🍷

13:09:39 From Carrie to Everyone:

Love that the 99 and 1 are all one flock and He will find us if/we run. 🐑

13:10:04 From Kendra to Everyone:

Thank you, @Brooke Eggen, CTPM Advocate Coordinator!

13:10:21 From Kendra to Everyone:

Reacted to "He's not an "Abuser"..." with 💜

13:10:24 From Angi Beery to Everyone:

Love the Tabi amplified!!! 😄

13:10:32 From Kendra to Everyone:

Reacted to "Love that the 99 and..." with 💜

13:10:33 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Love the Tabi amplif..."

Yes!!

13:10:39 From Jessica Evans to Everyone:

Reacted to "Love the Tabi amplif..." with ❤️

13:10:39 From Audrey Whitaker to Everyone:

aren't we thankful for the GOOD Shepherd

13:10:42 From Becki Johnson to Everyone:

Absolutely!

13:10:44 From Jessica Evans to Everyone:

Reacted to "Absolutely!" with ❤️

13:10:44 From Kendra to Everyone:

Reacted to "Love the Tabi amplif..." with 😄

13:10:46 From Jessica Evans to Everyone:

Removed a ❤️ reaction from "Absolutely!"

13:10:48 From Audrey Whitaker to Everyone:

Reacted to "Love the Tabi amplif..." with 😄

13:10:50 From Jessica Evans to Everyone:

Reacted to "aren't we thankful f..." with ❤️

13:10:50 From Becki Johnson to Everyone:

Replying to "Love the Tabi amplif..."

The best!

13:11:02 From Kendra to Everyone:

Reacted to "aren't we thankful f..." with 💜

13:11:15 From iPhoneTina Lawson to Everyone:

Reacted to "Love the Tabi amplif..." with 🙏

13:11:15 From Christine Felser to Everyone:

Chris Felser King of Prussia, PA Late, will re-listen

13:11:30 From Marjorie Lea to Everyone:

Love Ezekiel!

13:11:32 From Helenmary to Everyone:

God help the Shepherds who wound the sheep--especially "widows and orphans," the OPPRESSED. So evil--Jehovah El Roi, the God Who Sees, Who saw Hagar and Ishmael when Abram left them to die--He will ADVOCATE for us.

13:11:37 From Kendra to Everyone:

Replying to "aren't we thankful f..."

I have found that I need to meditate on/ journal on the attributes of God.

13:11:40 From Beth Burke to Everyone:

That passage from Ezekiel is perfect for the abusive man who still claims to be the ruler, authority, patriarch, leader, shepherd of his family.

13:11:45 From Angi Beery to Everyone:

Reacted to "aren't we thankful f..." with 💜

13:11:48 From Audrey Whitaker to Everyone:

Reacted to "God help the Shepher..." with ❤️

13:11:55 From iPhoneTina Lawson to Everyone:

Sooooo NEEDED that reminder ❤️ ❤️

13:11:59 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "That passage from Ez..."

Yes

13:12:16 From iPhoneTina Lawson to Everyone:

Love the TEAM ❤️

13:12:29 From Tracy to Everyone:

Thank you to everyone I am learning so much from all of you

13:12:30 From Becki Johnson to Everyone:

Replying to "aren't we thankful f..."

My ladies' Bible study is currently studying the Names of God. It's so helpful as we focus on the ways He reveals Himself to us through His names.

13:12:31 From Helenmary to Everyone:

Thank you all so much--this was a very good session as always. We appreciate all that you do. God bless you all. We pray for Debra's daughter.

13:12:31 From Kendra to Everyone:

Reacted to "That passage from Ez..." with 💜