

Video Replay: <https://vimeo.com/887520777/ebadf7cdb7?share=copy>

11:28:34 From Kendra to Everyone:

Glad you're feeling better this week!

11:28:40 From Dr. Debra to KAMILLA(Direct Message):

JADE= No Justifying, no Arguing, no Defending, no Explaining.

11:28:46 From JoAnna S. to Everyone:

JoAnna Schultz- Murrieta, Ca

11:28:49 From Rachel Tomazin to Everyone:

Rachel Tomazin - Columbus Ga

11:28:54 From Ladonna to Everyone:

Ladonna Hafen Whitefish, MT

11:28:56 From Deborah Stahl Waters to Everyone:

Good Morning, Deborah Stahl Waters Macon GA

11:29:10 From KAMILLA to Dr. Debra(Direct Message):

OK....got it!!

11:29:16 From Ladonna to Everyone:

I have to have my camera off today. Internet us put at my home so I amin a coffee shop

11:29:18 From John to Everyone:

John Stonehocker from Oklahoma

11:29:20 From Sheri Faber (Millenbaugh) to Everyone:

Sheri Millenbaugh ( Faber) Ohio

11:29:24 From Pam Rook to Everyone:

Pam Rook, Sylvania, Ohio

11:29:31 From Ann to Everyone:

Ann Lawrence North Carolina

11:29:31 From Kendra to Everyone:

Kendra from Ohio

11:29:40 From Julie to Everyone:

Happy Thanksgiving week. I am reminded through client interactions that the holidays can be very painful times. Praying for you all today.

11:29:47 From Becki Johnson to Everyone:

Becki Johnson in NY

11:29:53 From Amy Paquette to Everyone:

Amy Paquette Albuquerque, NM

11:29:53 From Julie to Everyone:

Julie Burns, Midlothian TX

11:29:57 From Amy Paquette to Everyone:

Reacted to "Happy Thanksgiving w..." with 👍

11:30:04 From BB's phone to Everyone:

Beth Burke

11:30:06 From Brenda Carpenter to Everyone:

Brenda Carpenter, California

11:30:10 From Jessica Devaney to Everyone:

Jessica Oil City PA

11:30:11 From Karen (Gallagher) Osborn to Everyone:

Karen Osborn in Upstate New York!!

11:30:18 From Ladonna to Everyone:

We are doing ours tomorrow too!

11:30:31 From Laurie Tims to Everyone:

Laurie Tims, Iowa

11:30:44 From John to Everyone:

What town in Kansas, Joy?

11:30:51 From Vanessa Satterfield to Everyone:

Vanessa Satterfield - North Carolina

11:32:00 From Laurie Tims to Everyone:

Replying to "Julie Burns, Midloth..."

Hi Julie - I had wanted to connect and I've reached out several times. Not sure if you'd rather not or if you have just not seen messages. I'm a survivor and advocate in Iowa. I've wondered about your connections at a church local to you. . .

11:32:05 From Marjorie Lea to Everyone:

Marjorie Lea in Texas - Happy Thanksgiving to everyone! I am so thanks for each of you!!

11:32:09 From Christi Douglas to Everyone:

Christi Douglas in Colorado

11:32:23 From Pam to Everyone:

Pam in TN

11:32:24 From Tara, Idaho to Everyone:

Tara in snowy and cold Idaho!

11:32:25 From Priscilla to Everyone:

Priscilla from Nanaimo, Canada

11:32:27 From Deborah Stahl Waters to Everyone:

Signing bk in. Deborah Stahl Waters, Macon, GA

11:32:32 From Marjorie Lea to Everyone:

SO SO THANKFUL!!

11:32:40 From Jolene Underwood to Everyone:

Jolene Underwood, Ellicott City, MD

11:32:40 From Helenmary to Everyone:

Helenmary here from Virginia! Blessed rain today at last to hopefully help put out some raging wildfires.

11:33:03 From Audrey Whitaker to Everyone:

Audrey Whitaker ks

11:34:02 From Reenie Brown to Everyone:

Reenie Brown from Waxhaw, NC

11:34:46 From Katharine to Everyone:

katharine from Denmark

11:34:47 From Joy Forrest to Everyone:

I'm at Fort Riley, John.

11:34:58 From Helenmary to Everyone:

QUESTION: What if we didn't start in January?

11:35:12 From Shonquella Terrell to Everyone:

Good Day beautiful people:) Holly Springs, NC

11:35:13 From Karyn Russo to Everyone:

Good Morning Karyn Russo NY

11:35:18 From KAMILLA to Everyone:

Go to [calledtopeace.com](http://calledtopeace.com) under the Donate tab: At Called to Peace Ministries, we want to continue to share the hope that only Christ can provide through His redeeming and restorative power! Join us this GivingTuesday #MoreBlessedtoGiveTuesday.

Join us in sharing the blessing of the true GIFT we have in Jesus by giving to a survivor in need.

We will match your \$100, \$50, or \$25 donation to a woman who has experienced abuse and is in one of our support groups or advocacy programs and is identified as most needing help and support this Christmas season.

Our goal is to raise \$10,000 between November 19th-30th to provide 100 women with \$100 gift cards. With these cards, they will be able to provide a Christmas meal for their loved ones, purchase Christmas gifts for their children, or start new Christmas traditions with their families. #Give100to100


11:35:23 From Angi Beery to Everyone:

Angi Beery, Goshen, Indiana

11:35:26 From Tyne to Everyone:

Tyne, Saskatchewan Canada

11:36:00 From Kendra to Everyone:

Reacted to "Go to calledtopeace...." with 

11:36:21 From Helenmary to Everyone:

Thank you!

11:36:52 From KAMILLA to Everyone:

Replying to "Go to calledtopeace...."

<https://www.calledtopeace.org/>

11:36:59 From Jolene Underwood to Everyone:

QUESTION: How does the payment schedule work? I'm assuming it's 12 months long and stops automatically after 12 months. Is that correct? Yes

11:37:00 From Peter - Tanzania to Everyone:

Hi everyone I'm pastor peter from Tanzania East Africa, joined via phone

11:37:30 From Karyn Russo to Everyone:

Karyn Russo NY

11:37:56 From Erica to Everyone:

Erica in Wichita KS

11:38:01 From KAMILLA to Everyone:

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

11:38:01 From iPhoneTina Lawson to Everyone:

Tina Vero Beach, FL 🌞 RIDA

11:38:13 From Audrey Whitaker to Everyone:

Replying to "QUESTION: How does t..."

yes, it stops automatically, I just got a notification this month that it was my last payment

11:38:16 From Kendra to Everyone:

Replying to "Hi everyone I'm past..."

Welcome, Peter!

I renamed your profile.

11:38:22 From Jolene Underwood to Everyone:

Reacted to "yes, it stops automa..." with 👍

11:38:31 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

You do, in fact, need the last course.

11:38:43 From Kendra to Everyone:

Reacted to "You do, in fact, nee..." with ❤️

11:38:53 From Laurie Tims to Everyone:

On advocacy - I've been anxious about these things - not feeling prepared, etc. I feel that the course has prepared us so well and YES - it's about listening 90% of the time, asking questions, and providing options. I'm so thankful and it's been so rewarding to work with an amazing victim/survivor.

11:39:09 From Amy Henderson to Everyone:

Amy Henderson, Pickens, SC

11:39:10 From Kendra to Everyone:

It's soooo helpful to go through more than once!

11:39:10 From Julie to Everyone:

**What is the Dec schedule?** Nov. 28, Dec. 5, 12, 19

11:39:12 From Ann to Everyone:

QUESTION: Could you please add me to your list for 2024? I started in May of 2023. Thanks!

11:39:15 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "On advocacy - I've b..." with ❤️

11:39:21 From Julie to Everyone:

What is the last course?

11:39:34 From KAMILLA to Everyone:

**Dates for these classes finishing up this year:**

[https://houseofpeacepubs.com/advocacy\\_training.htm](https://houseofpeacepubs.com/advocacy_training.htm)

11:39:51 From KAMILLA to Everyone:

Replying to "What is the Dec sche..."

Dates for classes: [https://houseofpeacepubs.com/advocacy\\_training.htm](https://houseofpeacepubs.com/advocacy_training.htm)

11:40:09 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

**Thank you for attending and participating in the House of Peace Pubs/Called to Peace Advocacy Training. Seeing your excitement in learning how to care for those who have experienced trauma was encouraging.**

**We are grateful for your attendance and hope you left equipped and encouraged.**

**To begin the process please fill out this onboarding form:**

<https://forms.gle/KLMQ4S32TZP5LBLGA>

11:40:11 From Shannon Mullen to Everyone:

Shannon Mullen, Jamestown NY

11:40:28 From Helenmary to Everyone:

This is an amazing course. Thank you all so much for creating such a great team and collaborative offering.

11:40:35 From Karen (Gallagher) Osborn to Everyone:

**If you started in January, but haven't finished submitting your make-ups, how long do we have to complete that?** *There are no deadlines. Work at your own pace.*

11:40:44 From KAMILLA to Everyone:

[Sandra@calledtopeace.org](mailto:Sandra@calledtopeace.org)

11:40:53 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "If you started in Ja..."

There is not deadline

11:40:55 From Kendra to Everyone:


**QUESTION: Do we still need someone to help write grant applications?**

11:41:04 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "If you started in Ja..."

\*no

11:41:12 From Kendra to Everyone:

Reacted to "There is not deadlin..." with 

11:41:15 From Shonquella Terrell to Everyone:

It takes an army of people:)

11:41:17 From Kendra to Everyone:


Reacted to "Sandra@calledtopeace..." with 

11:41:29 From iPhoneTina Lawson to Everyone:


Question  ?

**Didn't hear all of Dr Debra's instruction...if we took the class for a few years now, will we be AUTOMATICALLY added to the email for 2024 classes OR do I need to email to be added for next year?**

11:41:33 From Laurie Tims to Everyone:

Reacted to "It takes a army of p..." with 

11:41:41 From Kendra to Everyone:

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

11:41:48 From Brenda Carpenter to Everyone:

Brenda Carpenter

11:41:53 From Jessica Evans to Everyone:

Jessica, Columbus, OH (here but have a sick little guy so will be off camera)

11:42:04 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Question 🤔?"

Didn..."

Reach out to be added

11:42:16 From Karyn Russo to Everyone:

QUESTION Could I be added to your 2024 list Dr Debra? I'm

11:42:33 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "QUESTION Could I be ..."

Reach out to Dr. Debra's email so she can add you.

11:43:13 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 is not answered in the live class, remember that the team will go back thru the chats and respond to any unanswered questions before the replay is sent later this week.

11:43:16 From Shonquella Terrell to Everyone:

Amen thank you

11:43:25 From Hannah Lippert to Everyone:

Hannah Lippert, Stilesville, IN

11:43:34 From iPhoneTina Lawson to Everyone:

Reacted to "Reach out to be adde..." with 👍

11:43:44 From Chief to Everyone:

Gerry Bissell (aka Chief) Indpls IN

11:43:55 From Karen (Gallagher) Osborn to Everyone:

Reacted to "There is not deadlin..." with 🙌

11:44:18 From Tracy from PA to Everyone:

So sorry I got I here late!

11:44:24 From yuklinling to Everyone:

Yling NY

11:44:31 From Kendra to Everyone:

Replying to "Question 🤔?"



Didn..."

[faith.advocacy8@gmail.com](mailto:faith.advocacy8@gmail.com)

11:44:39 From KAMILLA to Everyone:


Replying to "QUESTION Could I be ..."

**Dr. Debra's email:** [faith.advocacy8@gmail.com](mailto:faith.advocacy8@gmail.com)

11:45:28 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.


11:46:04 From iPhoneTina Lawson to Everyone:

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

11:46:41 From Kendra to Everyone:

"Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause." (Isaiah 1:17)

11:46:49 From iPhoneTina Lawson to Everyone:

Reacted to "This is an amazing c..." with 


11:47:11 From Kendra to Everyone:

"Do not oppress the widow, the fatherless, the sojourner, or the poor, and let none of you devise evil against another in your heart." (Zechariah 7:10)


11:47:45 From Kendra to Everyone:

"Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?" (Isaiah 58:6-7)

11:47:59 From iPhoneTina Lawson to Everyone:

Reacted to ""Learn to do good; s..." with 

11:48:06 From iPhoneTina Lawson to Everyone:

Reacted to ""Do not oppress the ..." with 

11:48:15 From iPhoneTina Lawson to Everyone:

Reacted to "'Is not this the fas..." with ❤️

11:49:15 From iPhoneTina Lawson to Everyone:

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

11:50:13 From KAMILLA to Everyone:

**IPV - Intimate Partner Violence**

11:50:40 From Joy Forrest to Everyone:

**If you finished the class and want to repeat at no course at no charge. Email [faith.advocacy8@gmail.com](mailto:faith.advocacy8@gmail.com)**

11:50:50 From Kendra to Everyone:

Reacted to "If you finished the ..." with ❤️

11:51:07 From iPhoneTina Lawson to Everyone:

Reacted to "If you finished the ..." with 👍

11:52:02 From Joy Forrest to Everyone:

**Kendra, Diana is helping with grants but could use some help. Her email address is [Diana@calledtopeace.org](mailto:Diana@calledtopeace.org).**

11:52:38 From Kendra to Everyone:

**REMINDER: Since this is the fourth class session in this course, we would normally have a Q&A on Saturday. That has been rescheduled to NEXT Saturday, December 02nd, due to the US Thanksgiving holiday later this week.**

11:52:45 From Kendra to Everyone:

Reacted to "Kendra, Diana is hel..." with ❤️

11:53:28 From iPhoneTina Lawson to Everyone:

Reacted to "REMINDER: Since thi..." with 👍

11:54:11 From Kendra to Everyone:

Replying to "Kendra, Diana is hel..."

Thanks! I asked in case there's a class participant or someone they know who could help. That's not my personal "wheelhouse."

11:55:58 From Brenda Carpenter to Everyone:

Brenda Carpenter

11:56:24 From Chelsea Leonard to Everyone:

Chelsea Leonard sweet home Oregon sorry I am late I will watch the replay

11:56:25 From Cathy Simmons Sage to Everyone:

Cathy Sage White River Jct, VT

11:56:32 From KAMILLA to Everyone:

Parenting Help Course for kids who are being manipulated, trauma bonding:  
[https://www.houseofpeacepubs.com/parent\\_cc\\_children.htm](https://www.houseofpeacepubs.com/parent_cc_children.htm)


11:56:45 From Gunita to Everyone:

Gunita P. - Miami, FL


11:56:46 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

This book by Darby Strickland is helpful for mom to begin a conversation with younger children:  
<https://www.wtsbooks.com/products/something-scary-happened-comfort-for-children-in-hard-times-9781645073857?variant=42853020238024>


11:57:14 From Kendra to Everyone:

Reacted to "This book by Darby S..." with 


11:57:21 From Kendra to Everyone:

Reacted to "Parenting Help Cours..." with 


11:58:41 From Becki Johnson to Everyone:

Reacted to "Parenting Help Cours..." with 

11:59:07 From Angi Beery to Everyone:

Reacted to "This book by Darby S..." with 

11:59:12 From Angi Beery to Everyone:

Reacted to "Parenting Help Cours..." with 

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

Replying to "This book by Darby S..."

Excellent book!

12:00:18 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "This book by Darby S..."

There's a plushie, too!!

12:00:20 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.

12:01:27 From KAMILLA to Everyone:

<https://www.theduluthmodel.org/wheel-gallery/>

12:02:14 From Shonquella Terrell to Everyone:

Bless you:)

12:02:23 From Joy Forrest to Everyone:

Reacted to "Bless you:)" with ❤️

12:02:27 From Jessica Evans to Everyone:

I read this and liked it-

Sometimes the ability to 'nurture' is not instinctive, it may not have not been modeled to us as children so we have to learn it later in life... the ability to nurture can grow out of a place of resilience even after trauma.

12:02:48 From Kendra to Everyone:

Reacted to "I read this and like..." with 💜

12:02:58 From Angi Beery to Everyone:

Reacted to "I read this and like..." with 💜

12:03:56 From Joy Forrest to Everyone:

Reacted to "I read this and like..." with 💜

12:04:07 From Becki Johnson to Everyone:

Reacted to "I read this and like..." with 💜

12:04:59 From iPhoneTina Lawson to Everyone:

Sadly 💔 😞 yes...abusers use our children as pawns 🙈 ...sometimes I feel so much damage happened with me not knowing what I've been learning (know now) but I do believe my healing 🩹 is eventually what will help my adult daughters ...I continue to Love ❤️ from a distance & believe for new Healthy relationships with my daughters & GRANDkiddos 🧑🏻!?

12:05:06 From Audrey Whitaker to Everyone:

my ex tried to do this too, our case had gone to a case manager, who was our mediator originally. thankfully he said anytime ex tried to stop extra curriculars that he would override him.

12:05:24 From Audrey Whitaker to Everyone:

both these wheels are SO good

12:05:27 From iPhoneTina Lawson to Everyone:

Reacted to "I read this and like..." with ❤️

12:06:07 From Helenmary to Everyone:

**QUESTION: Are there specific resources you can recommend for ADULT or OLDER CHILDREN who are VICTIMS/SURVIVORS of Abuse?** Here's an option I found helpful. Also, on your course web page along with an organization for Adults who grew up with domestic abuse:

[https://www.amazon.com/Invincible-Growing-Domestic-Violence-Truths/dp/0399166580/ref=pd\\_bxgy\\_img\\_d\\_scl\\_1/136-9989103-0293625?pd\\_rd\\_w=hTZ6r&content-id=amzn1.sym.7746dde5-5539-43d2-b75f-28935d70f100&pf\\_rd\\_p=7746dde5-5539-43d2-b75f-28935d70f100&pf\\_rd\\_r=V6X0W5HVCGR9TENVPHAM&pd\\_rd\\_wq=jLnyq&pd\\_rd\\_r=9531db0d-2dde-4413-9413-8607c5a379d6&pd\\_rd\\_i=0399166580&psc=1](https://www.amazon.com/Invincible-Growing-Domestic-Violence-Truths/dp/0399166580/ref=pd_bxgy_img_d_scl_1/136-9989103-0293625?pd_rd_w=hTZ6r&content-id=amzn1.sym.7746dde5-5539-43d2-b75f-28935d70f100&pf_rd_p=7746dde5-5539-43d2-b75f-28935d70f100&pf_rd_r=V6X0W5HVCGR9TENVPHAM&pd_rd_wq=jLnyq&pd_rd_r=9531db0d-2dde-4413-9413-8607c5a379d6&pd_rd_i=0399166580&psc=1)

Here's another resource <https://vawnet.org/material/responding-long-term-needs-adult-children-exposed-domestic-violence-exploring-connection>

12:06:55 From iPhoneTina Lawson to Everyone:

Replying to "QUESTION: Are there..."

Would be interested in that as well!

12:07:01 From Karen (Gallagher) Osborn to Everyone:

Reacted to "There is not deadlin..." with ❤️

12:07:07 From Julie to Everyone:

QUESTION: What books do you recommend for moms? I have seen a few but not sure which are most helpful from your perspectives. <https://www.amazon.com/Coercive-Control-Childrens-INTERPERSONAL-VIOLENCE/dp/0190922214>

[https://www.amazon.com/When-Dad-Hurts-Mom-Witnessing-ebook/dp/B002SR2PVK/ref=sr\\_1\\_4?crd=207284RMP7CJR&keywords=lundy+bancroft&qid=1700691352&s=books&sprefix=lundy+%2Cstripbooks%2C102&sr=1-4](https://www.amazon.com/When-Dad-Hurts-Mom-Witnessing-ebook/dp/B002SR2PVK/ref=sr_1_4?crd=207284RMP7CJR&keywords=lundy+bancroft&qid=1700691352&s=books&sprefix=lundy+%2Cstripbooks%2C102&sr=1-4)

12:07:44 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "QUESTION: Are there..."

We'll be talking about this in upcoming slides

12:07:56 From Laurie Tims to Everyone:

Reacted to "We'll be talking abo..." with 👍

12:07:57 From Audrey Whitaker to Everyone:

I liked When Dad Hurts Mom by Lundy Bancroft, it's been years since I read it, but it helped me at the time

12:08:00 From iPhoneTina Lawson to Everyone:

Reacted to "We'll be talking abo..." with 👍

12:09:28 From Helenmary to Everyone:

Thank you!

12:09:32 From lauriefitzgerald to Everyone:

The Wounded Heart, Hope for adult victims of childhood sexual abuse, by Dr. Dan Allender

12:10:11 From Kendra to Everyone:

When Dad Hurts Mom: <https://www.amazon.com/When-Dad-Hurts-Mom-Witnessing/dp/0425200310>

12:11:23 From Julie to Everyone:

QUESTION: Has your child been traumatized by Dr Mintz? Caring for Families Caught in Dom Abuse, by Chris Moles? Moms want help to understand impacts/behaviors and to help build resilience.....hard to find something with both.

12:11:44 From Kendra to Everyone:

The Wounded Heart: ... <https://www.amazon.com/Wounded-Heart-Victims-Childhood-Sexual/dp/1600063071>

12:12:39 From Jenelle Chadwick, Colorado to Everyone:

Hi, Jenelle Chadwick, Colorado

12:12:52 From Shonquella Terrell to Everyone:

I read this book How to Raise Emotionally Healthy Children, by Gerald Newmarks, Ph.D foreword by Roy W. Menninger M.D

12:13:40 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "QUESTION: Has your ..."

I'm not sure what your question is. Are you asking if there is a book or resource that combines both?

12:13:58 From iPhoneTina Lawson to Everyone:

Yes Tabi...I completely didn't understand that my daughters were being impacted as my now x was so covert & I truly thought it was Gods will for me to stay & Love ❤️ better & was protecting them...

Soooo Don't Believe this NOW!!

12:14:18 From Joy Forrest to Everyone:

Reacted to "Yes Tabi...I completel..." with 👍

12:14:41 From Kendra to Everyone:

Yep!


12:14:45 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

AMEN on the hard Brooke!!!

12:15:04 From Jenelle Chadwick, Colorado to Everyone:

definitely!

12:15:15 From iPhoneTina Lawson to Everyone:

Reacted to "AMEN on the hard Bro..." with 

12:15:35 From Sharon Stennett to Everyone:

I know personally I was diagnosed with ADD and treated with Adderall which did mellow me out. But when my journey brought education on my abuse I now know its triggers and deal with it from that perspective and realize it's not ADD

12:15:40 From Shonquella Terrell to Everyone:

AMen

12:15:58 From Katharine to Everyone:

On this note, I used motivational interviewing techniques yesterday when my highly emotional 8-yr old was being more emotional than usual, and we had an amazing really helpful conversation that ended with us both understanding each other. would HIGHLY recommend!

12:16:04 From Julie to Everyone:

For women in the church the early adulthood derailment seems to be esp frightening because they have been trained in the church that the parenting can control/create certain outcomes. We have sold a bill of goods to parents in the church. We must be patient and pray!!!!

12:16:04 From Kendra to Everyone:

Thank you, @Brooke! Such a good word of encouragement!

12:16:09 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Brooke about to make a Pentecostal & do a victory lap!

12:16:13 From Rebecca Sodergren to Everyone:


Preach it, Brooke!

12:16:14 From iPhoneTina Lawson to Everyone:

Yeah Brooke 🙌

Great reminders!!

12:16:17 From Kendra to Everyone:


Reacted to "On this note, I used..." with 

12:16:29 From Katharine to Everyone:


Replying to "On this note, I used..."

i mean understanding BETTER

12:16:35 From Becki Johnson to Everyone:

Reacted to "For women in the chu..." with 


12:16:38 From Joy Forrest to Everyone:

Reacted to "For women in the chu..." with 


12:16:41 From Joy Forrest to Everyone:

Reacted to "For women in the chu..." with 


12:16:44 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "On this note, I used..." with 


12:16:45 From iPhoneTina Lawson to Everyone:

Reacted to "Brooke about to make..." with 


12:16:46 From Becki Johnson to Everyone:

Reacted to "Brooke about to make..." with 


12:16:50 From Kendra to Everyone:

Reacted to "For women in the chu..." with 


12:16:53 From Laurie Tims to Everyone:

Reacted to "On this note, I used..." with 

12:16:57 From Joy Forrest to Everyone:

Reacted to "Brooke about to make..." with 

12:16:59 From Becki Johnson to Everyone:

Reacted to "On this note, I used..." with 

12:17:02 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "On this note, I used..."



Love this!! Motivational interviewing has changed my way I interact with everyone. I realized I don't know the answer but they may or together we can get to an answer that can help them.

12:17:05 From Julie to Everyone:

Replying to "QUESTION: Has your ..."

Do you like either of these? Looks like Lundy's book might be the best option for finding both in one resource?

12:17:06 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "On this note, I used..." with 👍

12:17:19 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Brooke about to make..." with ❤️

12:17:31 From iPhoneTina Lawson to Everyone:

Reacted to "For women in the chu..." with 👍

12:17:43 From Jenelle Chadwick, Colorado to Everyone:

Removed a 👍 reaction from "On this note, I used..."

12:18:45 From Hannah Lippert to Everyone:

Reacted to "Love this!! Motivati..." with ❤️

12:18:45 From Laurie Tims to Everyone:

Reacted to "Love this!! Motivati..." with ❤️

12:18:46 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "On this note, I used..." with ❤️

12:18:51 From Hannah Lippert to Everyone:

Reacted to "On this note, I used..." with ❤️

12:18:51 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Yeah Brooke 🙌"

Great..." with ❤️

12:18:52 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

6 things needed for secure attachment:

1. Attunement - A caregiver's understanding of your inner world/emotional states. As Dan Siegel describes it - "feeling felt."

2. Responsiveness - How your caregivers handled distress and emotions like mad, sad, happy. Were responses meaningful? Was there comfort, care, and kindness for you?

3. Engagement - Your caregivers wanting to know the real you. Drawing out your hopes, dreams, fears, and longings. As Curt Thompson says, "We enter the world looking for someone looking for us."

4. Regulate affect - Your caregivers helped you regulate what was happening in your body. They helped you manage your emotions.

5. Able to handle your negative emotions - Your caregivers could tolerate big emotions. Were your parents able to bear the weight of your unedited soul?

6. Repairing harm - Your caregivers recognized and repaired harm when they blew it. Trust & safety are not built on the lack of failure, but on how they repair when a rupture occurs.

12:18:53 From Jessica Evans to Everyone:

Reacted to "On this note, I used..." with ❤️

12:18:53 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Preach it, Brooke!" with ❤️

12:19:08 From Jessica Evans to Everyone:

Reacted to "6 things needed for ..." with ❤️

12:19:19 From Joy Forrest to Everyone:

Reacted to "6 things needed for ..." with 👍

12:19:26 From Laurie Tims to Everyone:

Reacted to "6 things needed for ..." with ❤️

12:19:33 From Becki Johnson to Everyone:

Reacted to "6 things needed for ..." with ❤️

12:20:07 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "Brooke about to make..." with 😊

12:21:01 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "6 things needed for ..." with ❤️

12:21:29 From Kendra to Everyone:

Science, Technology, Engineering, Math = STEM

12:21:39 From Joy Forrest to Everyone:

Reacted to "Science, Technology,..." with 👍

12:21:47 From Becki Johnson to Everyone:

Replying to "Science, Technology,..."

They've added Arts so it's STEAM

12:21:48 From iPhoneTina Lawson to Everyone:

Reacted to "6 things needed for ..." with ❤️

12:22:56 From Becki Johnson to Everyone:

How much damage was done by shutting down schools and putting kids in front of screens at home and not allowed to get outside with peers?

My granddaughter got involved with drugs as a result of the shutdown.

12:23:08 From Joy Forrest to Everyone:

Reacted to "How much damage was ..." with 😬

12:23:10 From Kendra to Everyone:

"Trust & safety are not built on the lack of failure, but on how they repair when a rupture occurs." - Dan Allender

12:23:25 From Kendra to Everyone:

Reacted to "How much damage was ..." with 😬

12:24:19 From Laurie Tims to Everyone:

Reacted to "How much damage was ..." with 💕

12:24:23 From Laurie Tims to Everyone:

Reacted to "How much damage was ..." with 😬

12:24:25 From Laurie Tims to Everyone:

Removed a 💕 reaction from "How much damage was ..."

12:24:37 From Shonquella Terrell to Everyone:

Reacted to "6 things needed fo..." with ❤️

12:24:43 From Katharine to Everyone:

Reacted to "How much damage was ..." with 😬

12:24:43 From Angi Beery to Everyone:

Reacted to "6 things needed for ..." with 💜

12:25:36 From Helenmary to Everyone:

Reacted to "Thank you, @Brooke..." with 👍

12:25:42 From Helenmary to Everyone:

Reacted to "For women in the c..." with 👍

12:27:08 From Joy Forrest to Everyone:

Replying to "QUESTION: Has your ..."

Sorry Julie, I saw Chris's name and thought it was the first book. Darby has a good chapter in this book re: kids.

12:27:16 From Kendra to Everyone:

"Boredom" is good for them - develops creativity.

12:27:20 From Julie to Everyone:

Reacted to "6 things needed for ..." with ❤️

12:27:28 From Becki Johnson to Everyone:

Reacted to ""Boredom" is good fo..." with ❤️

12:27:45 From iPhoneTina Lawson to Everyone:

Such Healthy Info. Dr Debra...let kiddos let them figure out things for themselves 🤪

12:27:45 From Joy Forrest to Everyone:

Also, Darby Strickland has a mini book on trauma and children that was released recently.

12:27:57 From Kendra to Everyone:

Reacted to "Also, Darby Strickla..." with 💜

12:28:00 From iPhoneTina Lawson to Everyone:

Reacted to "Also, Darby Strickla..." with 💜

12:28:11 From Julie to Everyone:

Replying to "QUESTION: Has your ..."

Thanks a lot

12:28:13 From iPhoneTina Lawson to Everyone:

Reacted to ""Boredom" is good fo..." with 🙌

12:28:25 From Julie to Everyone:

Reacted to "Also, Darby Strickla..." with 💜

12:28:35 From Joy Forrest to Everyone:

Replying to "QUESTION: Has your ..."



12:28:39 From iPhoneTina Lawson to Everyone:

Reacted to ""Trust & safety are ..." with ❤️

12:28:58 From iPhoneTina Lawson to Everyone:

Reacted to "How much damage was ..." with 🤔

12:28:58 From Helenmary to Everyone:

Reacted to "Sorry Julie, I saw..." with 👍

12:29:35 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Thank you, @Brooke! ..." with ❤️

12:29:39 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Brooke about to make..." with ❤️

12:29:41 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Preach it, Brooke!" with ❤️

12:29:44 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Yeah Brooke 🙌"

Great..." with ❤️

12:30:55 From Jessica Evans to Everyone:

• With Safety. a child is free from physical and/or emotional harm.

• With Stability. There is predictability and consistency in a child's environment. Families that are stable and have regular routines provide children with the consistency needed to lessen the impact of stressful experiences.

• Nurturance. Is a parent or caregiver available and able to respond to the needs of the child? A nurturing relationship lessens the amount of fear that a child has and allows them to explore their environment with confidence. Such a huge piece of building those connections in the brain.

12:31:28 From Jenelle Chadwick, Colorado to Everyone:

Reacted to ""Trust & safety are ..." with ❤️

12:31:31 From Jessica Evans to Everyone:

CDC came out with this language after ACE studies- "safe, stable, nurturing relationships" because we have learned that it only takes 1 positive relationships to buffer negative effects of ACEs (like abuse and neglect).

12:31:34 From Audrey Whitaker to Everyone:

Reacted to "• With Safety. a chi..." with ❤️

12:31:36 From Jenelle Chadwick, Colorado to Everyone:

Reacted to ""Boredom" is good fo..." with ❤️

12:31:38 From Kendra to Everyone:

Reacted to "• With Safety. a chi..." with ❤️

12:31:52 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "Also, Darby Strickla..." with 👍

12:32:20 From Julie to Everyone:

Reacted to "• With Safety. a chi..." with ❤️

12:32:36 From Julie to Everyone:

Reacted to "CDC came out with th..." with ❤️

12:34:02 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "• With Safety. a chi..." with ❤️

12:34:02 From Jessica Evans to Everyone:

Agency is the ability to take action or to choose what action to take. It is having choice. Trauma and violence steal personhood and the ability to have a voice. So as advocates we want to be giving options and allowing survivors to make their own choices and get their voice back.

12:34:21 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "CDC came out with th..." with ❤️

12:34:37 From Angi Beery to Everyone:

Thank you Tabi!!!

12:34:46 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "Agency is the abilit..." with ❤️

12:34:50 From Laurie Tims to Everyone:

This is SO validating. Thank you! "broken, irreconcilably different." I do struggle with feeling so different. I see things differently partly being raised by an abusive person.

12:35:10 From Becki Johnson to Everyone:

Reacted to "This is SO validatin..." with ❤️

12:35:57 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "This is SO validatin..."

What happened to you (<https://www.amazon.com/What-Happened-You-Understanding-Resilience/dp/1250223180>)

Is a great resource to see that you are not abnormal but that you are acting normally in response to what happened to you.

12:36:19 From Helenmary to Everyone:

Reacted to "• With Safety. a ..." with ❤️

12:36:26 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "This is SO validatin..."

YES! And post-traumatic growth can be so good - we have greater empathy and other skills we might not have had otherwise.

12:36:27 From Julie to Everyone:

THIS SLIDE IS AWESOME~

12:36:27 From Kendra to Everyone:

Reacted to "Agency is the abilit..." with 💜

12:36:32 From Laurie Tims to Everyone:

QUESTION - I'd like to share this slide on my advocacy page - I reach out to the advocacy email, right? *Correct*

12:36:41 From Erica to Everyone:

Reacted to "What happened to you..." with 👍

12:36:45 From Kendra to Everyone:

Reacted to "What happened to you..." with 💜

12:36:45 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "What happened to you..." with ❤️

12:36:50 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "QUESTION - I'd like ..."

Yes!

12:37:07 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "QUESTION - I'd like ..." with 👍

12:37:08 From Jessica Evans to Everyone:

Replying to "QUESTION - I'd like ..."

Laurie, this image is from echo so you should be able to share from there. I'll see if I can find the original source.

12:37:09 From Joy Forrest to Everyone:

Reacted to "CDC came out with th..." with ❤️

12:37:23 From Joy Forrest to Everyone:

Reacted to "Agency is the abilit..." with ❤️

12:37:29 From Laurie Tims to Everyone:

Reacted to "YES! And post-trauma..." with ❤️

12:37:32 From Joy Forrest to Everyone:

Reacted to "This is SO validatin..." with ❤️

12:37:35 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "Laurie, this image i..." with 👍

12:37:49 From Joy Forrest to Everyone:

Reacted to "YES! And post-trauma..." with ❤️

12:37:55 From Joy Forrest to Everyone:

Reacted to "What happened to you..." with 💜

12:38:12 From Jessica Evans to Everyone:

Replying to "QUESTION - I'd like ..."

Here it is-

12:38:14 From Jessica Evans to Everyone:

Replying to "QUESTION - I'd like ..."

<https://www.echotraining.org/survivorempowerment/#:~:text=SURVIVOR%20EMPOWERMENT%20starts%20when%20we,how%20to%20reverse%20those%20changes>

12:38:39 From Jenelle Chadwick, Colorado to Everyone:



Reacted to "Here it is-" with ❤️

12:39:04 From Laurie Tims to Everyone:

Reacted to "Here it is-" with ❤️

12:39:49 From iPhoneTina Lawson to Everyone:

I Believe If it puts SHAME on a person It's not good !?

12:40:16 From Helenmary to Everyone:

QUESTION: Why is CPTSD not in the DSM? Is it too new?

12:40:45 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "QUESTION: Why is CP..."

Well, the DSM is created by psychiatrists and there is a WHOLE LOT of politics involved.

12:40:49 From KAMILLA to Everyone:

Replying to "QUESTION: Why is CP..."

**DSM-5 - Diagnostic and Statistical Manual of Mental Disorders**

12:40:50 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "I Believe If it puts..."

Amen

12:41:27 From KAMILLA to Everyone:

Replying to "QUESTION: Why is CP..."

C-PTSD - Complex Post-Traumatic Stress Disorder

12:41:45 From Angi Beery to Everyone:

I have to sign off early today. Thank you all so much for such great info. I'll finish listening to the rest of this later.

12:42:29 From Helenmary to Everyone:

Reacted to "Brooke about to ma..." with 😄

12:42:38 From Jessica Evans to Everyone:

❤️ Yes, Tabi!!

12:42:42 From Jenelle Chadwick, Colorado to Everyone:

me too @Tabi

12:42:48 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Preach, @Tabitha Westbrook, LMFT, LCMHC, LPC

So much hope!

12:43:07 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "I have to sign off e..." with ❤️

12:43:16 From Julie to Everyone:

THank you Tabi.

12:43:19 From Tyne to Everyone:

QUESTION: How does a person best advocate for themselves with a misdiagnosis and when the abuser uses diagnosis against them?

12:43:20 From iPhoneTina Lawson to Everyone:

GRATEFUL for

Y 🥰 U Tabi ❤️

Good reminders !!

12:43:43 From Becki Johnson to Everyone:

Aren't the "symptoms" of C-PTSD pretty normal human reactions/responses to the terrible things that have happened to a person? Calling that a "disorder" seems less than helpful to a survivor.

12:43:43 From Jenelle Chadwick, Colorado to Everyone:

❤️ Yes, Joy!

12:43:45 From iPhoneTina Lawson to Everyone:

Reacted to "Preach, @Tabitha Wes..." with ❤️

12:43:48 From iPhoneTina Lawson to Everyone:

Reacted to "THank you Tabi." with ❤️

12:43:55 From Katharine to Everyone:

on a short-term level we do that - if someone sitting next to us started screaming wildly we would ask what happened, not diagnose them with Random Screaming Disorder.

12:44:02 From Helenmary to Everyone:

AMEN to everything TABITHA just said--amazing RESTORATIVE and REDEMPTIVE power of the LORD. All things are possible. . .comforting others with the comfort we have received.

12:44:07 From iPhoneTina Lawson to Everyone:

Reacted to "me too @Tabi" with ❤️

12:44:09 From Becki Johnson to Everyone:

Reacted to "on a short-term leve..." with 😊

12:44:11 From iPhoneTina Lawson to Everyone:

Reacted to "❤️ Yes, Tabi!!" with ❤️

12:44:16 From Laurie Tims to Everyone:

Reacted to "on a short-term leve..." with 👍

12:44:17 From Helenmary to Everyone:

Reacted to "Preach, @Tabitha W..." with ❤️

12:44:22 From Helenmary to Everyone:

Removed a ❤️ from "Preach, @Tabitha W..."

12:44:25 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "QUESTION: How does a..." with 🙏

12:44:27 From Kendra to Everyone:

Reacted to "Preach, @Tabitha Wes..." with 💜

12:44:32 From iPhoneTina Lawson to Everyone:

Reacted to "❤️ Yes, Joy!" with ❤️

12:46:07 From Joy Forrest to Everyone:

Reacted to "I have to sign off e..." with ❤️

12:46:07 From Jenelle Chadwick, Colorado to Everyone:

That was a great pep talk@Joy Forrest

12:46:23 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.

Learn more and register here:

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

12:46:51 From Laurie Tims to Everyone:

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

12:46:56 From iPhoneTina Lawson to Everyone:

I now say "God didn't cause my pain but He sure is using it for me 🥰🌿🦋

12:47:10 From Laurie Tims to Everyone:

Reacted to "I now say "God didn'..." with ❤️

12:47:16 From Helenmary to Everyone:

Suffering does give an opportunity for greater depth, INTIMACY and reliance on the Lord. It can bring a HUMILITY as well--and TEACHABILITY.

12:47:26 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "I now say "God didn'..." with ❤️

12:47:28 From Joy Forrest to Everyone:

Yes, Becki! C-PTSD is a normal reaction to absolutely abnormal and horrible things.

12:47:36 From Kendra to Everyone:

Reacted to "That was a great pep..." with 💜

12:47:37 From KAMILLA to Everyone:

JADE: no Justifying, no Arguing, no Defending, no Explaining

12:47:41 From Helenmary to Everyone:

Reacted to "❤️ Yes, Joy!" with ❤️

12:47:42 From Kendra to Everyone:

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

12:47:46 From Joy Forrest to Everyone:

Reacted to "That was a great pep..." with ❤️

12:47:57 From Kendra to Everyone:

Reacted to "JADE: no Justifyin..." with 💜

12:48:15 From Helenmary to Everyone:

Reacted to "That was a great p..." with ❤️

12:48:26 From Jenelle Chadwick, Colorado to Everyone:

Thank you for that reminder @Tabitha Westbrook, LMFT, LCMHC, LPC

12:48:31 From Helenmary to Everyone:

Reacted to "Aren't the "sympto..." with ❤️

12:49:05 From KAMILLA to Everyone:

**"Perfectly normal reaction to a perfectly abnormal situation!" - Tabitha Westbrook**

12:49:23 From Becki Johnson to Everyone:

Reacted to "Yes, Becki! C-PTSD i..." with ❤️

12:49:31 From Kendra to Everyone:

Reacted to ""Perfectly normal re..." with 💜

12:49:36 From iPhoneTina Lawson to Everyone:

VIP...Tabi...I agree

Evil is real 🐼 & God wants us to Trust ourselves...

Our body knows when something isn't right !!

12:49:51 From iPhoneTina Lawson to Everyone:

Reacted to ""Perfectly normal re..." with 💜

12:49:55 From Jenelle Chadwick, Colorado to Everyone:

Thank you, I NEEDED to hear that, Tabi, about the little things.

12:50:03 From Joy Forrest to Everyone:

Reacted to "Thank you, I NEEDED ..." with 👍

12:50:04 From iPhoneTina Lawson to Everyone:

Reacted to "Thank you for that r..." with 💜

12:50:05 From Helenmary to Everyone:

Reacted to "Yes, Becki! C-PTSD..." with ❤️

12:50:11 From Helenmary to Everyone:

Reacted to "JADE: no Justify..." with 👍

12:50:16 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "I now say "God didn'..." with ❤️

12:50:22 From Helenmary to Everyone:

Reacted to "Thank you, I NEEDE..." with 👍

12:50:28 From iPhoneTina Lawson to Everyone:

Reacted to "Thank you, I NEEDED ..." with 💕

12:50:35 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to ""Perfectly normal re..."

I need to put that on a shirt.

12:50:42 From Becki Johnson to Everyone:

Reacted to "Thank you, I NEEDED ..." with ❤️

12:50:43 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "I need to put that o..." with 👍

12:50:43 From Kendra to Everyone:

Reacted to "I need to put that o..." with 💜

12:50:46 From Helenmary to Everyone:

Replying to "Thank you, I NEEDE..."

Me too!

12:50:47 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "Thank you, I NEEDED ..." with ❤️

12:51:01 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Thank you, I NEEDED ..."

I'm so glad!! It's so important to remember!

12:51:06 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "I'm so glad!! It's s..." with ❤️


12:51:37 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Healing happens in community!!


12:51:43 From Jenelle Chadwick, Colorado to Everyone:

Reacted to "Healing happens in c..." with ❤️

12:52:20 From Kendra to Everyone:

Reacted to "Healing happens in c..." with 

12:52:26 From Shonquella Terrell to Everyone:

Reacted to "Healing happens in..." with 

12:54:15 From Julie to Everyone:

Last week's class led to personal celebrating for me...I made a list of things that are now true of me, which were not true as I came out of my childhood traumas. God is good and in hindsight I saw HIS healing touch in BIG ways. This is also serving me mightily as God has allowed another humongous trauma in my world in the last two weeks.

12:54:27 From Laurie Tims to Everyone:

my dad always put down holidays. my first Christmas decorating with my mama a couple years ago was wonderful, but I noticed anxiety I was holding in my body, waiting for him to walk around the corner and comment on Christmas and commercialism.

12:54:44 From Helenmary to Everyone:

The Lord told me to blow bubbles with my children a lot when they were growing up. Just relax and HAVE FUN. Great advice Tabi--and never goes out of style.

12:54:51 From Laurie Tims to Everyone:

Reacted to "Last week's class le..." with 

12:54:54 From Kendra to Everyone:

Reacted to "Last week's class le..." with 

12:54:56 From Becki Johnson to Everyone:

Celebrating things like holidays and birthdays is still hard for me. It was always a trigger for my ex to see me happy or enjoying anything that wasn't focused on him


12:55:08 From Becki Johnson to Everyone:

Reacted to "my dad always put do..." with 

13:03:25 From Katharine to Everyone:

i can see you

13:04:08 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "The Lord told me to ..." with 

13:04:16 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "Last week's class le..." with 

13:04:25 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Best bubble wands...

[https://www.amazon.com/gp/product/B07DQDLP63/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07DQDLP63/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

13:04:35 From Joy Forrest to Everyone:

Reacted to "Best bubble wands... h..." with ❤️

13:04:38 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Best bubble wands... h..."

On sale now! (And not sponsored)

13:04:44 From yuklinling to Everyone:

All storms run out of rain, Maya Angelou

13:05:29 From Kendra to Everyone:

Reacted to "All storms run out o..." with 💜

13:08:17 From iPhoneTina Lawson to Everyone:

Definitely <sup>100</sup> Tabi...I now KNOW That I can't do Anything to EARN Gods Love ❤️

Sadly Spiritual Abuse keeps people stuck as victims 😞 !!

13:09:15 From Kendra to Everyone:

Just had a lightbulb go off: "Rest & digest" - that's why I was so tired for so long after my situation became safer.

13:09:26 From Laurie Tims to Everyone:

I just wrote about this - not feeling safe in your body next to an abuser.

[https://www.facebook.com/permalink.php?story\\_fbid=pfbid02Lac6XbQwQfLmhApdbmKch9EFZFrjsyndNocpJQNGjUg4nGmEjtHrceV49Etj47bBl&id=100080090643391](https://www.facebook.com/permalink.php?story_fbid=pfbid02Lac6XbQwQfLmhApdbmKch9EFZFrjsyndNocpJQNGjUg4nGmEjtHrceV49Etj47bBl&id=100080090643391)

13:09:40 From Becki Johnson to Everyone:

Reacted to "Just had a lightbulb..." with ❤️

13:09:49 From Becki Johnson to Everyone:

Reacted to "I just wrote about t..." with ❤️

13:10:42 From iPhoneTina Lawson to Everyone:

Yes..."I Now know I'm allowed to HAVE MY FEELINGS (vs stuffing) but THEY DONT HAVE ME (drive my bus)" !!



I have the Holy Spirit in Me 🥰

13:10:49 From Laurie Tims to Everyone:

Reacted to "Yes..."I Now know I'm ..." with ❤️

13:10:50 From Joy Forrest to Everyone:

Reacted to "Yes..."I Now know I'm ..." with 👍

13:10:53 From KAMILLA to Everyone:

"We are all in this together!" - High School Musical. "We are BETTER together!"

13:10:54 From Joy Forrest to Everyone:

Reacted to "I just wrote about t..." with ❤️

13:11:01 From Katharine to Everyone:

Reacted to "Yes..."I Now know I'm ..." with ❤️

13:11:15 From Kendra to Everyone:

Reacted to ""We are all in this ..." with 💜

13:11:32 From iPhoneTina Lawson to Everyone:

Reacted to ""We are all in this ..." with ❤️

13:11:43 From iPhoneTina Lawson to Everyone:

Reacted to "I just wrote about t..." with ❤️

13:12:26 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Painting rocks was part of my recovery!!

13:12:50 From Kendra to Everyone:

Reacted to "Painting rocks was p..." with 💜

13:13:03 From iPhoneTina Lawson to Everyone:

THANKFUL for the team of wisdom here 💜

Blessings ❤️

13:13:20 From iPhoneTina Lawson to Everyone:

Reacted to "Yes..."I Now know I'm ..." with ❤️

13:13:22 From iPhoneTina Lawson to Everyone:

Removed a ❤️ reaction from "Yes..."I Now know I'm ..."

13:13:50 From Kendra to Everyone:

Replying to "Painting rocks was p..."

I still have the one that I got at my first Retreat - at Junaluska a few years ago.

13:14:02 From Becki Johnson to Everyone:

Reacted to "I still have the one..." with ❤️

13:14:02 From Laurie Tims to Everyone:

Reacted to "I still have the one..." with ❤️

13:14:03 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Painting rocks was p..."

@Kendra that's so cool!!

13:14:10 From Laurie Tims to Everyone:

Reacted to "Painting rocks was p..." with ❤️

13:14:17 From KAMILLA to Everyone:

**REMINDER: The Q&A for this course has been moved to Saturday, December 2, 12-1 EST. Please bring your questions and comments for Dr. Debra and the team.**

**Our next and final course in this year starts on Tuesday!! See you then!!**

13:14:18 From Joy Forrest to Everyone:

Reacted to "I still have the one..." with ❤️

13:14:18 From Laurie Tims to Everyone:

Reacted to "THANKFUL for the tea..." with ❤️

13:14:27 From Joy Forrest to Everyone:

Reacted to "REMINDER: The Q&A f..." with 👍

13:14:32 From Kendra to Everyone:

Reacted to "THANKFUL for the tea..." with 💜

13:14:39 From Peter - Tanzania to Everyone:

Thanks Tabi, this is great, blessings to you all, the winning Team

13:14:44 From Audrey Whitaker to Everyone:

Reacted to "REMINDER: The Q&A f..." with 👍

13:14:45 From Kendra to Everyone:

Reacted to "REMINDER: The Q&A f..." with 💜

13:14:47 From iPhoneTina Lawson to Everyone:

Reacted to "Best bubble wands... h..." with 😊

13:14:47 From Becki Johnson to Everyone:

Reacted to "Thanks Tabi,this is ..." with ❤️

13:14:49 From Becki Johnson to Everyone:

Reacted to "REMINDER: The Q&A f..." with 💜

13:14:54 From Becki Johnson to Everyone:

Reacted to "REMINDER: The Q&A f..." with 👍

13:14:59 From Shonquella Terrell to Everyone:

Reacted to "Thanks Tabi,this i..." with ❤️

13:15:21 From Laurie Tims to Everyone:

This class has defiantly informed my parenting!

13:15:31 From Becki Johnson to Everyone:

Reacted to "This class has defia..." with ❤️

13:15:33 From Audrey Whitaker to Everyone:

YES the mom guilt

13:16:49 From Becki Johnson to Everyone:

All my children are adults now. This section has been painful for me but I am seeing there have been things that I did right in spite of the situation and did well after we got away, so that's been encouraging.

13:16:59 From Becki Johnson to Everyone:

Reacted to "YES the mom guilt" with ❤️

13:17:05 From Kendra to Everyone:

Reacted to "All my children are ..." with 💜

13:17:16 From Laurie Tims to Everyone:


Reacted to "All my children are ..." with 💜

13:17:35 From KAMILLA to Everyone:

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13:17:45 From Kendra to Everyone:

Reacted to "REMINDER: The Q&A f..." with 

13:17:54 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "All my children are ..." with 

13:18:00 From Ladonna to Everyone:

Is the quizzes postponed too?

13:18:07 From Marjorie Lea to Everyone:

Bless you all!

13:18:23 From Ladonna to Everyone:

Thank you! Happy Thanksgiving

13:18:32 From Helenmary to Everyone:

Happy Thanksgiving all! I'm so THANKFUL for CTPM. Love you all. Another great session, and deeply appreciative for each of you.

13:18:34 From Peter - Tanzania to Everyone:

Thanks Dr Debra

13:18:39 From Audrey Whitaker to Everyone:

class next week? did I miss that?

13:18:44 From rose to Everyone:

Happy Thanksgiving

13:18:53 From yuklinling to Everyone:

gobble

13:19:14 From gretchen sewart to Everyone:

Class next week? Yes