

Video Replay: <https://vimeo.com/836256231/7ab49121cc?share=cop>

08:23:36 From Nicole Toyne to Everyone:

Nicole Toyne CA

08:24:49 From Peggy Peterson to Everyone:

Hi from Eric and Peggy Peterson, Nashville TN

08:25:09 From Cathy to Everyone:

Cathy Sage, Swanzey NH

08:25:12 From Petra Charlotte NC to Everyone:

Peggy Drye NC

08:26:02 From Ann to Everyone:

Ann Lawrence Roxboro, NC

08:26:19 From Nicole Toyne to Everyone:

What book are you discussing? [Amazon.com: Trauma and Recovery: The Aftermath of Violence - from Domestic Abuse to Political Terror](#)

08:26:20 From Molly BCDM to Everyone:

Molly, Williston ND

08:26:24 From Cathy to Everyone:

QUESTION: Which book?

08:26:33 From Nancy Kantsios to Everyone:

Nancy Kantsios from Aldie, VA

08:26:57 From Pam Rork to Everyone:

Pam Rork, Sylvania, Ohio

08:27:02 From Molly BCDM to Brooke Eggen(Direct Message):

I'm here Brooke! 😊

08:27:36 From Cheryl Bennett to Everyone:

Cheryl Bennett Acworth, Ga

08:27:46 From Cheryl Bennett to Everyone:

Nice View Brooke!

08:28:01 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Tabitha from WaFo & FloMo

08:28:01 From Tara to Everyone:

where in N Idaho? I grew up in Coeur d'Alene!

08:28:11 From Suzanne Jones to Everyone:

Suzanne Jones from Pittsburgh

08:28:12 From Pam to Everyone:

Pam in TN

08:28:20 From Dale Ingraham to Everyone:

Dale and Faith Ingraham

08:28:27 From Lisa Henderson Victoria Campbell to Everyone:

Lisa Henderson and Victoria Campbell Ohio

08:28:36 From Tara to Everyone:

Spent many years camping in Priest Lake!
08:28:43 From Karyn Russo to Everyone:
Karyn Russo NY
08:29:10 From Ariella to Everyone:
Ariella , Israel
08:29:20 From Joy Parks to Everyone:
Joy Parks Great Falls, SC
08:29:22 From rose to Everyone:
Rose in GA
08:29:32 From Chelsea Leonard to Everyone:
Good Morning! Chelsea Leonard Sweet Home Oregon
08:29:34 From DeniseS to Everyone:
DeniseS is present
08:29:47 From Rowena Slusser to Everyone:
Rowena Slusser, Albuquerque, NM
08:29:50 From Marjorie Lea to Everyone:
Marjorie Lea in Texas
08:30:00 From Petra Charlotte NC to Everyone:
Oh NO!
08:30:07 From Anna Harris to Everyone:
Anna Harris here from Texas
08:30:08 From Sheryl, Ohio to Everyone:
Sheryl Ohio
08:30:09 From Reenie Brown to Everyone:
Reenie Brown from Waxhaw, NC
08:30:26 From Keri Drowatzky to Everyone:
Keri Drowatzky listening from Bartlesville, OK.
08:30:29 From rose to Everyone:
I'm so sorry to hear about Shadow. Prayers for Dr. Debra
08:30:30 From Marjorie Lea to Everyone:
Recording started?
08:30:35 From Cheryl Bennett to Everyone:
Dr Debra, I'm so sorry for your loss. I'm glad you are taking time for yourself. Praying for
you. (I imagine she will see the notes later.)
08:30:40 From Suzanne Jones to Everyone:
Sorry to hear about Dr. Debra's loss
08:30:40 From Anna Harris to Everyone:
So sorry to hear about Shadow. Hugs to Dr. Debra.
08:30:41 From Karyn Russo to Everyone:
So sorry to hear this. Very sad. Praying for Dr Debra
08:30:49 From Christy to Everyone:
Christy Estelle, today I am in Indiana!
08:31:04 From Tara to Everyone:
Tara, Idaho

08:31:05 From Beth Burke to Everyone:
Beth Burke in Burlington NC

08:31:08 From Audrey Whitaker to Everyone:
Audrey Whitaker KS

08:31:08 From Angi Beery to Everyone:
Angi Beery, Goshen, IN 46526

08:31:11 From Ladonna to Everyone:
Ladonna Hafen, Montana

08:31:12 From Erica to Everyone:
Erica in Warrenton VA

08:31:13 From Anna Harris to Everyone:
Anna Harris here from Texas

08:31:15 From Carrie to Everyone:
Reacted to "I'm so sorry to hear..." with 🙏

08:31:15 From Sheri Millenbaugh (Faber) OHIO to Everyone:
Sheri Millenbaugh (Faber) Ohio

08:31:17 From Lisa Velasquez to Everyone:
Lisa Montrose, CO

08:31:19 From Peggy Barrett to Everyone:
Peggy Barrett, Durham, NC

08:31:24 From rose to Everyone:
(unsure if we need to re-sign in now that recording has begun) Rose in GA

08:31:28 From sue penn to Everyone:
Sue Penn Des Moines Iowa

08:31:28 From Marjorie Lea to Everyone:
So sorry Dr Debra for your loss of Shadow. Praying for you

08:31:38 From John Stonehocker to Everyone:
John Stonehocker Oklahoma

08:31:40 From Lisa Velasquez to Everyone:
Praying for Dr. Debra!!

08:31:43 From Rachel Lawrence to Everyone:
Rachel Lawrence, Wake Forest, NC

08:31:45 From Karyn Russo to Everyone:
Karyn Russo NY

08:31:46 From Rachel Tomazin to Everyone:
Rachel Tomazin - Columbus GA

08:31:49 From Becky MacDonald to Everyone:
Becky MacDonald - Bradenton, FL

08:31:54 From Chris's iPad to Everyone:
Chris Yoder Goshen IN

08:31:55 From Shannon Mullen to Everyone:
Shannon Mullen, Jamestown NY

08:32:01 From Scott and Susanne to Everyone:
Susanne King, Montrose, CO

08:32:02 From Amalia to Everyone:
Amalia Davis-Levittown,PA

08:32:07 From Angi Beery to Everyone:
My heart goes out to Dr. Debra!! Praying she is feeling comforting arms surround her. ❤️

08:32:09 From Chelsea Leonard to Everyone:
Replying to "Erica in Warrenton V..."
I know where that is I went to church there when I lived in Stafford VA.

08:32:11 From Tanja Jarvis to Everyone:
Tanja Jarvis, colorado

08:32:12 From Cynthia to Everyone:
Cynthia P Pa

08:32:15 From Yuklin to Everyone:
Y Ling NY

08:32:24 From Maryann to Everyone:
Maryann from Franklin, TN

08:32:27 From Jolene Underwood to Everyone:
Jolene Underwood, MD

08:32:45 From Carrie to Everyone:
Reacted to "My heart goes out to..." with ❤️

08:32:54 From Nicole Toyne to Everyone:
Is there a link?

08:33:00 From Dolores (Dodie) Smith to Everyone:
Dodie from Wake Forest, NC

08:33:14 From Cheryl Bennett to Everyone:
I'm not on facebook. A link here will be very helpful. Thank you!

08:33:37 From Nicole Toyne to Everyone:
Which FB group is it posted? This is the networking group on Facebook for those who are interested in connecting via Facebook regarding advocacy.
<https://www.facebook.com/groups/1022185391486476/>

08:33:40 From Jolene Underwood to Everyone:
Is there a FB group for this course? *No, just a general networking group you can join here:* <https://www.facebook.com/groups/1022185391486476/>

08:33:44 From Vanessa Satterfield to Everyone:
Vanessa Satterfield - North Carolina

08:33:58 From Joelma Kosciuszko, Fl to Everyone:
Joelma Kosciuszko, FL

08:34:01 From Laurie Tims to Everyone:
Laurie Tims

08:34:03 From Kamilla to Everyone:
CTPM Advocacy Networking FB page:
<https://www.facebook.com/groups/1022185391486476/>

08:34:06 From Cindy Stashenko to Everyone:
Cindy S NC

08:34:14 From C. Joston to Everyone:

C. Joston Naples FL

08:34:17 From Amy Henderson to Everyone:

Amy Henderson, Pickens, SC

08:34:25 From Hannah to Everyone:

Hannah Lippert, Stilesville, IN

08:34:55 From Amy Paquette to Everyone:

Amy Paquette Albuquerque, NM

08:35:01 From Priscilla to Everyone:

Priscilla from Nanaimo Canada

08:35:13 From Kendra to Everyone:

Kendra from Ohio. Sorry to be late. There's bad weather approaching, and my internet is not happy about it.

08:35:15 From Julie Burns to Everyone:

Julie Burns, TX

08:35:18 From Helenmary to Everyone:

Helenmary from VA

08:35:21 From Molly BCDM to Everyone:

www.CHlStalexiushealth.org/DVSummit *This is the Summit that Molly spoke about at the beginning of the class.*

A two-day educational event sponsored by CHI ND Violence Prevention program exploring topics in domestic abuse and violence prevention. Featuring speakers Mark Wynn, Kelsey McKay, Pastor Dan Boeck, Rebecca Levenson, Rachel Ramirez, and Scott Hampton. Learn interventions and trainings to help stop family and sexual violence geared for healthcare professionals, law enforcement and first responders, prosecutors, judges, social service providers, social workers, teachers, victim advocates, and other helping professionals. In partnership with Behind Closed Doors Ministries and CHI St. Alexius Health Williston.

Date: June 15th and 16th, 2023, 8:00 am - 5:00 pm each day

08:35:33 From Laurie Tims to Everyone:

Laurie Tims, Des Moines, IA

08:35:44 From Helenmary to Everyone:

I'm so very sorry about Shadow passing away. Prayers for Dr. Debra and family.

08:35:45 From Joy Parks to Everyone:

So sorry Dr Debra.

08:36:13 From Kendra to Everyone:

Sorry for Dr. Debra. 🙏 Yayy for team!

08:36:31 From Keri Drowatzky to Everyone:

Keri Drowatzky listening.

08:36:31 From katharine to Everyone:

Katharine Kofoed-Nielsen,, Denmark

08:36:34 From Naomi Jubilee to Everyone:

Naomi, Garner, NC

08:36:41 From Cathy to Everyone:

So sorry for your loss Dr Debra.

08:37:44 From Kamilla to Everyone:
Judith Lewis Herman – Trauma and Recovery <https://a.co/d/4uku4xr>

08:37:50 From Deborah Stahl Waters to Everyone:
Deborah Stahl Waters Macon, GA

08:38:10 From JoAnna Schultz to Everyone:
JoAnna Schultz- Murrieta, Ca

08:38:20 From cindymorris to Everyone:
Cindy Morris - Franklinton, NC

08:38:43 From Dayna Martin to Everyone:
Dayna Martin, Williston, ND

08:39:21 From Christine Felser to Everyone:
Christine Felser King of Prussia PA

08:39:38 From Ann West to Everyone:
Ann West from NC

08:39:43 From Naomi Jubilee to Everyone:
QUESTION: Can you flesh out the spectrum of disassociation?

08:40:02 From katharine to Everyone:
QUESTION: what is the relationship, if any, between CPTSD and Borderline Personality Disorder? they sound quite similar...

08:40:52 From Kamilla to Everyone:
DSM-5 - Diagnostic and Statistical Manual of Mental Disorders

08:41:51 From dena to Everyone:
Sorry I'm late...Dena Roberts, Dewitt, MI

08:41:53 From Lynn MN iPhone to Everyone:
Lynn A. MN on my iPhone. May be in and out, between meetings.

08:42:56 From Kamilla to Everyone:
DBT - Dialectical Behavioral Therapy

08:42:57 From Gunita to Everyone:
Gunita P. - Miami, FL

08:43:03 From Jennifer's Tablet to Everyone:
Jen Mellor from Mt Pleasant SC sorry I'm a bit late

08:44:52 From Cathy to Everyone:
QUESTION: can you have CPTSD after 25 years of DV? Or is only related to childhood traumas?

08:46:31 From Amy to Everyone:
Amy (Montana)

08:46:32 From Lynn MN iPhone to Everyone:
QUESTION: Would neglect include not having emotional needs met, even though physical needs are met and parents appear to be physically loving and are present?

08:47:02 From Kendra to Everyone:
Some survivors may experience auto-immune conditions, thyroid issues, hormone imbalances, etc.

08:47:13 From katharine to Everyone:

what doesn't kill you makes you weaker....

08:47:21 From Cheryl Bennett to Everyone:
Reacted to "what doesn't kill yo..." with 👍

08:48:12 From Scott and Susanne to Everyone:
QUESTION: Would this apply to years of emotional neglect in a marriage?

08:48:49 From Moni Mali to Everyone:
Monica M NC

08:49:03 From Helenmary to Everyone:
What does DSM stand for again?

08:49:28 From Kamilla to Everyone:
DSM-5 - Diagnostic and Statistical Manual of Mental Disorders

08:49:34 From Helenmary to Everyone:
Thank you!

08:49:34 From Shonquella Terrell to Everyone:
Shonquella Terrell, Holly Springs, NC

08:49:53 From Kendra to Everyone:
This is part of why I collect & share funny memes each Monday on FB.

08:50:00 From Cheryl Bennett to Everyone:
Reacted to "This is part of why ..." with ❤️

08:50:06 From Brooke Eggen to Everyone:
Reacted to "This is part of why ..." with ❤️

08:50:09 From Kendra to Brooke Eggen(Direct Message):
Reacted to "I'm so sorry. What c..." with ❤️

08:50:28 From Laura Lathrop - PISA to Everyone:
Laura Lathrop - from Attica (remote from Chicago today) - I'm on using my phone AND computer today because I need the sound to come through, so I think I'm showing up twice.

08:51:08 From Keri Drowatzky to Everyone:
A person can live in abject poverty but if loved by parents and other family, they can thrive. Don't need material wealth to be loved. Spiritually speaking; if a poverty ridden person is rich if know the Lord Jesus as Savior and His love and care.

08:53:31 From Kendra to Everyone:
QUESTION: Hoarding as a trauma response?

08:53:54 From Petra Charlotte NC to Everyone:
My oldest d has all this !

08:54:40 From Nicole Toyne to Everyone:
I impulsed shopped. Still have tags on clothes. And binged on Ben & Jerry's almost every night for 2 years. . I have gotten better. And have control in these areas.

08:55:04 From Laura Lathrop - PISA to Everyone:
(Sorry, signed in late - did I miss why Dr. Debra isn't on? Is she okay?)

08:55:06 From Helenmary to Everyone:
Is verbal self-denegrating similar to cutting?

08:55:17 From Kamilla to Everyone:
Thank-you for those that are remembering!! This is very helpful, especially today:
Remember if you have a question in the chat, please put QUESTION in all caps and then

proceed with your question. This makes it easier for our team to catch those all-important questions!!

08:55:45 From Tanja Jarvis to Everyone:

QUESTION: would you tell a client (or friend or whoever) that their behavior/struggles/fears are linked to trauma, or is that not a good idea and just help them through those things?

08:56:25 From Brooke Eggen to Everyone:

Replying to "(Sorry, signed in la..."

Dr Debra isn't on the call today b/c her service dog Shadow passed away suddenly on Saturday. She is taking time to grieve and rest.

08:56:43 From Laura Lathrop - PISA to Everyone:

Ugh, poor Dr. Debra...

08:57:29 From Brooke Eggen to Everyone:

Love that emotion wheel thingy!! <https://media.thechalkboardmag.com/wp-content/uploads/2018/04/29212018/feelings-wheel-explained.jpg>

08:57:48 From Angi Beery to Everyone:

Reacted to "Love that emotion wh..." with 👍

08:58:34 From Kendra to Everyone:

Reacted to "Love that emotion wh..." with 👍

08:59:46 From Shonquella Terrell to Everyone:

Okay great question

09:00:47 From dena to Everyone:

I think sometimes it helps them realize that they're not "crazy", but that their experiences have affected their brains and emotions. And every human would have a hard time with it....

09:00:51 From Kendra to Everyone:

"It makes sense how you got here."

09:01:35 From Jen Johnson to Everyone:

Oops I forgot to put my name at the session start- Jen Johnson, Western Australia

09:01:38 From Scott and Susanne to Everyone:

QUESTION: Would it be correct to say that a wife's aggression towards her neglectful husband is what you are talking about?

09:02:04 From Tanja Jarvis to Everyone:

Thank you!

09:02:08 From dena to Everyone:

Brooke...I like that "let's stay curious.."

09:02:11 From Shonquella Terrell to Everyone:

It's good to stay supportive.

09:02:41 From Laura Lathrop - PISA to Everyone:

I do have to say that I (and many of the survivors I work with) feel overwhelmed at the thought that we need to get help for trauma healing, because therapy is really hard to come by, and really hard to pay for.

09:02:53 From Amy to Everyone:

QUESTION: My biggest question is how to address with my teenager the trauma he's experienced, not just from dad, but from me too because I was shut down and dealing with the trauma, and then at other times, I was over aggressive trying to get the house clean and deal with bad attitudes before dad got home so that things wouldn't get worse. In essence, I caused harm to my children at times in the chaos of this whole experience and that's where I continue to feel so much sadness and heartache.

09:02:54 From Laura Lathrop - PISA to Everyone:

I wish there were an answer for that, but I know there probably isn't.

09:03:05 From Shonquella Terrell to Everyone:

Hello

09:03:29 From Keri Drowatzky to Everyone:

Hi Jessica

09:04:00 From John Stonehocker to Everyone:

a great video on Jessica's talk: <https://www.domesticshelters.org/videos/hidden-in-plain-sight-traumatic-brain-injury-strangulation-and-domestic-violence-webinar>

09:04:01 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "QUESTION: My biggest..."

I'd recommend that he go to trauma counseling if possible. Also, repair and attempts to repair with our kids can be super helpful. Attempts can be just as important as actual repair. In the end, we are trying and they see it.

09:04:18 From Deborah Stahl Waters to Everyone:

Deborah Stahl Waters - Macon, GA lost connection, back on

09:04:55 From Nicole Toyne to Everyone:

Glad to have this new info. I was strangled and no one knew how to help except to send me back in the marriage.

09:05:09 From katharine to Everyone:

Replying to "Glad to have this ne..."

I'm so sorry :(

09:05:17 From Kendra to Everyone:

Reacted to "Glad to have this ne..." with 🙄

09:05:28 From Moni Mali to Everyone:

At 3-6y.o my also Au, DD, LD dau would slam and punch her head. I am so glad those days are behind us

09:05:29 From Lisa Velasquez to Everyone:

Reacted to "Glad to have this ne..." with 🙄

09:05:33 From Nicole Toyne to Everyone:

Reacted to "I'm so sorry :(" with ❤️

09:05:51 From Amy to Everyone:

Replying to "QUESTION: My biggest..."

Do you have recommendations on how to attempt repair when he's with his dad who uses every aspect of communication to manipulate against me and maintain power and control. That is my continuing fear.

09:05:59 From Laura Lathrop - PISA to Everyone:

And can you put a link to the video into the thread, too? I have someone I would like to share this with.

09:06:08 From dena to Everyone:

Is this it? <https://www.odvn.org/brain-injury/>

09:06:16 From cindymorris to Everyone:

Is this the video? a great video on Jessica's talk:

<https://www.domesticshelters.org/videos/hidden-in-plain-sight-traumatic-brain-injury-strangulation-and-domestic-violence-webinar>

09:06:50 From Jessica Evans to Everyone:

<https://youtu.be/zp7uBCJ6Sko> - Video Jessica showed in class

09:07:46 From Shonquella Terrell to Everyone:

I can understand life happens:)

09:09:21 From Barbie to Everyone:

Barbie, from Ohio

09:09:26 From Lisa Velasquez to Everyone:

I think you can click share sound at the top

09:09:36 From Helenmary to Everyone:

So sorry for what you have experienced Jessica, but thankful you are able to be with your boys and contribute as you do in so many ways.

09:10:02 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Brooke you are amazing!

09:10:18 From Amy Paquette to Everyone:

Great job, Brooke!

09:10:24 From C. Joston to Everyone:

Good job Brooke!

09:10:32 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

This section is heavy. Remember - take care of you! You are that you that you have.

09:10:45 From Kendra to Everyone:

Reacted to "This section is heav..." with 👍

09:10:48 From Dolores (Dodie) Smith to Everyone:

Way to go, Brooke!

09:10:52 From Kendra to Everyone:

Reacted to "Brooke you are amazi..." with ❤️

09:10:53 From Jessica Evans to Everyone:

Replying to "So sorry for what yo..."

Gods plans! thankyou

09:11:03 From Nicole Toyne to Everyone:

Reacted to "Brooke you are amazi..." with ❤️

09:11:48 From Moni Mali to Everyone:

Replying to "So sorry for what yo..."

Cant hear anyone?

09:13:38 From Lynn MN iPhone to Everyone:

Replying to "So sorry for what yo..."

Thanks for all your efforts, ladies!!

09:13:52 From Nicole Toyne to Everyone:

Question- I have been trying to wrap my head around my former h. He had a motorcycle accident. DOA for 17 minutes. He rehabbed and was healed. He was violent to me, previous wife and others. Yet he still blamed me and others never took responsibility.

09:14:26 From Mary Sue Owsley to Everyone:

Mary Sue Owsley from Idaho, signing in late. :)

09:15:20 From Laurie Tims to Everyone:

A couple years ago, a pastor told a mother that when her sheriff husband put hands on the neck of his 16 year old daughter, it was DISCIPLINE. This stuff makes me batty.

09:16:27 From Nicole Toyne to Everyone:

Reacted to "A couple years ago, ..." with 🙄

09:16:34 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "A couple years ago, ..." with 🙄

09:16:57 From Kamilla to Brooke Eggen(Direct Message):

That video was so valuable to our discussion today.....thanks so much for your efforts!!!!

It worked!!!!

09:17:46 From Kendra to Everyone:

Reacted to "A couple years ago, ..." with 🙄

09:17:51 From Keri Drowatzky to Everyone:

God is using your situation to give an understanding of what these ladies go through. I am sorry this did happen to you.

09:18:18 From Amy to Everyone:

Replying to "Question- I have bee..."

I'm so sorry, Nicole. So glad you are out of that now.

09:18:47 From rose to Everyone:

Seeing stars is real also

09:19:30 From Rebecca Elias, Austin, Tx to Everyone:

Rebecca Elias Austin tx signing in late

09:24:17 From Kendra to Everyone:

In the case of closed head injury, there could be a slow bleeding in the brain that will cause pressure inside the skull but it doesn't show up immediately. Be on the alert for these symptoms when they show up a few days+ later.

Thank you!

09:26:28 From Moni Mali to Everyone:

I was thinking I had mini stroke, felt a pop at base of skull when he had threatened to kill. He only punched me in the face/head once. I just thought mine were emotionally related but #3 is almost all of me

09:26:39 From lauriefitzgerald to Everyone:

Q: Where do we find specialists that can treat this? *Look for Neuropsychologists in your state that treat TBI.*

09:26:52 From Hannah to Everyone:

QUESTION- for a young child (toddler age). How hard does the hit to the head have to be to result in TBI? And what would be symptoms in a child that has been hit repeatedly in the head, would they be the same as what has been listed in class? Would it be recommended to get an older child who had been hit in the head repeatedly as a young toddler get tested somehow if that was years and years ago? Would any tests show that head trauma at all?

09:27:29 From Laura Lathrop - PISA to Everyone:

Good question, Hannah - I'm working with a survivor whose husband has repeatedly hit his baby in the head, and worried about that.

09:27:40 From Brooke Eggen to Everyone:

Replying to "Q: Where do we find ..."

I have found that there are state organizations that track neurologists that actually help. (I have a friend I have been trying to find resources for)

<https://www.dshs.wa.gov/altsa/traumatic-brain-injury/traumatic-brain-injury>

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

<https://tbi.washington.edu/resources/brain-injury-organizations-and-general-information/>

09:27:52 From Cheryl Bennett to Everyone:

Reacted to "I have found that th..." with 👍

09:27:58 From dena to Everyone:

I had connected on social media with a survivor whose husband hit her in the head and gave her a TBI. It had recently happened. I asked her if she had reached out to law enforcement . She chided me for not encouraging her to "save her marriage".

09:28:32 From Dolores (Dodie) Smith to Everyone:

Reacted to "I had connected on s..." with 😞

09:28:33 From Lisa Henderson Victoria Campbell to Everyone:

What tests need to be ran to detect? MRI? Cognitive test?

09:28:37 From Gunita to Everyone:

QUESTION: How long a brain have to be without oxygen to cause permanent damage?

09:28:50 From Laurie Tims to Everyone:

QUESTION - I know it's minor - but how about hyperventilation - to the point your face tingles and makes you scared during a physical altercation with a dad as a teenage girl?

09:29:00 From Tanja Jarvis to Everyone:

Replying to "QUESTION- for a youn..."

I was wondering the same thing, my ex hit my kids in the head often. and I've worried about that. My youngest got diagnosed with hearing loss in his left ear at age 10, and they told me it was a result of some sort of trauma to that side (not a birth defect or malformation)

09:29:21 From Tanja Jarvis to Everyone:

Reacted to "I had connected on s..." with 😞

09:29:40 From Shonquella Terrell to Everyone:

WoW:)

09:29:42 From Laura Lathrop - PISA to Everyone:

NOTE - also be aware that some special forces types of training involve additional ways to strangle someone that aren't as readily obvious. As advocates, watch out for those things in your conversations when working with a survivor who is in a relationship with a military-trained person.

09:29:58 From rose to Everyone:

Can you please spell the two names related to Family Justice Alliance?

09:30:06 From Sheryl, Ohio to Everyone:

Reacted to "NOTE - also be awa..." with 🤔

09:30:26 From Joy Parks to Everyone:

Reacted to "NOTE - also be aware..." with 👍

09:30:29 From Jessica Evans to Everyone:

Casey Gwinn and Gael Strack founded the Family Justice Center Alliance

09:30:40 From Shonquella Terrell to Everyone:

Reacted to "QUESTION - I know ..." with ❤️

09:30:58 From Shonquella Terrell to Everyone:

Reacted to "QUESTION: How long..." with ❤️

09:30:58 From Kamilla to Everyone:

<https://www.familyjusticecenter.org/wp-content/uploads/2016/12/Strangulation-Infographic-2016-v5.pdf>

09:31:04 From Joy Parks to Everyone:

Reacted to "NOTE - also be aware..." with 🤔

09:31:40 From Julie Burns to Everyone:

I work as the chaplain with one of those Family Justice Centers....the only one started and run by Christians. It is quite a movement. Their books are outstanding.

09:31:47 From Joy Parks to Everyone:

Replying to "NOTE - also be aware..."

Can you elaborate types?

09:31:52 From Carrie to Everyone:

Reacted to "I was wondering the ..." with 🤔

09:31:54 From Moni Mali to Everyone:

When dau slammed head and had eye roll/ck out emt ckd eyes and said she was ok

09:32:42 From Audrey Whitaker to Everyone:

I could see a woman hesitating to go to ER to protect her abuser. even though it would be great documentation of abuse.

09:32:43 From Gunita to Everyone:

QUESTION: How strong a baby between 1-6 months old have to be shaken in order to cause brain injury? What are signs of brain damage in the baby?

09:32:44 From Moni Mali to Everyone:

Can you type that

09:32:57 From Sheryl, Ohio to Everyone:

QUESTION: so a blanket over her face while sleeping, then waking the person up with perpetrator's hand over her face telling her "I was just checking to see if you were still breathing" Is that an example this?

09:33:14 From Laura Lathrop - PISA to Everyone:

@ Joy Parks, it would be good to do a little research on that. When I work with a survivor in that situation, I ask them more specific questions about physical touch from their partner, and then look up whether that is something that can be used for strangulation in those professions.

09:33:58 From Amy to Everyone:

I think that is key: finding a specialist that takes it seriously.

09:34:14 From iPhone Cindy S, NC to Everyone:

Cindy s nc. Switching over to iPhone.

09:34:28 From Laura Lathrop - PISA to Everyone:

QUESTION - can you put the link for the organization?

09:34:58 From Brooke Eggen to Everyone:

Replying to "QUESTION - can you p..."

<http://www.biawa.org>

09:35:45 From Brooke Eggen to Everyone:

Reacted to "I work as the chapla..." with ❤️

09:36:46 From Cheryl Bennett to Everyone:

Reacted to "biawa.org" with ❤️

09:37:02 From Kendra to Everyone:

Changes in child's sleep patterns, mood, appetite, etc.

09:37:02 From Tanja Jarvis to Everyone:

QUESTION: what if it's been a few years since the abuse has occurred to your children, would it still be a good idea to get them checked out medically?

09:37:30 From Joy Parks to Everyone:

Replying to "@ Joy Parks, it woul..."

Thank you.

09:37:37 From Shonquella Terrell to Everyone:

Reacted to "@ Joy Parks, it wo..." with 👍

09:38:07 From Tara to Everyone:

I am in the midst of a serious DV situation and the victim is now saying her husband may have CTE (trauma to the head in football players) but can not be fully diagnosed until an autopsy. She is now using this as justification for his abuse (police involved etc). I am trying to ask her how long this abuse has been taking place (almost 3 decades), and that if he does have CTE, it may actually make the abuse worse, but doesn't justify the decades of consistent abuse.

09:38:28 From Keri Drowatzky to Everyone:

Can the symptoms of a stroke begin after strangulation? Or can the facial appearances of stroke appear like a stroke?

09:38:52 From Gunita to Everyone:

QUESTION: Can shaking a baby too rough can cause ADHD? Attention deficit?

09:38:58 From Jessica Evans to Everyone:

Replying to "Can the symptoms of ..."

We will talk more about this

09:39:42 From Karyn Russo to Everyone:

QUESTION: Where can I get testing on my brain? Is it called a pet scan? I was never taken seriously. Was told why didn't I come to ER right away. I was unconscious for 12-15 hours and hidden in the house. An ambulance was not called. I went to hospital 2-3 days later when I had a friend take me. This happened over 20 years ago. I do notice that in some ways my thinking is different.

I would start with your primary care provider.

09:39:52 From Beth Burke to Everyone:

I think a lot of people are like me - we never went to the doctor - maybe part of the isolation, I didn't have a PC or insurance and that kept me from getting help even after I left. Financial reasons are hard to overcome, and I wonder about medical resources when you don't necessarily qualify for low-income medical help

09:40:33 From Moni Mali to Everyone:

Replying to "QUESTION: Can shakin..."

My sons adhd was triggered bc my ex put him in a hot car at 2yo and my son just was able to tell me this year and he is now 11!

09:41:00 From Moni Mali to Everyone:

Replying to "QUESTION: Can shakin..."

2-4 yo trauma can cause adhd

09:41:05 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "QUESTION: Where can ..."

I recommend getting a referral to a neurologist. Explain the situation to your primary doc, and get the referral.

09:41:18 From Joy Parks to Everyone:

Replying to "I am in the midst of..."

Hockey and rugby and soccer players too. Much repeated head injuries

09:41:37 From Kamilla to Everyone:

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

09:41:41 From Keri Drowatzky to Everyone:

How many women have strokes , Tia's and heart attacks while the strangulation is or happen shortly after?

09:41:44 From Laura Lathrop - PISA to Everyone:

This statistic is why I dig deeper in the situations where a survivor is married to military - I want to judge whether there are actually strangulation attempts taking place that are covert, because that ups her danger.

09:42:26 From Karyn Russo to Everyone:

I have had verbal neurological testing at a Brain Center but they didn't do the image testing . They said they would need to see the Imaging from the hospital to compare.

09:42:32 From Kamilla to Everyone:

Danger (Lethality) Assessment <https://www.dangerassessment.org/>

09:42:45 From Moni Mali to Everyone:

My daughter has had 3 concussions at school in 4yrs. Can we pursue that legally?

09:43:13 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "My daughter has had ..."

I would refer that to an attorney. I don't think we can answer that.

09:43:32 From Lisa Henderson Victoria Campbell to Everyone:

Laptop died reconnected Lisa Henderson Victoria Campbell Ohio

09:44:06 From Kamilla to Everyone:

The World War II Era Red Wing Studies

09:44:23 From Shonquella Terrell to Everyone:

DEEP Deep Breath...

09:44:41 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Photopsia is the seeing stars word

09:46:01 From Moni Mali to Everyone:

? R we on a diff slide?

09:46:07 From Karyn Russo to Everyone:

Replying to "QUESTION: Where can ..."

Thank you I have done that and been to a brain institute. My insurance doesn't cover the brain scans I needed to get the help.

09:46:51 From Nicole Toyne to Everyone:

It led me to blame myself and go back and apologize and ughhh.

I am free now. I am healed and worthy and loved.

09:46:57 From lauriefitzgerald to Everyone:

Can you change the slide?

09:47:25 From Moni Mali to Everyone:

Slides are still on phases

09:47:41 From DeniseS to Everyone:

Reacted to "I think a lot of peo..." with 👍

09:48:41 From Amy to Everyone:

Agree with you 100%, Tabitha!

09:48:48 From Cheryl Bennett to Everyone:

Reacted to "Agree with you 100%,..." with ❤️

09:48:51 From Laura Lathrop - PISA to Everyone:

Oh, yes, good point

09:49:00 From Cheryl Bennett to Everyone:

Reacted to "Oh, yes, good point" with ❤️

09:49:26 From Shonquella Terrell to Everyone:

Reacted to "Agree with you 100..." with ❤️

09:49:49 From Angi Beery to Everyone:

Reacted to "Agree with you 100%,..." with ❤️

09:50:14 From katharine to Everyone:

QUESTION: might deriving sexual enjoyment from strangulation be in itself a sign of having suffered some kind of abuse or trauma?

09:52:02 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "QUESTION: might deri..."

It's possible. Additionally, the rush of oxygen going back to the brain can create a "high" making it SEEM pleasurable. But it is wildly dangerous as we noted.

09:52:10 From Laura Lathrop - PISA to Everyone:

@katharine, a lot of porn is very violent, and there is a major co-occurrence of violent porn use among abusers.

09:53:02 From Rowena Slusser to Everyone:

Can the trauma of strangulation last for years after the event (s)?

09:53:24 From Jessica Evans to Everyone:

Replying to "Can the trauma of st..."

Will speak to his on he next slide

09:53:25 From Keri Drowatzky to Everyone:

Yes

09:53:28 From katharine to Everyone:

thanks

09:53:31 From Shonquella Terrell to Everyone:

I Agree!!

09:53:35 From Jennifer's Tablet to Everyone:

Bruises may not present as obvious on a person of color also

09:53:43 From Cheryl Bennett to Everyone:

Reacted to "I Agree!!" with ❤️

09:53:57 From Cheryl Bennett to Everyone:

Reacted to "@katharine, a lot of..." with 👍

09:54:19 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "@katharine, a lot of..."

Agreed. The violence in porn is wicked and does normalize that behavior to an addict/abuser.

09:54:31 From C. Joston to Everyone:

Tabi do use either of the terms S&M or BDSM?

09:54:42 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Bruises may not pres..."

Agreed.

09:55:03 From Shonquella Terrell to Everyone:

Reacted to "Bruises may not pr..." with ❤️

09:55:34 From Nicole Toyne to Everyone:

I had neck surgery C5-7. A year later he choked me twice. WOW the things we remember. I felt so much shame I never told my family.

09:55:54 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Tabi do use either o..."

Both are often used interchangeably. Generally, most people refer to it as BDSM which would encompass both dominance and submission.

09:56:18 From C. Joston to Everyone:

Reacted to "Both are often use..." with 👍

09:56:23 From Keri Drowatzky to Everyone:

Pressure on the vagus nerve by a cardiologist is sometimes used to bring down a rapid heart rhythm. Cardiac Vagal Massage.

09:56:28 From Shonquella Terrell to Everyone:

Reacted to "Tabi do use either..." with ❤️

09:56:31 From Laura Lathrop - PISA to Everyone:

NOTE - when a survivor discloses sexual abuse in her relationship, be aware she may be too embarrassed to express things like incontinence that occurred, so you may just need to educate her on these points at that time to give her the information just in case.

09:56:40 From Shonquella Terrell to Everyone:

Reacted to "Both are often use..." with 👍

09:56:42 From Hannah to Everyone:

Question: If an abuser forcefully holds on the neck and back of head to kiss the victim..... and holds that until done... but no loss of consciousness occurred that the victim can remember... would that result in any kind of trauma like strangulation? Might that be why if the victim was raped following that would forget what happened after being forcefully held??

09:57:28 From Hannah to Everyone:

Replying to "Question: If an abus..."

QUESTION - meant all caps sorry.

09:58:31 From Audrey Whitaker to Everyone:

QUESTION, is there a mandatory reporting doctors have to do if a woman goes in with a concussion as a result of abuse? Can she tell the dr everything that happened so it's documented but not acted on until she is ready? *It depends on state statutes.*

09:58:55 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "NOTE - when a surviv..."

Yes! Gentle questions can be helpful here. Something like, "Oh gosh. I'm so sorry. Did you feel incontinent or like you were going to soil yourself? That's something that often goes with that." You're normalizing it for her and giving the space for her to share.

09:59:29 From Kendra to Everyone:

Reacted to "Yes! Gentle question..." with 👍

10:00:13 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

For those asking - BDSM stands for - bondage, discipline, sadism, masochism

10:00:27 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "QUESTION, is there a..."

Depends on the state.

10:00:41 From Laura Lathrop - PISA to Everyone:

Many of the survivors we work with are also very conservative - talking about the sexual components are already hard for them, and take a while to come out, so I have found being aware of that reality is really important when listening to their stories so we can ask the right questions in the right way, and give the most pertinent information for them to consider.

10:00:54 From C. Joston to Everyone:

Question: Any info regarding urinary incontinence resulting from depression and extreme escalating psychological abuse in the absence of strangulation? *This isn't in our scope of reference.*

10:02:12 From Shonquella Terrell to Everyone:

How would effect a child to growth out from the parents strangulation? *We will talk more about this in the class Impacts on Children*

10:03:31 From Nicole Toyne to Everyone:

I need to go. This was insightful and healing. Thank you so much.

10:04:46 From Joy Parks to Everyone:

Reacted to "@katharine, a lot of..." with 👍

10:05:40 From Shonquella Terrell to Everyone:

is there a correlation between strangulation with a pregnant mother??

10:05:52 From Joy Parks to Everyone:

Reacted to "Both are often used ..." with 👍

10:06:30 From Joy Parks to Everyone:

Reacted to "Yes! Gentle question..." with 👍

10:11:56 From Jennifer's Tablet to Everyone:

Giving examples is so important. I didn't identify as an abuse victim until I saw Sarah McDugals red flag chart and realized how many of her examples I had experienced. Definitely that education piece.

10:12:41 From Shonquella Terrell to Everyone:

can I get the C-H-A again??? was writing

10:13:22 From Jessica Evans to Everyone:

Replying to "can I get the C-H-A ..."

If you look on our course website, it is all on there but I will put here as well

10:13:27 From John Stonehocker to Everyone:

Jessica, this was really good. Thanks for details. It was great.

10:13:32 From Kamilla to Everyone:

ACE - Adverse Childhood Experiences

10:14:32 From Jessica Evans to Everyone:

Replying to "can I get the C-H-A ..."

CHATS

C- choking

H- hit or hurt in head

A- after

T- trouble

S- see a doctor or counselor

10:14:32 From Darlene Hills-Clinkscale to Everyone:

Darlene Hills-Clinkscale from Columbus, Ohio

10:14:38 From Kendra to Everyone:

"Surely oppression destroys a wise man's reason." (Ecclesiastes 7:7)

10:14:39 From Jessica Evans to Everyone:

Reacted to "Jessica, this was re..." with 😊

10:14:49 From katharine to Everyone:

Reacted to "Jessica, this was re..." with ❤️

10:15:08 From Kendra to Everyone:

"There is a way that appears to be right, but in the end it leads to death."

(Proverbs 14:12)

10:15:32 From Jessica Evans to Everyone:

Replying to "can I get the C-H-A ..."

C (Has anyone ever put their hands around your neck, put something over your mouth, or done anything else that made you feel choked, strangled, suffocated, or like you couldn't breathe?)

H- (Have you ever been hit or hurt in the head, neck, or face?)

A- (After you were hurt, did you ever feel dazed, confused, dizzy or in a fog, see stars, spots, or have trouble seeing clearly, couldn't remember what happened, or blacked out?)

T- (Are you currently having trouble with anything below? Lists symptoms)

S- (have you or anyone else (like a friend or family member) ever thought you should see a doctor or a counselor, go to the emergency room)

10:15:55 From Angi Beery to Everyone:

Thanks ladies!! Sure appreciate all you've done today!! ❤️

10:15:57 From dena to Everyone:

Thanks, ladies....

10:16:06 From Lisa Velasquez to Everyone:

Thank you very much! Well done!

10:16:10 From Kendra to Everyone:

Might be a good night for take-out or leftovers for supper.

10:16:15 From Brooke Eggen to Everyone:

The Spirit helps us in our weakness. We do not know what we ought to pray for but the Spirit himself intercedes for us through wordless groans. Romans 8:26

10:16:17 From Jessica Evans to Everyone:

We will try to come back and answering these questions too

10:16:20 From Cheryl Bennett to Everyone:

Reacted to "Might be a good nigh..." with ❤️

10:16:23 From Cathy to Everyone:

Thanks@

10:16:23 From Suzanne Jones to Everyone:

::Hugging myself:: thx

10:16:24 From Marjorie Lea to Everyone:

Thank you all

10:16:27 From Helenmary to Everyone:

Thank you all for another powerful session. So much important info. God Bless--will pray for Dr. Debra

10:16:30 From Jennifer's Tablet to Everyone:

Thanks ladies, especially those who are helping behind the scenes