

00:30:59 KAMILLA: Dan Allender's book talks about this: [Dan B. Allender – "Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation"](#) dahttps

00:32:08 KAMILLA: The corrected link for Allender's book: <https://a.co/d/hriSsIX>

00:32:49 Kendra: Does he pout? Give you the silent treatment? Limit funds? Limit freedom? (etc) if he doesn't get what he wants?

00:35:40 KAMILLA: Another helpful resource on this subject: Diane Langberg – "On the Threshold of Hope: The Heartache of Sexual Abuse and the Hope of Transformation". <https://a.co/d/i7yQfGG>

00:36:09 Joy Forrest, Founder CTPM: Yes, that's a good one Naomi.

00:36:50 KAMILLA: Naomi passed this on as another great resource: This is a great short, humorous video on consent, explains it with the metaphor of making someone a cup of tea. https://youtu.be/aSX9OAa_rk8

00:47:57 KAMILLA: Sheila Gregoire - "She Deserves Better". <https://a.co/d/bEvzDDU>

00:55:42 Brooke Eggen: Again describe behaviors instead of labeling

01:06:00 KAMILLA: Sheila Gregoire's Blog: Bare Marriage.

01:07:11 Kendra: [The Great Sex Rescue: https://www.amazon.com/Great-Sex-Rescue-Recover-Intended/dp/1540900827](https://www.amazon.com/Great-Sex-Rescue-Recover-Intended/dp/1540900827)

01:10:03 Kendra: In some Christian circles, this comes from a misinterpretation of I Cor. 7:2-5

01:14:41 KAMILLA: Rebecca Davis – "Untwisting Scriptures." <https://a.co/d/aJJQ4k>

01:22:01 Brooke Eggen: Amen! Good sermon Joy!

01:30:38 Tabitha Westbrook, LMFT, LCMHC, LPC: Vaginismus is an involuntary tensing of the vagina. People experience it at the start of sex, while inserting a tampon or while getting a pelvic exam. Vaginismus can make intercourse painful (dyspareunia). Kegels, vaginal dilators and cognitive behavioral therapy (CBT) can help relax muscles and stop spasms.

01:31:45 Kendra: Also, a Pelvic Floor Physical Therapist can be helpful.