

Video Replay: <https://vimeo.com/946318618/97ba6d50d4?share=copy>

11:23:45 From sylvia gelderman to Everyone:

Good morning from Abbotsford, BC!

11:24:03 From Nancy Kantsios to Everyone:

Good Morning! Nancy Kantsios from Aldie, VA

11:24:04 From Ann Lawrence to Everyone:

Ann in Roxboro, NC

11:24:29 From Traci Criswell to Everyone:

Good morning from Traci Criswell, Dundee Oregon

11:24:38 From Robin Black to Everyone:

Good morning from Robin Black, Indy

11:24:42 From Jolene Cover to Everyone:

Good morning! Jolene from California

11:24:50 From Deborah Stahl Waters to Everyone:

Deborah Stahl Waters Macon, GA

11:24:57 From Rebecca Johnson to Everyone:

Good morning from NY!

11:25:13 From Brandie Ramirez to Everyone:

Brandie- Hudsonville Mi

11:25:34 From Karen Wilkinson to Everyone:

Greetings from Tallmadge, Ohio

11:25:34 From Rose Rickett to Everyone:

rose in GA


11:26:08 From Tami Heiss to Everyone:

Tami Heiss Ohio

11:26:59 From Rose Rickett to Everyone:

The children who have experienced this will be our future Warriors for the cause!

11:27:43 From Joy Forrest to Everyone:

Reacted to "The children who hav..." with 


11:27:44 From Dr. Jessica Evans to Everyone:

Jessica, Columbus OH

11:27:48 From Jana Taft to Everyone:

Good morning from Sedro Woolley, WA!

11:27:55 From Jana Taft to Everyone:

Reacted to "The children who hav..." with 

11:27:58 From Melanie Haymond to Everyone:

Melanie Haymond joining by phone in Kalispell, MT.

11:28:00 From LeAnne Parsons to Everyone:

Good morning friends!!


11:28:09 From Mary Jacobson to Everyone:

Mary, NC

11:28:09 From Jana Taft to Everyone:

Reacted to "Good morning friends..." with 

11:28:16 From Joy Parks to Everyone:

Reacted to "Good morning friends..." with 

11:28:21 From Cathy Sharpe to Everyone:

Cathy Sharpe Leasburg NC

11:28:39 From Tracy Zimmerman to Everyone:

I'm grateful for CTPM and you all!

11:28:42 From Joy Parks to Everyone:

Joy Parks Great Falls, SC

11:28:46 From Mary Jacobson to Everyone:

Greenville, NC is less expensive sometimes, too.

11:28:55 From Mara Williams to Everyone:

I'll be going to that event too...let's coordinate. 😊 joy

11:28:59 From Keri Drowatzky to Everyone:

Keri Drowatzky from Bartlesville OK.

11:29:02 From Rhonda Burdett to Everyone:

Rhonda Burdett Tallmadge, OH

11:29:06 From Vanessa Satterfield to Everyone:

Vanessa Satterfield - North Carolina

11:29:13 From anne church to Everyone:

Good Morning All, Anne from Michigan 😊 Hope all of you are well today

11:29:27 From Tynetta Chastain to Everyone:

Hello from St. Louis.

11:29:30 From Tricia Foster to Everyone:

Tricia @ NC

11:29:41 From Tyne Heenan to Everyone:

Hi from Saskatchewan

11:30:03 From Susi Limon to Everyone:

Good morning! Susi Limon, CA

11:30:04 From Darlene Hills-Clinkscale to Everyone:

Good morning Blessings, Everyone. Darlene Hills-Clinkscale from Columbus, OH IO.

11:30:41 From Tina Roy to Everyone:

Good morning from Tina Roy in Woodstock, GA!

11:30:54 From Helenmary Brown to Everyone:

Good Morning! from soggy Virginia. --Helenmary

11:30:59 From Kendra Thurman to Everyone:

Kendra from Ohio

11:31:03 From Cindy Baltz-King to Everyone:

Good Morning!

Cindy here from Tennessee.

11:31:22 From Shelle Mossman to Everyone:

Shelle from Maryland

11:31:36 From Ingrid May to Everyone:

Ingrid May, Vermont

11:31:43 From Lynn Loscar to Everyone:

Good Morning from Inyokern, CA

11:31:45 From Ellen Melton Bennett to Everyone:

Good morning! Ellen from Atlanta

11:31:47 From Ariella L to Everyone:

Ariella, Israel

11:32:12 From Judy Brown to Everyone:

Judy from DuPont, WA Good morning!

11:32:35 From Rebecca Pelletier to Everyone:

Rebecca Central Va

11:32:44 From Tracey Phillips to Everyone:

Good morning from Tracey Phillips in California

11:32:44 From KAMILLA to Everyone:

REMINDER: If you have a question in the chat, please put QUESTION in all caps and then proceed

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

11:33:05 From Brandon Eberl to Everyone:

I'm here! Hey guys, Brandon Eberl, Winston-Salem

11:33:10 From Joy's OtterPilot to Everyone:

Hi, I'm an AI assistant helping Joy Forrest take notes for this meeting. Follow along the transcript here:

https://otter.ai/u/RT1nuec5ANBrPtivdioWQeTGefE?utm_source=va_chat_link_1

You'll also be able to see screenshots of key moments, add highlights, comments, or action items to anything being said, and get an automatic summary after the meeting.

11:33:18 From Rebecca Johnson to Everyone:

Reacted to "I'll be going to tha..." with 

11:33:21 From Molly Weber to Everyone:

Here! Molly from Staunton VA

11:33:30 From KAMILLA to Everyone:

Interested in Becoming an Affiliated Advocate with CTPM?

Please Complete the Advocacy Onboarding Form

<https://forms.gle/ci5gR1XsqwnsshwA8>

11:33:38 From Rochelle Walters to Everyone:

Rochelle from Byrdstown TN

11:34:10 From KAMILLA to Everyone:

You can reach our CTPM Advocacy Coordinators:

Porscha Green's email: Porscha@calledtopeace.org

Brooke Eggen's email: Brooke@Calledtopeace.org

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

Brooke's Scheduling Link: <https://go.oncehub.com/BrookeEggen>

11:34:15 From Jolene Underwood to Everyone:

Jolene Underwood here. Trauma therapist for TX (living in MD).

11:34:22 From Kendra Thurman to Everyone:

Reacted to "Interested in Becomi..." with 

11:34:48 From KAMILLA to Everyone:

Here is the form again:

Interested in Becoming an Affiliated Advocate with CTPM?

Please Complete the Advocacy Onboarding Form

<https://forms.gle/ci5gR1XsqwnsshwA8>

11:34:58 From Amanda Clayborn to Everyone:

Question: Does being an affiliated advocate with CTPM mean we can not be an advocate elsewhere?

11:35:13 From Joy Forrest to Everyone:

Replying to "Question: Does being..."

No it doesn't

11:35:14 From Rebecca Pelletier to Everyone:

Could we have access to the self survey to actually access where we are on our own?

11:35:28 From Brandie Ramirez to Everyone:

Reacted to Could we have access... with "👍"

11:35:45 From Helenmary Brown to Everyone:

Reacted to "Hi, I'm an AI assi..." with 👍

11:35:53 From Deah Embree to Everyone:

Reacted to "Could we have access..." with 👍

11:35:57 From Joy Forrest to Everyone:

Replying to "Could we have access..."

I think it's in the link above, or that link sends it

11:36:04 From Cathy Sharpe to Everyone:

Reacted to "Could we have access..." with 👍

11:36:08 From Pamela Boswell to Everyone:

Pamela Boswell Montgomery Alabama

11:36:21 From Kendra Thurman to Everyone:

Replying to "Could we have access..."

Interested in Becoming an Affiliated Advocate with CTPM?

Please Complete the Advocacy Onboarding Form

<https://forms.gle/ci5gR1XsqwnsshwA8>

11:36:45 From Martha Serianni to Everyone:

Martha Serianni in Iowa

11:36:58 From Angi Beery to Everyone:

Angi Beery, Goshen, In

11:37:23 From moni mali to Everyone:

moni mali nc

11:37:40 From Shelly Blankenship to Everyone:

Good morning from the Eastern Panhandle of WV!

11:37:48 From Kelly Barton to Everyone:

Kelly Barton, Roxboro NC

11:37:57 From Angi Beery to Everyone:

They really do a wonderful job of caring and loving on us!!!

11:38:08 From Tracy Zimmerman to Everyone:

QUESTION What if you are divorced and you feel healed a lot in the 5 years it took but he is still dragging you in court? I'm handling it better

11:38:27 From Summer McKenna to Everyone:

Summer McKenna from Woodstock, Georgia

11:38:27 From Allison Wessels to Everyone:

Allison Wessels from Williamson, GA.

11:38:32 From Cheryl Bennett to Everyone:

Cheryl Bennett from Acworth, Ga here.

11:38:43 From Kendra Thurman 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 we do not get to answer your QUESTION during the live class, remember that Dr. Debra will annotate the chat, and you can read her response when she posts the links.

11:38:57 From Kendra Thurman to Everyone:

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

11:40:01 From Jennifer Hunt to Everyone:

Reacted to "Remember to take g..." with 👍

11:40:02 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION What if you..."

I am sorry you're having to deal with this, Tracy. That is so hard. I hope you have good supports around you!

You know you best. You can always talk with the advocacy coordinators about your sense of your "readiness" or any questions you might have.

11:40:11 From Jessica Devaney to Everyone:

Question

Tabbi = What are your thoughts about TRE.? It was mentioned in my group as being used as a tool for our military, by a lady from S. Africa.

11:41:41 From Chelsea Leonard to Everyone:

Chelsea Leonard Sweet Home Oregon

11:42:05 From Kendra Thurman to Everyone:

The purposes of a person's heart are deep waters, but one who has insight draws them out. (Proverbs 20:5)

11:42:19 From Dr. Jessica Evans to Everyone:

Diane Langberg's question: "What is it like to be you?"

Love that.

11:42:26 From Kendra Thurman to Everyone:

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. (James 1:19)


11:42:31 From Kendra Thurman to Everyone:

Reacted to "Diane Langberg: "Wha..." with 

11:42:35 From michala shanks to Everyone:

Michala Shanks Cypress TX

11:42:41 From Angi Beery to Everyone:

Reacted to "Diane Langberg: "Wha..." with 

11:42:51 From Lynn Loscar to Everyone:

Reacted to "Diane Langberg: "Wha..." with 

11:42:57 From Lydia White to Everyone:

Lydia White from Mount Sidney, VA

11:43:05 From KAMILLA to Everyone:

WAIT - Why Am I Talking

WAIST – Why Am I Still Talking

11:43:38 From Kendra Thurman to Everyone:

Listen 90%, talk/ask questions 10%

11:44:26 From Tracy Zimmerman to Everyone:

QUESTION Should we mark it on a feelings wheel or the DV wheel?

11:44:54 From Deah Embree to Everyone:

Reacted to "QUESTION Should we m..." with 

11:44:59 From Kendra Thurman to Everyone:

"An Advocate will take a survivor's 30,000 words and put it into five bullet points." - Chris Moles

11:45:06 From Kendra Thurman to Everyone:

I love the Lord, for he heard my voice; he heard my cry for mercy.

Because he turned his ear to me, I will call on him as long as I live.)Psalm

116:1-2)

11:45:35 From Joy Forrest to Everyone:

Replying to "QUESTION Should we m..."

Put it wherever you need it to access when helping later.

11:45:58 From Tracy Zimmerman to Everyone:

Replying to "QUESTION Should we m..."

Thank you Joy!

11:46:11 From Joy Forrest to Everyone:

Reacted to "Thank you Joy!" with 👍

11:46:44 From Kendra Thurman to Everyone:

"wisdom-ful" = a new "Tabi-ism" 😂

11:46:51 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to ""wisdom-ful" = a new..." with ❤️

11:46:59 From Tabitha Westbrook to Everyone:

Reacted to ""wisdom-ful" = a new..." with 😁

11:47:00 From Angi Beery to Everyone:

Reacted to ""wisdom-ful" = a new..." with 💜

11:47:15 From Joy Forrest to Everyone:

Reacted to ""wisdom-ful" = a new..." with 🤩

11:47:56 From Angi Beery to Everyone:

Replying to ""wisdom-ful" = a new..."

LOVE the Tabi vocabulary and definitions!!! 💜

11:48:00 From Rose Rickett to Everyone:

YES, Tabi.....face-to-face is Primo.....versus the texting and e-mail.....conversation is next best!

11:48:12 From Kendra Thurman to Everyone:


Reacted to "LOVE the Tabi vocabu..." with 

11:48:53 From Helenmary Brown to Everyone:

QUESTION: What might you advise with older children survivors who are now shutting down another sibling who has done their work, has FIRM BOUNDARIES, and has much to share--but the siblings who have NOT done their work are taking her VOICE, just as the ABUSER did? THEY can talk, but they shut down any RESPONSE from her--"We know your life better than you."

Answered live.

11:49:19 From Deah Embree to Everyone:

Reacted to "QUESTION: What migt..." with 

11:50:02 From Kendra Thurman to Everyone:

If one gives an answer before he hears, it is his folly and shame. (Proverbs 18:13)

11:50:48 From Helenmary Brown to Everyone:

Reacted to "Diane Langberg: "... with 

11:50:49 From anne church to Everyone:

Reacted to "LOVE the Tabi vocabu..." with 

11:51:05 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Grace for all that. - Dr. Jessica

11:51:10 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: What migt..."

The person ready to speak can still use their voice. She isn't responsible for the other siblings who are not in that place. I'm confused how they are taking her voice - they

may not be validating her, but she absolutely can use her voice. Maybe I'm misunderstanding?

11:51:21 From Tabitha Westbrook to Everyone:

Reacted to "Grace for all that. ..." with ❤️

11:51:30 From Joy Forrest to Everyone:

Reacted to "The person ready to ..." with 👍

11:51:34 From anne church to Everyone:

Reacted to ""wisdom-ful" = a new..." with 😂

11:52:29 From Angi Beery to Everyone:

Reacted to "Grace for all that. ..." with 💜

11:52:47 From Helenmary Brown to Everyone:

Reacted to "The person ready t..." with 👍

11:53:00 From Shelle Mossman to Everyone:

social facilitation explains a lot of my reactions/responses to my ex

11:53:41 From Rochelle Walters to Everyone:

Reacted to ""wisdom-ful" = a new..." with 😂

11:55:49 From jane latta to Everyone:

Reacted to "The person ready to ..." with 💜

11:56:25 From Helenmary Brown to Everyone:

Replying to "QUESTION: What mi..."

As they come together, the siblings so dominate the conversation, accusing her and judging her very harshly. When she tries to RESPOND, they say "We're not going to discuss this." THEY can talk, a lot, and with very little true understanding. She is the oldest sibling of six, but they BULLY her. There is a lot of talking ABOUT one another when they are not together, but NOT healthy TALKING WITH OR TO one another to truly reach better understanding, etc. I think is is one of the things taken from our family by the abuse--the lack of healthy modeling of "iron sharpening iron" and navigating difficult or messy issues with grace and a goal of mutual understanding, even if we don't agree. They are labeling

TRUTH as OPINION as well. Sadly, the other siblings have not done much work outside of internet cruising.

11:57:23 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: What migt..."

Ah. Makes sense. She can work to take control of her voice and then determine what levels of interaction she is okay with when it comes to them.

11:57:50 From Tracey Phillips to Everyone:

Reacted to "Ah. Makes sense. She..." with 😊

11:58:05 From KAMILLA to Everyone:

You can reach our CTPM Advocacy Coordinators:

Porscha Green's email: Porscha@calledtopeace.org

Brooke Eggen's email (For anyone in the Pacific; Mountain Region in the USA):
Brooke@Calledtopeace.org

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

Brooke's Scheduling Link: <https://go.oncehub.com/BrookeEggen>

11:58:32 From Helenmary Brown to Everyone:

Reacted to "The person ready t..." with ❤️

11:58:58 From Rose Rickett to Everyone:

Brooke is such a personable and caring role model for us.....thank you so much Brooke!

11:59:08 From Angi Beery to Everyone:

Reacted to "Brooke is such a per..." with 💜


11:59:09 From michala shanks to Everyone:

Brooke was speaking with authority 🙏

11:59:18 From Tracy Zimmerman to Everyone:

QUESTION What is a good way to ask them if they are safe with their technology without making them alarmed or even more paranoid or even more overwhelmed?


11:59:25 From Irene McConnehey to Everyone:

Reacted to "Brooke is such a per..." with 

11:59:28 From Judy Brown to Everyone:

almost makes me want to cry... emotional. Very good Brooke!

11:59:31 From Becky Sewell to Everyone:


Reacted to "Brooke is such a per..." with 

11:59:32 From Helenmary Brown to Everyone:


Replying to "QUESTION: What mi..."

Thank you Tabitha--appreciate the input and encouragement that she can speak up.

11:59:36 From Deah Embree to Everyone:

Reacted to "Brooke is such a per..." with 


11:59:54 From Tabitha Westbrook to Everyone:

Reacted to "Thank you Tabitha--a..." with 

12:00:07 From Deah Embree to Everyone:

Reacted to "As they come togethe..." with 

12:00:39 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "almost makes me want..." with 


12:00:42 From Tabitha Westbrook to Everyone:

We are the survivors thermostat.

12:00:50 From Deah Embree to Everyone:

Reacted to "We are the survivors..." with 

12:00:52 From Tricia Foster to Everyone:

Reacted to "We are the survivors..." with 

12:01:54 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION What is a g..."

Such a good question. I usually ask: has anyone has access to your phone besides you?

Are you at all concerned that they may be tracking you through your devices?

12:02:10 From Tracey Phillips to Everyone:

QUESTION: How do we help survivors handle going to work when she is so disregulated?

12:03:06 From Deah Embree to Everyone:

Reacted to "Such a good question..." with 👍

12:03:31 From jane latta to Everyone:

Reacted to "Brooke is such a per..." with 💜

12:03:42 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: How do we ..."

It depends on how dysregulated she is. If she is able to contain things to work, that's one thing. If it's truly impairing her, a counselor can be helpful. Additionally, she may need a leave of absence if it's super severe. That's really something a counselor or medical professional would want to evaluate. But she can learn skills that can help her cope better and stay regulated enough to work.

12:03:47 From jane latta to Everyone:

Reacted to "We are the survivors..." with 💜

12:04:20 From Joy Forrest to Everyone:

Reacted to "Such a good question..." with ❤️

12:04:30 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION What is a g..."

I am listening to to their story for indications that their is stalking happening through their devices. If I hear instances that are causing me concern I keep those in mind and bring them up later at later times if it seems relevant. I am always aware that she has her own agency and I don't want to force information on her.

12:04:40 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "We are the survivors..." with ❤️

12:05:01 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "It depends on how dy..." with ❤️

12:05:15 From jane latta to Everyone:

Reacted to "It depends on how dy..." with ❤️

12:07:02 From Helenmary Brown to Everyone:

Reacted to "Ah. Makes sense. S..." with ❤️

12:08:08 From Helenmary Brown to Everyone:

Removed a ❤️ from "The person ready t..."

12:08:12 From Helenmary Brown to Everyone:

Reacted to "The person ready t..." with ❤️

12:08:52 From Helenmary Brown to Everyone:

Reacted to "Brooke is such a p..." with ❤️

12:09:02 From Karen DeArmond Gardner to Everyone:

Slower is faster.

12:09:12 From Shelle Mossman to Everyone:

Reacted to "Slower is faster." with ❤️

12:09:22 From Jessica Gallina to Everyone:

Reacted to "Slower is faster." with ❤️

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

Replying to "QUESTION: How do we ..."

I totally agree with Tabitha. I also want to affirm that things are hard. It is right and normal for her to struggle.

12:10:02 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:


Replying to "Slower is faster."

So good!!


12:10:18 From Dr. Jessica Evans to Everyone:

Tabi: "We are responsible to..., not for..." We aren't responsible for the outcomes.

12:10:27 From Kendra Thurman to Everyone:

Reacted to "Tabi: "We are respon..." with 

12:10:29 From Becky Sewell to Everyone:

Reacted to "Tabi: "We are respon..." with 

12:10:32 From Helenmary Brown to Everyone:

Reacted to "QUESTION What is a..." with 

12:10:42 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: How do we ..."

Absolutely! The struggle is real and hard. Validating first is critical.

12:10:50 From Tracy Zimmerman to Everyone:

Yeah - God's got them - we don't!

12:11:00 From Helenmary Brown to Everyone:

Reacted to "Tabi: "We are res..." with 

12:11:04 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Yeah - God's got the..." with 

12:11:09 From Shelly Blankenship to Everyone:

@Tabitha Westbrook Would you mind texting those "responsible to" and "responsible for" points in the chat?

12:12:13 From Adria Bautista to Everyone:

Correlation has helped me with my youngest immensely. If he is disregulated and I can get near him, or even hug him while intentionally slowing everything down in me, he seems to always calm as well.

12:12:34 From Tabitha Westbrook to Everyone:

Replying to "@Tabitha Westbrook W..."

Sure - we are responsible for being a good advocate - making contact, following through, etc. If you say you are going to call, call. If you say you are going to send a resource, send it. But we are not responsible for outcomes or the decisions a survivor makes. We are helping her take back her voice and learn to use it.

12:12:58 From Shelly Blankenship to Everyone:

Reacted to "Sure - we are respon..." with ❤️

12:13:00 From jane latta to Everyone:

Reacted to "Sure - we are respon..." with ❤️

12:13:05 From Shelly Blankenship to Everyone:

Replying to "@Tabitha Westbrook W..."

Thank you!

12:14:04 From Tabitha Westbrook to Everyone:

Replying to "@Tabitha Westbrook W..."

We encourage, we educate, we empower... All our Es!

12:14:11 From Rebecca Johnson to Everyone:

Being among so many other survivors at the retreat was so healing. I always feel like I don't quite belong, but there was connection at the retreat because we share a common experience.

12:14:23 From Tabitha Westbrook to Everyone:

Reacted to "Being among so many ..." with ❤️

12:14:34 From Helenmary Brown to Everyone:

Reacted to "Correlation has he..." with ❤️

12:14:43 From Helenmary Brown to Everyone:

Reacted to "Being among so man..." with ❤️


12:14:50 From Shelly Blankenship to Everyone:

Reacted to "We encourage, we edu..." with ❤️

12:15:06 From Rebecca Pelletier to Everyone:

Do you have a list of good questions you've used in these situations?


12:15:17 From Kendra Thurman to Everyone:

Reacted to "Sure - we are respon..." with 

12:15:23 From Becky Sewell to Everyone:

Waiting is powerful inside conversation.

12:15:45 From Joy Forrest to Everyone:

Reacted to "Waiting is powerful ..." with 

12:15:51 From Tracey Phillips to Everyone:


A good question is, "What's in this silence for you?" "What DVD video is playing in your mind right now?"

12:16:34 From Helenmary Brown to Everyone:

Replying to "QUESTION: What mi..."

Amen! Whether in the elevator or at a meal--so much wonderful connection.

12:16:46 From jane latta to Everyone:


Reacted to "Being among so many ..." with 

12:17:13 From Helenmary Brown to Everyone:

Replying to "Being among so man..."

Amen! Whether in the elevator or at a meal--amazing connection and affirmation.

12:17:30 From Joy Forrest to Everyone:

Reacted to "Being among so many ..." with 

12:18:36 From Tabitha Westbrook to Everyone:

Reacted to "Amen! Whether in th..." with 

12:19:16 From KAMILLA to Everyone:

3 TENETS OF ADVOCACY:

EDUCATION

EMPOWERMENT/Equipping

EMOTIONAL SUPPORT/Encouragement

12:19:26 From Nancy Kantsios to Everyone:

Is is okay to let them know if they did something right and good in responding to their abuse?

Answered live.

12:19:36 From Shelle Mossman to Everyone:

QUESTION what is an evaluative statement example?

Answered live.

12:19:58 From Becky Sewell to Everyone:

QUESTION: Please describe or give an example of an evaluative statement.

Answered live.

12:20:33 From Tracy Zimmerman to Everyone:

QUESTION So saying "That was a good choice?" is also and evaluative statement

Answered live.

12:20:41 From Tracey Phillips to Everyone:

Are you sure you want to do that?

12:20:57 From Deah Embree to Everyone:

Reacted to "Are you sure you wan..." with 🙏

12:21:01 From Helenmary Brown to Everyone:

Reacted to "QUESTION what is a..." with 👍

12:21:02 From Kendra Thurman to Everyone:

Reacted to "Being among so many ..." with 💜

12:21:07 From Helenmary Brown to Everyone:

Reacted to "QUESTION: Please d..." with 👍

12:21:12 From Jennifer Hunt to Everyone:

A friend once told me "well, that's no way to win him back" after I shared about the separation and him taking an abuser recovery class

12:21:21 From Deah Embree to Everyone:

Replying to "Are you sure you wan..."

unfortunately, got this one from my advocate

12:21:22 From Jennifer Hunt to Everyone:

example of an evaluative

12:21:34 From Deah Embree to Everyone:

Reacted to "QUESTION So saying "... with 👍

12:21:39 From Deah Embree to Everyone:

Reacted to "QUESTION: Please des..." with 👍

12:21:47 From Deah Embree to Everyone:

Reacted to "A friend once told m..." with ☐

12:22:36 From Helenmary Brown to Everyone:

Evaluative would take the form of cross-examining--"WHY did you do that?"

12:24:39 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION So saying "...

Tabi's example- Support her in the boundaries she has set. Empower her decision.

12:24:54 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION So saying "...

Brooke- "what do you think about that choice?"


12:24:58 From Judy Brown to Everyone:

I had a very good friend who listened very well to me and drew me out... without judgement. When I was contemplating leaving and trying to reconcile this with God and Church and community, she after several conversations stated "it seems that God is giving you many resources to be able to leave." That is exactly what I needed to hear and gave me affirmation and confidence to move forward in trust with the Lord.


12:25:16 From Helenmary Brown to Everyone:

Reacted to ""wisdom-ful" = a n..." with ❤️


12:25:22 From Helenmary Brown to Everyone:

Removed a  from ""wisdom-ful" = a n..."

12:25:25 From Helenmary Brown to Everyone:

Reacted to ""wisdom-ful" = a n..." with 

12:25:39 From Joy Forrest to Everyone:


Reacted to "I had a very good fr..." with 

12:25:48 From Kendra Thurman to Everyone:


How did that choice turn out well?

What would you like to change about it next time?


12:25:55 From Dr. Jessica Evans to Everyone:

Reacted to "How did that choice ..." with 


12:25:55 From Angi Beery to Everyone:

Reacted to "I had a very good fr..." with 

12:25:59 From Joy Forrest to Everyone:

Reacted to "How did that choice ..." with 

12:26:02 From Tracy Zimmerman to Everyone:

Reacted to "How did that choice ..." with 

12:26:16 From Deah Embree to Everyone:

Reacted to "I had a very good fr..." with 

12:26:33 From Helenmary Brown to Everyone:


Replying to "I had a very good ..."

That is a good example, and a great friend.

12:26:40 From Kendra Thurman to Everyone:

Reacted to "I had a very good fr..." with 

12:26:46 From Helenmary Brown to Everyone:

Reacted to "How did that choic..." with 

12:26:47 From Jessica Gallina to Everyone:

Reacted to "How did that choice ..." with ❤️

12:27:02 From Angi Beery to Everyone:

Reacted to "How did that choice ..." with 👍

12:27:13 From Angi Beery to Everyone:

Reacted to "That is a good examp..." with 🏆

12:27:13 From Dana De Vane-Webster to Everyone:

Or "Tell me how you feel after making that decision?"

12:27:14 From Tracey Phillips to Everyone:

The gal I'm helping always says that she second guesses all her decisions.

12:27:24 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Or "Tell me how you ..." with ❤️

12:27:26 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "How did that choice ..." with ❤️

12:27:41 From Deah Embree to Everyone:

Reacted to "The gal I'm helping ..." with 💜

12:28:02 From Angi Beery to Everyone:

Reacted to "Or "Tell me how you ..." with 👍

12:28:06 From marcee rollandini to Everyone:

Reacted to "Tabi: "We are respon..." with 💜

12:28:10 From anne church to Everyone:

My battery is critically low. Thought it was Plugged in but if i 'vanish', i'll be back 👍

12:28:11 From marcee rollandini to Everyone:

Reacted to "Tabi: "We are respon..." with ❤️

12:28:13 From Tabitha Westbrook to Everyone:

This is not the Spanish Inquisition...

12:28:13 From Jessica Gallina to Everyone:

Reacted to "Or "Tell me how you ..." with ❤️

12:28:26 From Deah Embree to Everyone:

Reacted to "This is not the Span..." with 🙌

12:28:43 From anne church to Everyone:

True, Tabi. Good point

12:28:47 From Tracy Zimmerman to Everyone:

Reacted to "True, Tabi. Good poi..." with 😁

12:29:01 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "My battery is critic..."

Thank you for letting us know!!

12:29:35 From jane latta to Everyone:

Reacted to "I had a very good fr..." with 💜

12:29:55 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to " The gal I'm helping always says that she second guesses all her decisions."

That is really normal. So helping her to see her decisions will help her to see if she likes them and become more confident about them.

12:30:38 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

All these skills and questions and social facilitation are good with kids!!

12:30:46 From Deah Embree to Everyone:

Reacted to "All these skills and..." with 💜


12:30:47 From Jessica Gallina to Everyone:

Reacted to "All these skills and..." with ❤️


12:32:26 From Jessica Gallina to Everyone:

"Why questions lead to your agenda, not her agenda." -Dr. Debra

12:33:22 From Joy Forrest to Everyone:

Reacted to ""Why questions lead ..." with 

12:33:28 From Tracey Phillips to Everyone:

Reacted to ""Why questions lead ..." with 

12:34:28 From Kendra Thurman to Everyone:

Reacted to ""Why questions lead ..." with 

12:35:19 From Kendra Thurman to Everyone:

"What would happen if you made choice A or choice B?" - Dr. Debra

12:35:56 From Tabitha Westbrook to Everyone:

"Where were you on the night of the 31st" is interrogation, not connection. We want to connect and gather information.

12:36:55 From Tracey Phillips to Everyone:

I have answered in court, "Yes and No. May. I explain?" This has worked to my advantage.

12:37:06 From Deah Embree to Everyone:

Reacted to ""Where were you on t..." with 

12:38:00 From Dr. Jessica Evans to Everyone:

Reacted to ""Where were you on t..." with 

12:38:09 From Tabitha Westbrook to Everyone:

Never underestimate the ministry of presence.

12:38:15 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Never underestimate ..." with 

12:38:16 From Kendra Thurman to Everyone:

Reacted to "Never underestimate ..." with 

12:38:17 From Jessica Gallina to Everyone:

Reacted to "Never underestimate ..." with 

12:38:21 From Dr. Jessica Evans to Everyone:

Reacted to "Never underestimate ..." with 

12:38:45 From jane latta to Everyone:

Reacted to ""Where were you on t..." with ❤️

12:38:45 From Angi Beery to Everyone:

Reacted to "Never underestimate ..." with 💜

12:38:50 From Cathy Sharpe to Everyone:

Reacted to "I have answered in c..." with 👍

12:39:32 From jane latta to Everyone:

Reacted to "All these skills and..." with 💜

12:39:46 From Deah Embree to Everyone:

Reacted to "Never underestimate ..." with 💜

12:40:18 From Kendra Thurman to Everyone:

"There are several options that I see. What are the options that you see?" - Dr. Debra

12:40:27 From Joy Forrest to Everyone:

Reacted to "I have answered in c..." with 👍

12:40:49 From Deah Embree to Everyone:

Reacted to ""There are several o..." with 💜

12:40:50 From Jessica Gallina to Everyone:

Reacted to ""There are several o..." with 💜

12:41:35 From jane latta to Everyone:

Reacted to ""There are several o..." with 💜

12:47:20 From Tracey Phillips to Everyone:

You asked her.....

12:47:20 From Ladonna Hafen to Everyone:

Reflect back what she said

12:47:23 From Adria Bautista to Everyone:

Asking her what was most important for her

12:47:24 From Jennifer Hunt to Everyone:

reflect back her main points

12:47:26 From Deah Embree to Everyone:

Removed a  reaction from ""There are several o..."

12:47:26 From jane latta to Everyone:

What's most important today?

12:47:27 From Becky Sewell to Everyone:

Asked her what was most important to her?

12:47:29 From Angi Beery to Everyone:

Asked her what the most important to her

12:47:29 From Rebecca Johnson to Everyone:

You asked her what was most important

12:47:32 From Heather Ives to Everyone:

What's most important

12:47:33 From Lydia White to Everyone:

Immediately wanted to know what she wanted to talk about

12:47:33 From Pamela Boswell to Everyone:

Look to her to lead what is discussed

12:47:33 From Lynn Loscar to Everyone:

Asking her what was important to her

12:47:37 From Tina Roy to Everyone:

Ask her what she wants to happen during this time.

12:47:38 From Traci Criswell to Everyone:

What was most important

12:47:40 From anne church to Everyone:

ask her what brings her there, giving her the time and space to think about why she is there

12:47:43 From Tracey Phillips to Everyone:

You left the decisions up to her.

12:47:43 From Martha Schuman to Everyone:

Explained what you already knew (read the notes) and asked for an update

12:47:44 From Kelly Grunenwald to Everyone:

What I hear you saying ...

12:47:45 From Vanessa Satterfield to Everyone:

You asked what was most important to her to talk about.

12:47:45 From Lindsay Suter to Everyone:

"What would you think is most important to talk about today"

12:47:45 From Tracy Zimmerman to Everyone:

Open ended, then reflected and gave the decision back to her when she tried to make YOU choose

12:47:48 From Shelly Blankenship to Everyone:

You first said that you had reviewed her intake form, and you asked what was most important for her to talk about today.

12:47:50 From Mara Williams to Everyone:

Letting her have control of what is talked about

12:47:50 From Pamela Brandenburg to Everyone:

You asked her what she wanted to talk about

12:47:51 From Misty Stout to Everyone:

Ask what is most important

12:47:55 From Melodie Smith to Everyone:

How can I be of help for what your looking for

12:48:01 From Brandon Eberl to Everyone:

Gave her autonomy over decision-making

12:48:07 From Lynn Loscar to Everyone:

didn't leave her feel alone when working through problems/changes

12:48:09 From Susi Limon to Everyone:

How you can best support her today

12:48:21 From Jana Taft to Everyone:

You reflected back, you didn't answer her direct question for your opinion, instead you empowered her in a supportive way by offering to weigh the options with her and hearing what she thinks is best

12:49:04 From Lynn Loscar to Everyone:

kept putting the responsibility back on her shoulders

12:49:11 From Jennifer Hunt to Everyone:

encouraged her empowerment by refusing to solve it for her, while continuing to offer support by being present for discussing her options

12:49:21 From Karen DeArmond Gardner to Everyone:

I would have acknowledged what a difficult decision she had to make.

12:49:35 From Shelly Blankenship to Everyone:

My very good friend does that. She often says, "I just want someone to tell me what to do."

12:49:58 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "My very good friend ..."

Decision fatigue is a real thing


12:50:05 From Jessica Gallina to Everyone:

Reacted to "Decision fatigue is ..." with ❤️


12:50:06 From Deah Embree to Everyone:

Reacted to "Decision fatigue is ..." with 🙌


12:50:06 From Cathy Sharpe to Everyone:

Reacted to "I would have acknowl..." with 


12:50:06 From Kendra Thurman to Everyone:

Reacted to "Decision fatigue is ..." with 

12:50:09 From Deah Embree to Everyone:

Reacted to "My very good friend ..." with 

12:50:10 From Becky Sewell to Everyone:

Reacted to "Decision fatigue is ..." with 

12:50:11 From Pamela Boswell to Everyone:


Would it be ok to say...you know your situation the best and may need practice but with help can make the best decision

12:50:14 From Irene McConnehey to Everyone:

Replying to "My very good friend ..."

@Brooke Eggen, CTPM Advocate Coordinator soo much! yes!

12:50:17 From Shelly Blankenship to Everyone:


Reacted to "Decision fatigue is ..." with 

12:50:20 From Angi Beery to Everyone:

Replying to "My very good friend ..."



12:50:24 From Cathy Sharpe to Everyone:

Reacted to "Decision fatigue is ..." with 

12:50:46 From Rebecca Johnson to Everyone:

After so long of being told what to do and what to think, it can be scary to be asked to make her own decisions

12:50:52 From Joy Forrest to Everyone:

Replying to "Would it be ok to sa..."

I'd probably say I can help you weigh options

12:51:00 From Pamela Boswell to Everyone:

Reacted to "I would have acknowl..." with 🙄

12:51:03 From Deah Embree to Everyone:

Reacted to "I'd probably say I c..." with 👍

12:51:05 From Tabitha Westbrook to Everyone:

Replying to "My very good friend ..."

It's a great option to validate that. "I know it's so hard to make so many decisions. I hear that."

12:51:13 From Deah Embree to Everyone:

Reacted to "After so long of bei..." with 🙏

12:51:25 From Joy Forrest to Everyone:

Reacted to "It's a great option ..." with 👍

12:51:31 From Martha Schuman to Everyone:

You don't want to make decisions for them but...as a victim, I wanted wisdom from those who had walked this road before. I wanted what was best but didn't know what that was. It's a fine line between sharing wisdom and telling them what to do, what is best. How can we make a victim not feel...abandoned in this.

12:51:34 From Deah Embree to Everyone:

Reacted to "It's a great option ..." with 👍

12:51:35 From Dr. Jessica Evans to Everyone:

Reacted to "After so long of bei..." with 🙏

13:03:27 From Kristin Plett to Everyone:

It's hard to do quickly. See that it takes a lot of time and intention

13:03:42 From Ladonna Hafen to Everyone:

Thank you Kamilla! That was really good.

13:04:24 From KAMILLA to Everyone:

Replying to "Thank you Kamilla! T..."

Great role playing and discussion!!

13:05:56 From Dr. Jessica Evans to Everyone:

"What other options do you see?"

13:06:10 From Becky Sewell to Everyone:

Reacted to "'What other options ..." with 👍

13:06:31 From Tracey Phillips to Everyone:

Reacted to "'What other options ..." with ❤️

13:06:42 From Tracy Zimmerman to Everyone:

Laying out the options and asking her how she feels about each - that is good

13:07:38 From Joy Forrest to Everyone:

Reacted to "'What other options ..." with 👍

13:07:41 From Dr. Jessica Evans to Everyone:

"How do you feel about that?" instead of "How did that make you feel?"

13:07:50 From Deah Embree to Everyone:

Reacted to "'How do you feel abo..." with 🙌

13:07:51 From Katharine Kofoed-Nielsen to Everyone:

I just looked on youtube - there are actually quite a lot of demonstrations of motivational interviewing. don't know how good they are though

13:07:53 From Lydia White to Everyone:

Reacted to "'How do you feel abo..." with 🙌

13:07:55 From Tracy Zimmerman to Dr. Debra(Direct Message):

Ohh that is good - I say that - good to know so I won't


13:08:03 From Tracey Phillips to Everyone:

Reacted to "'How do you feel abo..." with ❤️

13:08:50 From Kendra Thurman to Everyone:

Reacted to "'How do you feel abo..." with 💜


13:09:23 From jane latta to Everyone:

Reacted to "'How do you feel abo..." with 


13:09:31 From Rose to Everyone:

THIS IS much needed materialthat has not been presented before....Dr. Debra I'm A-Ok with spending more time on newer materials....thank you very much for the one who developed this Class....


13:10:22 From Dr. Jessica Evans to Everyone:

Reacted to "THIS IS much needed ..." with 

13:10:31 From Dr. Jessica Evans to Everyone:

Reacted to "I just looked on you..." with 

13:12:17 From anne church to Everyone:

Thanks to all 

13:12:31 From Deah Embree to Everyone:

Reacted to "THIS IS much needed ..." with 

13:12:36 From Deah Embree to Everyone:

Reacted to "Thanks to all " with 

13:12:44 From jane latta to Everyone:

Amen Tabi!!!!

13:12:50 From Angi Beery to Everyone:

Reacted to "Amen Tabi!!!!" with 

13:12:57 From Dr. Jessica Evans to Everyone:

You can develop these skills!


13:13:02 From Deah Embree to Everyone:

Reacted to "Amen Tabi!!!!" with 

13:13:28 From Kendra Thurman to Everyone:

Practice around the breakfast/supper table, at lunch break at work, etc. See how it works with family/friends.


13:13:35 From Dr. Jessica Evans to Everyone:

Reacted to "Practice around the ..." with 


13:13:35 From jane latta to Everyone:

Reacted to "You can develop thes..." with 

13:13:36 From Deah Embree to Everyone:

Reacted to "Practice around the ..." with 


13:13:39 From Joy Forrest to Everyone:

Reacted to "Practice around the ..." with 

13:13:39 From Helenmary Brown to Everyone:

This was very helpful. The role-playing and practice is good. Thank you all. Thank you Tabi for giving us the perspective that these skills are learned over time--encouraging.


13:13:45 From Jessica Gallina to Everyone:

Reacted to "Practice around the ..." with 

13:13:51 From Deah Embree to Everyone:

Reacted to "This was very helpfu..." with 

13:13:57 From jane latta to Everyone:

Reacted to "Practice around the ..." with 


13:13:57 From Deborah Stahl Waters to Everyone:

Reacted to Practice around the ... with ""

13:13:59 From Dr. Jessica Evans to Everyone:

Tabi: "Progress not perfection"

13:14:00 From Tina Roy to Everyone:

Reacted to "Practice around the ..." with 

13:14:04 From jane latta to Everyone:

Reacted to "This was very helpfu..." with 

13:14:07 From Tricia Foster to Everyone:

Reacted to "Tabi: "Progress not ..." with 👍

13:14:09 From jane latta to Everyone:

Reacted to "Tabi: "Progress not ..." with 💜

13:14:13 From Deah Embree to Everyone:

Reacted to "Tabi: "Progress not ..." with 💜

13:14:19 From Cathy Sharpe to Everyone:

Reacted to "Tabi: "Progress not ..." with ❤️

13:14:36 From Tina Roy to Everyone:

Reacted to "Tabi: "Progress not ..." with ❤️

13:14:41 From Kendra Thurman to Everyone:

Reacted to "Tabi: "Progress not ..." with 💜

13:14:42 From Rebecca Johnson to Everyone:

Yes! Each time we make a mistake, we can reflect and make different choices next time. Fine-tuning each time

13:14:46 From Jessica Gallina to Everyone:

Reacted to "Tabi: "Progress not ..." with 💜

13:14:50 From Karen Wilkinson to Everyone:

Reacted to "Tabi: "Progress not ..." with 👍

13:14:51 From Dr. Jessica Evans to Everyone:

Reacted to "Yes! Each time we ma..." with ❤️

13:14:51 From Angi Beery to Everyone:

Reacted to "Yes! Each time we ma..." with 💜

13:14:54 From Kendra Thurman to Everyone:

Reacted to "Yes! Each time we ma..." with 💜

13:14:55 From Angi Beery to Everyone:

Reacted to "Tabi: "Progress not ..." with 💜


13:15:08 From Cindy Baltz-King to Everyone:

Reacted to "Tabi: "Progress not ..." with 

13:15:26 From Helenmary Brown to Everyone:

Reacted to "Tabi: "Progress n..." with 

13:15:27 From Deborah Stahl Waters to Everyone:

Yes, boundaries still a challenge. 


13:15:28 From Cindy Baltz-King to Everyone:

Yes! Practice is the key!


13:15:30 From Dr. Jessica Evans to Everyone:

We can change!! Woo hoo!!

13:15:37 From Helenmary Brown to Everyone:

Reacted to "Thank you Kamilla!..." with 

13:15:42 From marcee rollandini to Everyone:

Reacted to "We can change!! Woo ..." with 

13:15:47 From Deah Embree to Everyone:


everyone's comments on growth are very helpful

13:15:47 From KAMILLA to Everyone:

REMINDER: On Saturday, June 1, 12-1 EST, is the Q&A for this month's course.

Please bring any advocacy questions you want to ask.

13:15:49 From Jessica Gallina to Everyone:

Reacted to "We can change!! Woo ..." with 

13:15:51 From Tracy Zimmerman to Everyone:

Tabi your positive attitude pleases those of us that you help so technically you still are pleasing people LOL

13:16:06 From Tina Roy to Everyone:

Reacted to "We can change!! Woo ..." with 

13:16:09 From Irene McConnehey to Everyone:

Reacted to " Tabi your positive..." with 👍

13:16:11 From Rebecca Johnson to Everyone:

Reacted to " Tabi your positive..." with 🙌

13:16:13 From Deah Embree to Everyone:

Reacted to " Tabi your positive..." with 🙌

13:16:19 From Tabitha Westbrook to Everyone:

Reacted to " Tabi your positive..." with 😁

13:16:21 From Helenmary Brown to Everyone:

Reacted to "Great role playing..." with 👍

13:16:49 From Angi Beery to Everyone:

Reacted to " Tabi your positive..." with 😊

13:16:50 From Jessica Gallina to Everyone:

"Repair is such a beautiful thing" -Tabi

13:16:55 From Dr. Jessica Evans to Everyone:

Reacted to ""Repair is such a be..." with 🙌

13:16:56 From Deah Embree to Everyone:

Reacted to ""Repair is such a be..." with 🙌

13:17:06 From Cindy Baltz-King to Everyone:

Thank you!!