

Video Replay: <https://vimeo.com/1083988762/576f5e7d0b?share=copy>

11:27:41 From Teresa Wilcox to Everyone:

Teresa Wilcox (Robertson) Roanoke, VA - Good morning

11:27:59 From Teresa Wilcox to Everyone:

Dr Jess it's sunny right now after two complete days of rain

11:28:02 From Theresa (Tree) Peterson to Everyone:

Good Morning! no sunshine here in Hartland, WI

11:28:02 From Emily Vasquez to Everyone:

Emily Vasquez, Denver, CO

11:28:02 From Tabitha Westbrook to Everyone:

It is 400,000 degrees in Tucson.

11:28:05 From Gwen Hertzler to Everyone:

Gwen from Oklahoma

11:28:08 From Wendi Andrews to Everyone:

Wendi Andrews, Cedar Point

11:28:08 From Freddy Chakhachiro to Everyone:

Freddy Chakhachiro - Roanoke, VA.

11:28:09 From Jennifer Smart to Everyone:

Jen Smart here (In Londond UK today) :)

11:28:09 From Jennie Smith to Everyone:

heat wave in Texas! lots of sun

11:28:10 From Abigail Meade to Everyone:

Sunshine here in Northern Arizona!

11:28:14 From Lisa Kiser to Everyone:

Lisa Kiser in Montrose, CO (not sunny here, just submitting for attendance! lol)

11:28:20 From Amy Marcum to Everyone:

Morning, Amy marcum louisville Ky

11:28:24 From LEANNE Parsons to Everyone:

It's gorgeous here in AZ this morning!

11:28:25 From Freddy Chakhachiro to Everyone:

I see the sun peeking

11:28:27 From Keri Drowatzky to Everyone:

Keri Drowatzky here.

11:28:29 From Dawn Jones to Everyone:

Good Morning! Dawn Jones from Marble Falls, TX

11:28:34 From Gwen Hertzler to Everyone:

Gorgeous weather here in Oklahoma. Cool and sunny.

11:28:36 From Dr. Jessica Evans to Everyone:

Hi all, Jess, Columbus OH area!

11:28:39 From Jolene Underwood to Everyone:

Replying to "It is 400,000 degrees in Tucson.":

I heard Texas is getting over a hundred tomorrow. Good grief!

11:28:40 From dawn lugo to Everyone:

Dawn Lugo in Tennessee

11:28:41 From Lisa Kiser to Everyone:

Moving to sunny AZ in a month! Flagstaff!!

11:28:42 From Tabitha Westbrook to Everyone:

Replying to "It's gorgeous here in AZ this morning!":

Our version of gorgeous is not the same!

11:28:42 From Jill Medina to Everyone:

Hello from Missouri

11:28:53 From sylvia gelderman to Everyone:

Abbotsford, BC

11:29:02 From julianna graybeal to Everyone:

julianna Graybeal Louisville, ky

11:29:03 From Michelle Colston to Everyone:

Michelle Colston, south Texas

11:29:05 From Beth Burke to Everyone:

beth in nc

11:29:07 From Rose to Everyone:

Rose in gA

11:29:08 From Tabitha Westbrook to Everyone:

Replying to "It is 400,000 degrees in Tucson.":

It is, I can't get away from the heat.

11:29:09 From Jill Medina to Everyone:

Hello from Missouri

11:29:18 From Amy Marcum to Everyone:

On and off sunshine in Kentucky but gorgeously green with flowers here

11:29:25 From christine umthun to Everyone:

Christine from sunny des moines, ia.

11:29:25 From Rebecca Johnson to Everyone:

Becki in CNY

11:29:26 From Julie Wallace to Everyone:

Hello, Julie Wallace, Middleburg FL

11:29:38 From Deb Reece to Everyone:

Good morning, I just got off the lake paddleboarding... 😊 Deb in Zimmerman

11:29:40 From Melissa Greydanus to Everyone:

Melissa Greydanus is on from Holland, MI

11:29:48 From Tina Conti to Everyone:

Tina Conti here from Livonia, MI

11:29:48 From Tricia Foster to Everyone:

Good Morning~Tricia in Burlington, NC

11:29:58 From Jolene Underwood to Everyone:

I'm so glad I moved!! Praying our closing goes through on Friday.

11:30:05 From Jolene Underwood to Everyone:

Near Austin, TX. Phew.

11:30:12 From Cari Timmer to Everyone:

Cari Timmer Holland MI

11:30:13 From Lense Fikru to Everyone:

Lense from Ethiopia

11:30:19 From Rebecca Johnson to Everyone:

dry enough the past three days for my yard to be mowed yesterday. Rain starting again today for the next several days.

11:30:22 From Laurel Poff to Everyone:

Laurel Poff, Anchorage AK

11:30:22 From Heather Martin to Everyone:

Hello from Shippensburg, Pennsylvania!

11:30:36 From Joy Parks to Everyone:

Joy Parks Great Falls, SC

11:30:37 From Cathy Sage to Everyone:

Cathy Sage, White River Jct, Vt

11:30:39 From Dr. Jessica Evans to Everyone:

Replying to "Good morning, I just got off the lake paddleboard...":
Sounds wonderful!

11:30:42 From Christie Crandall to Everyone:

Christie in Florida is here

11:30:44 From Dr. Jessica Evans to Everyone:

I miss Lake Junaluska!!!

11:30:49 From Dr. Jessica Evans to Everyone:

Take me baaaack

11:30:52 From Freddy Chakhachiro to Everyone:

agreed Tabi!

11:30:58 From Tabitha Westbrook to Everyone:

Replying to "Take me baaaack":
Same.

11:31:03 From Julie Burns to Everyone:

Julie Burns, Midlothian TX AMEN. 102 here is bad enough today!

11:31:04 From Dawn Jones to Everyone:

Replying to "I'm so glad I moved!! Praying our closing goes thr...":
Joining you in that prayer!

11:31:06 From Stacy Hammon to Everyone:
Stacy, Cleveland, Ohio

11:31:19 From Melissa Spann to Everyone:
Melissa S (SC)

11:31:20 From Jennifer Smart to Everyone:
Replying to "I miss Lake Junaluska!!!":
me too! :(

11:31:24 From Molly Leonardi to Everyone:
Molly North Dakota (for the last time, woohoo)

11:31:31 From Jolene Underwood to Everyone:
Replying to "I'm so glad I moved!! Praying our closing goes thr...":
@Dawn Jones thank you! It keeps getting pushed back and the buyers aren't clear to
close yet. 🙄

11:32:01 From Chris Scrima to Everyone:
Chris Scrima from Kalispell Montana

11:32:04 From Amy Marcum to Everyone:
That's encouraging

11:32:06 From Lori Evans to Everyone:
Hello from Bigfork, MT.

11:32:07 From Kathy Miller to Everyone:
Kathy Miller-NE Ohio

11:32:09 From charlotte rennekamp to Everyone:
HI! Charlotte from Ohio!

11:32:11 From Dr. Jessica Evans to Everyone:
All praise!

11:32:19 From Jane Davies to Everyone:
Hi from Jane Davies UK

11:32:29 From christine umthun to Everyone:
We have a survivors & sisters in DM Saturday and our own Gloria Arnold is speaking.

11:32:35 From Becky Webb to Everyone:

Hi from British Columbia, Canada

11:32:44 From Dr. Jessica Evans to Everyone:
Replying to "HI! Charlotte from Ohio!":
Hi Ohio friend!

11:32:49 From Nichelle Izard to Everyone:
Hi...Nichelle from Wichita, Ks

11:32:50 From Jennie Smith to Everyone:
Did i hear there is one in Austin coming up?

11:32:53 From Dr. Jessica Evans to Everyone:
Replying to "Kathy Miller-NE Ohio":
Yay, another Ohioan!

11:32:58 From Kimberly VanKlompberg to Everyone:
Greetings Everyone! Kimberly VanKlompberg, My House Ministry, Holland MI

11:33:05 From dawn lugo to Everyone:
@Sharon Flynn what church?!

11:33:09 From Dr. Jessica Evans to Everyone:
Replying to "Stacy, Cleveland, Ohio":
👋 Hi from Cbus

11:33:12 From Michele Daniels to Everyone:
hello from Indiana

11:33:14 From Linda Schreuders to Everyone:
Hello from Linda Schreuders, Winnipeg, MB Canada

11:33:26 From Nikki (Amber) Walls to Everyone:
Good morning from Nikki in Jefferson, GA! ❤️

11:33:31 From Erin Greenwood to Everyone:
We are hosting one in August at Grace Fellowship in Florence, KY
Protect the Flock training

11:33:35 From Freddy Chakhachiro to Everyone:
We are becoming known as the DV church - for being a safe place for survivors!

11:33:37 From Nichelle Izard to Everyone:
YASSSS!

11:33:39 From Heather Martin to Everyone:
Amen! Responding well!!


11:33:46 From Wibke Rees to Everyone:
Wibke Rees from Michigan

11:33:53 From Jennifer Smart to Everyone:
Replying to "Amen! Responding well!!":
hello my friend!!

11:33:53 From Jennifer Walchle to Everyone:
Morning! Jennifer Walchle, Western Colorado

11:33:54 From Vanessa Terlouw to Everyone:
Vanessa Terlouw from Niagara, On Canada

11:33:56 From Tabitha Westbrook to Everyone:
Replying to "We are becoming known as the DV church - for being...":
That's the way it should be!

11:34:02 From Angi Beery to Everyone:
Hello all!!  Angi Beery, Goshen, IN

11:34:06 From Allison Wessels to Everyone:
Allison from Williamson, Georgia

11:34:19 From Kim Bobe to Everyone:
Good morning! from Kim in Tennessee

11:34:42 From Ellen Bennett to Everyone:
Ellen Bennett from ATL

11:34:54 From LEANNE Parsons to Everyone:
Replying to "It's gorgeous here in AZ this morning!":
It was 66 degrees in my back yard this morning when I had my coffee on the patio!

11:35:03 From Susanne King to Everyone:
Susanne King, Montrose, CO

11:35:18 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 live, remember that the team will go back thru the chats and respond to any unanswered questions before the replay is sent later this week.

11:35:19 From Laura Lathrop to Everyone:
Laura Lathrop from West Lafayette, IN

11:35:27 From Jennie Smith to Everyone:
Replying to "Did i hear there is one in Austin coming up?":
👉 QUESTION about Protect the Flock

11:35:30 From Suzanne Neald to Everyone:
Suzanne Neald from Ireland IE

11:35:32 From Jane Grimm to Everyone:
Jane from Oregon here. (:

11:35:38 From Karen Stinchcomb to Everyone:
Good morning from Fort Worth, TX. 💜 Karen

11:35:38 From Tabitha Westbrook to Everyone:
Replying to "It's gorgeous here in AZ this morning!":
@LeAnne Parsons Aw man! It was 72 in Tucson this morning.

11:35:46 From Amy Marcum to Everyone:
Replying to "We are hosting one in August at Grace Fellowship i...":
Do you have a date? I'm in Louisville

11:35:46 From Ann Lawrence to Everyone:
Sorry I'm late. Had trouble getting in. Ann in NC

11:36:07 From KAMILLA to Everyone:
Replying to "Did i hear there is one in Austin coming up?":
Neil Schori. CTPM PROTECT THE FLOCK churchpartners@calledtopeace.org

11:36:22 From Kendra Thurman to Everyone:
Kendra from Ohio

11:36:35 From Molly Leonardi to Everyone:
Replying to "We are hosting one in August at Grace Fellowship i...":
We went there for awhile.....I hope some of the people connected with Pure Life Ministries attend ❤️🙏❤️

11:36:42 From KAMILLA to Everyone:

OUR ADVOCATE COORDINATORS:

Dianthe Cardwell's email: dianthe@calledtopeace.org

Naomi Jubilee's email: Naomi@calledtopeace.org

11:36:54 From Jolene Underwood to Everyone:

Replying to "Did i hear there is one in Austin coming up?":
Would love to see that!

11:37:13 From Cathleen Karbach to Everyone:

Cathleen Karbach from outside Roanoke, VA

11:37:36 From Denise Webster to Everyone:

DW from Columbia MO

11:37:40 From KAMILLA to Everyone:

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

11:37:58 From Jill Medina to Everyone:

This is my last month of the course. I've been doing this for a year now. Do I have to continue paying in order to stay in this class?

11:38:03 From Kendra Thurman to Everyone:

Replying to "We are hosting one in August at Grace Fellowship i...":
That's only a couple hours from me. 😊

11:38:12 From Judy Caracheo to Everyone:

Judy Caracheo Dallas Texas

11:38:32 From Erin Greenwood to Everyone:

Replying to "We are hosting one in August at Grace Fellowship i...":

August 23rd. Here's the registration link..

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E352302&id=153>

11:39:09 From Neil Schori to Everyone:

Neil Schori, Aurora, IL

11:39:12 From Kim Brown to Everyone:

Kim Brown, North Texas

11:39:47 From Mirelle Chateigne to Everyone:

Mirelle Chateigne North Carolina

11:40:03 From Anne I to Everyone:
Anne from VA

11:40:04 From Neil Schori to Everyone:
Replying to "This is my last month of the course. I've been doi...":
No! once you have paid, you may continue!

11:40:11 From Chantal Young to Everyone:
Hi there, from Oklahoma

11:40:14 From Linda Schreuders to Everyone:
QUESTION: Have Dr. Debra and Dr. Jess dealt with any Canadian cases of family court?

11:40:22 From Laura Lathrop to Everyone:
Haha, unfortunately a lot of times that's when they panic and reach out - when court is looming in a few days

11:40:26 From Tondalayo Royster to Everyone:
Hello Tondalayo from Maryland. Will transfer to laptop shortly and will need to sign in again

11:40:33 From Becky Webb to Everyone:
Replying to "QUESTION: Have Dr. Debra and Dr. Jess dealt with a...":
F

11:40:35 From KAMILLA to Everyone:
REMINDER: On Saturday, May 31, 12-1 PM EST, is the Q&A for this month's course. Please bring any advocacy questions you want to ask.

11:40:48 From Jolene Underwood to Everyone:
Jolene Underwood, Ellicott City, MD (therapist for TX)

11:40:48 From Tabitha Westbrook to Everyone:
Replying to "This is my last month of the course. I've been doi...":
Yep as long as you've done all 12 months you can continue for the rest of forever for free.

11:40:50 From Kendra Thurman to Everyone:
For court case consultation with Dr. Debra & Dr. Jessica (for affiliated advocates):
faith.advocacy8@gmail.com

11:41:27 From KAMILLA to Everyone:

FB Page that you can join - CTPM Advocacy Network

11:41:51 From Helenmary Brown to Everyone:

Helenmary In Collinsville, VA Good Morning! ❤️

11:42:01 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: Have Dr. Debra and Dr. Jess dealt with a...":

Dr. Debra has. We are happy to consult on such cases. Reach out if needed.

11:42:08 From Shelly Blankenship to Everyone:

Hello from the Eastern Panhandle of WV! I completed the training in December, but I have missed it. It's good to be back today!

11:43:45 From Dr. Jessica Evans to Everyone:

Monthly meetings for affiliated advocates are on the 1st Weds at 930 Eastern or 1st Thurs 8pm (Naomi does morning and Dianthe does evening)

Check your advocacy handbook for alot of helpful details!

BAND group has a court related thread you can reach out on if needed.

11:44:02 From Linda Schreuders to Everyone:

Replying to "QUESTION: Have Dr. Debra and Dr. Jess dealt with a...":

Okay, thank you!

11:44:08 From KAMILLA to Everyone:

Redefining Resistance

Course: <https://www.houseofpeacepubs.com/redefiningresistance/>

11:44:19 From Sharon Flynn to Everyone:

Replying to "Stacy, Cleveland, Ohio":

Cape Carteret Baptist Church—Sharon F.

11:44:23 From Neil Schori to Everyone:

Replying to "Did i hear there is one in Austin coming up?":

I only see one in Lubbock, so far in 2025

11:44:28 From KAMILLA to Everyone:

Redefining Resistance

Course: <https://www.houseofpeacepubs.com/redefiningresistance/>

11:44:36 From Tabitha Westbrook to Everyone:

Replying to "Did i hear there is one in Austin coming up?":

What is the date for Lubbock?

11:44:53 From Neil Schori to Everyone:

Replying to "Did i hear there is one in Austin coming up?":

TBD

11:45:00 From Suzanne Neald to Everyone:

Q" where is that course sorry.?"

11:45:02 From Dr. Jessica Evans to Everyone:

Replying to "Redefining Resistance Course: <https://www.house...>":

Redefining Resistance: Techniques to Open the Door in Advocacy with Domestic Abuse/Coercive Control Survivors

11:45:12 From Kendra Thurman to Everyone:

This picture is the BEST!

11:45:14 From Suzanne Neald to Everyone:

Thanks

11:45:38 From Sharon Flynn to Everyone:

Sharon Flynn

Swansboro, NC

11:45:44 From Dr. Jessica Evans to Everyone:

Replying to "Q" where is that course sorry.?"":

<https://www.houseofpeacepubs.com/redefiningresistance/>

11:46:05 From Lynna Sutherland to Everyone:

Sorry I'm late! Lynna Sutherland here from Chester, VA

11:46:05 From Kendra Thurman to Everyone:

He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. (Psalm 91:15)

11:46:20 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)

11:46:39 From Kendra Thurman to Everyone:

During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God. God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob. (Exodus 2: 23-24)

11:47:03 From Julie Burns to Everyone:

Replying to "Q" where is that course sorry.?"":

TY

11:47:19 From Chantal Young to Everyone:

I have not been able to open the advocacy handbook, does anyone else have that problem?

11:47:57 From Laura Lathrop to Everyone:

I also remind my survivors that love means a desire to hear someone's voice - and God loves us. I point them to the final words of the male narrator in Song of Solomon - he says "let me hear your voice." God demonstrates his love toward us by genuinely hearing us and WANTING to hear us.

11:48:29 From Dr. Jessica Evans to Everyone:

Replying to "I have not been able to open the advocacy handbook...":

You might email Naomi Jubilee: Naomi@calledtopeace.org

11:48:30 From Laura Lathrop to Everyone:

(Song of Songs 8:13)

11:50:04 From Tabitha Westbrook to Everyone:

Sometimes called "body doubling"

Body doubling is the practice of having another person physically or virtually present while you work on a task, even if they're not helping you directly. Their presence alone can help you stay focused, motivated, or calm. The idea is that simply having another body present can help boost focus, motivation, and emotional regulation—even if there is no direct interaction. You're more likely to start, stay on task, and follow through when someone else is simply "there" with you.

11:50:55 From Helenmary Brown to Everyone:

Replying to "I also remind my survivors that love means a desir...":

That is beautiful and powerful

11:54:21 From Kendra Thurman to Everyone:

II Cor. 1: 3-4

11:54:31 From Tabitha Westbrook to Everyone:

We comfort others with the comfort we ourselves have been given by God.

11:55:01 From Ann Lawrence to Everyone:

2Corinthians 1:3-4ff

11:55:05 From Tabitha Westbrook to Everyone:

We cannot take someone where we won't or can't go ourselves.

11:55:41 From Jill Medina to Everyone:

Replying to "We cannot take someone where we won't or can't go ...":

I just read this in your book this morning lol

11:56:56 From Heather Yaxley to Everyone:

Hello. Heather Yaxley Victoria BC Canada.

11:57:34 From Tabitha Westbrook to Everyone:

When we take a deep breath with a client we create an auditory anchor for someone. They will breathe if we breathe. It's an autonomic response & we help their brain habituate (get used) to it.

11:58:08 From Jolene Underwood to Everyone:

Replying to "2Corinthians 1:3-4ff":

Thank you!

11:59:12 From Heather Martin to Everyone:

Replying to "When we take a deep breath with a client we create...":

Love it! Thank you for sharing!

11:59:18 From Teresa Wilcox to Everyone:

QUESTION: Is there an advanced course on this information?

11:59:58 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: Is there an advanced course on this info...":

It's a good idea!

12:00:10 From Kendra Thurman to Everyone:

Scenario: Your survivor tells you she was strangled by her coercively-controlling spouse. What do you notice in your... Mind, Body, & Spirit?

Rm 1 (Dr. Debra) -

Rm 2 (Kendra) -

Rm 3 (Rebecca) -

Rm 4 (Jolene) -

Rm 5 (Dr. Jessica) -

Rm 6 (Tabi) -

12:00:15 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: Is there an advanced course on this info...":

Do a deep dive into attunement and coregulation!

12:00:30 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Is there an advanced course on this info...":
I VOLUNTEER AS TRIBUTE

12:00:42 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Is there an advanced course on this info...":
Because I love this stuff.

12:00:51 From Jolene Underwood to Everyone:

Replying to "QUESTION: Is there an advanced course on this info...":
Would love to contribute as well!

12:10:44 From Lara Faucher to Everyone:

Lara Faucher - Holland michigan, central Wes.
Sorry lost connection and to come back in

12:10:59 From christine umthun to Everyone:

Would it be totally appropriate to invite Christ into the situation with prayer to ask
Him into our discussion?

12:11:44 From Beth Burke to Everyone:

don's ask her to make another decision

12:12:00 From Teresa Wilcox to Everyone:

Replying to "don's ask her to make another decision":
Great point

12:12:07 From Tabitha Westbrook to Everyone:

Replying to "don's ask her to make another decision":
Decision fatigue is a whole thing!

12:12:18 From Lisa Coons to Everyone:

Lisa Coons, Lakewood, Ca. I am sorry to be late. I will do a summary of the material
I missed.

12:13:04 From Tabitha Westbrook to Everyone:

Replying to "Would it be totally appropriate to invite Christ i...":

I'd be very mindful on this. It depends - what's our relationship, where are they with
God, etc.

12:13:05 From Susan Yoder to Everyone:

Susan Yoder-Ohio. sorry,late

12:13:09 From Helenmary Brown to Everyone:

That is so good about just breathing and not asking--when we are dysregulated we do need to be led in some ways like that. Just so overwhelmed in making any decision, asking or receiving can be too much.

12:13:13 From Jennie Smith to Everyone:

Replying to "Would it be totally appropriate to invite Christ i...":
this would have been harmful to me because of the spiritual abuse

12:13:25 From Teresa Wilcox to Everyone:

Replying to "Would it be totally appropriate to invite Christ i...":
Ohhhhh!

12:13:30 From Tabitha Westbrook to Everyone:

Replying to "Would it be totally appropriate to invite Christ i...":
And I mean our relationship with them. It can feel spiritually bypassing.

12:14:17 From Laura Lathrop to Everyone:

I know when I am telling someone something horrible, it makes me stop talking when they react to it. I can keep talking if they just take it in and don't get all upset.

12:14:50 From Tabitha Westbrook to Everyone:

Replying to "I know when I am telling someone something horribl...":
YES. Being able to stay 72 degrees while we hear hard stuff is important. That doesn't mean we're unaffected.

12:15:10 From christine umthun to Everyone:

Replying to "I know when I am telling someone something horribl...":
Right? Same with handing them a Kleenex is sometimes a signal to stop crying.

12:15:19 From Laura Lathrop to Everyone:

Replying to "I know when I am telling someone something horribl...":
Yeah, I hate when people do that.

12:15:26 From Tabitha Westbrook to Everyone:

Replying to "I know when I am telling someone something horribl...":
@Laura Lathrop Same.

12:15:36 From Cathy Sage to Everyone:

I have found that people (not just survivors) are surprised by the danger of strangulation and urgency for safety.

12:16:03 From Jolene Underwood to Everyone:

Replying to "Would it be totally appropriate to invite Christ i...":

If a survivor has just disclosed, the first thing is to just be with them. There could be times in a meeting with someone that a survivor would appreciate it, but (like Tabi said) I'd be very careful with this and it would depend on several things. One thing to consider is whether or not this request is coming from something in you that feels anxious.

12:16:08 From Laura Lathrop to Everyone:

I usually hold off on the prayer until the end

12:16:15 From Tabitha Westbrook to Everyone:

Replying to "I have found that people (not just survivors) are ...":

It's because it's somewhat normalized through porn.

12:16:21 From Laura Lathrop to Everyone:

And then I bring each specific thing into my prayers as led

12:16:42 From Teresa Wilcox to Everyone:

QUESTION; What IS the appropriate response? Is there ONE appropriate response? It would seem to me that these choices are HUGE, but moment by moment. How is it possible to assess every possible outcome/ reaction? This seems to me to take years of practice.

Answered live

12:16:48 From Dawn Jones to Everyone:

So many great thoughts here. Thank you!

12:17:01 From Neil Schori to Everyone:

Replying to "Would it be totally appropriate to invite Christ i...":
agreed, @Jolene!

12:17:20 From Ann Lawrence to Everyone:

QUESTION: What if she doesn't have a "later". What if she goes home and it happens that night, maybe for the last time? What about her immediate safety?

Answered live

12:17:52 From Linda Schreuders to Everyone:

Oh man! Almost monthly since I started this course, I have been made aware of a new situation of abuse. I feel like I have been doing everything wrong.

12:18:12 From christine umthun to Everyone:

Love that, Jolene! Thank you.

12:18:32 From Laura Lathrop to Everyone:

Replying to "Oh man! Almost monthly since I started this cours...":

Caring is never wrong. We are all just fine-tuning and redirecting how we do it.

12:18:43 From Teresa Wilcox to Everyone:

Would it be appropriate to lean in? Just lean in? I can imagine tears might come.

12:18:43 From Joy Parks to Everyone:

@Tabitha Westbrook - Do you want to speak to those that strangulation can be part of an arousal template and that the client may share it is part of enjoyment. And that is really hard to hold.

Mentioned live

12:18:55 From Sharon Flynn to Everyone:

One of our participants addressed the issue of the survivors not being in touch with the actual danger she was in and the importance of advocate remains CALM.

12:18:57 From Freddy Chakhachiro to Everyone:

Replying to "Oh man! Almost monthly since I started this cours...":

They mostly need someone to listen and let them know they are believed.

12:19:33 From Laura Lathrop to Everyone:

I have to talk to myself, reminding myself that this is not CURRENTLY happening, it's just a conversation. That helps me regroup.

12:20:30 From Nathalie Perkins to Everyone:

Replying to "Love that, Jolene! Thank you.":

Me too! Jumping to prayer could be a flight response trying to avoid our own difficult feelings... a coping mechanism to not deal.

12:20:49 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.

12:20:52 From Teresa Wilcox to Everyone:

QUESTION: Do we have a responsibility as a mandated reporter in this situation?

12:20:55 From Linda Schreuders to Everyone:

QUESTION: do other forms of physical abuse also apply to this situation?

12:21:23 From Laura Lathrop to Everyone:

Replying to "QUESTION: Do we have a responsibility as a mandate...":

With adults, I do not believe in mandated reporting. Are there states where that's a requirement when working with adults?

12:21:31 From Laura Lathrop to Everyone:

Replying to "QUESTION: Do we have a responsibility as a mandate...":
In Indiana, mandated reporting only applies to children.

12:21:32 From Jolene Underwood to Everyone:

Replying to "Oh man! Almost monthly since I started this cours...":

I think most of us do a lot that isn't the most helpful when we start working with people. I still do. I find it helpful to remember we are all in process and I am learning (always) how to care well and remain present with others. Even more, it helps to remember God sees it all and can do more than I realize with or without me.

12:21:35 From LEANNE Parsons to Everyone:

So good... we must address the safety issue. And we get the both and of it all...

12:21:46 From Molly Leonardi to Everyone:

Bingo.....it takes a long time to believe it's unsafe

12:21:52 From Tina Conti to Everyone:

QUESTION: Ending session with a verse of hope: He sees, He hears?

12:21:57 From Teresa Wilcox to Everyone:

Replying to "Bingo.....it takes a long time to believe it's unsaf...":

Oh AMEN

12:22:35 From Dawn Jones to Everyone:

Such great reminders, Tabi!

12:22:49 From Helenmary Brown to Everyone:

Our tendency to MINIMIZE is really a problem in this dynamic. I didn't fully grasp the danger either. It took time, more information--and the LORD opening my eyes.

12:23:29 From Jolene Underwood to Everyone:

Replying to "QUESTION: Ending session with a verse of hope: He ...":

This is another thing I'd be careful of because of how often being told information feels unsafe and adds to feeling unseen and unheard. Not always though. If feeling led, what about asking them if there is something about God or in God's word that feels helpful for them. Then they are coming up with what is meaningful of for them instead of being told.

12:23:32 From Jennie Smith to Everyone:

Replying to "QUESTION: Ending session with a verse of hope: He ...":

in my experience of spiritual abuse, this would have made it hard to trust my listener

12:23:47 From Christie Crandall to Everyone:

Replying to "I know when I am telling someone something horribl...":

I get what you're saying. Interesting point. Not arguing just pointing it out that I've never felt that way when I'm handed a box of tissues or just a Kleenex. I find it sweet so I can wipe my tears (as they continue pouring out 😊)

12:23:48 From Nathalie Perkins to Everyone:

Replying to "QUESTION: Ending session with a verse of hope: He ...":

I think it could be triggering to some who have church/spiritual trauma. It would depend on the client.

12:23:52 From Michele Daniels to Everyone:

QUESTION: what is the name of that book?

12:23:56 From Jolene Underwood to Everyone:

Replying to "QUESTION: Ending session with a verse of hope: He ...":

@Jennie Smith totally understandable

12:24:04 From Molly Leonardi to Everyone:

Replying to "Our tendency to MINIMIZE is really a problem in th...":

Exactly, so many of us really can't grasp it for a long time. Because so much of it doesn't look as obvious as we think in a movie, etc.

12:24:04 From Neil Schori to Everyone:

Replying to "QUESTION: Do we have a responsibility as a mandate...":

Illinois for adults over 60 and adults with disabilities 18-59

12:24:07 From KAMILLA to Everyone:

Here is the webinar that has been referred to several times in today's class:
Intimate Partner Sexual Violence (IPSV) Webinar
<https://www.houseofpeacepubs.com/intimate-partner-sexual-violence>

12:24:12 From Teresa Wilcox to Everyone:

THANK YOU TABI!

12:24:42 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: do other forms of physical abuse also ap...":

They do. We are also talking about this particular example in this way bc we know the lethality risk is so high.

12:24:42 From KAMILLA to Everyone:

OUR ADVOCATE COORDINATORS:

Dianthe Cardwell's email: dianthe@calledtopeace.org

Naomi Jubilee's email: Naomi@calledtopeace.org

12:24:48 From Sharon Flynn to Everyone:

Replying to "don't ask her to make another decision":

Tabby-would you safety plan in the very first session?

If necessary/if concerns are present.

12:24:52 From Laura Lathrop to Everyone:

I don't tell her anything about God like that, for the most part. I just end with prayer and I tell GOD that he has promised he sees and hears and cares, and so therefore I am calling his attention to those promises and asking him to see, hear, and demonstrate his care to the survivor. I do this at the end of the call, if she gives me permission to pray with her.

12:24:55 From Rose to Everyone:

Replying to "Oh man! Almost monthly since I started this cours...":

Yes, even in parenting, God covers our blunders with His perfection

12:24:58 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: Do we have a responsibility as a mandate...":

Look at your states laws

12:25:05 From Linda Schreuders to Everyone:

Replying to "QUESTION: do other forms of physical abuse also ap...":

Thanks for answering.

12:25:17 From Laura Lathrop to Everyone:

Replying to "QUESTION: Do we have a responsibility as a mandate...":

Oh, yes, vulnerable adults is a different scenario.

12:25:27 From KAMILLA to Everyone:

Tabi's Book: Tabitha Westbrook – "Body and Soul, Healed and Whole: An Invitational Guide to Healthy Sexuality After Trauma, Abuse, and Coercive Control"
<https://a.co/d/4puckll>

12:25:41 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: what is the name of that book?":

Body & Soul, Healed & Whole: An Invitational Guide to Healthy Sexuality After Trauma, Abuse & Coercive Control.

12:26:34 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Ending session with a verse of hope: He ...":

I know we want to be so hopeful and God is so hopeful, but we have to be so mindful of the spiritual abuse that often coexists with abuse.

12:27:01 From Lisa Kiser to Everyone:

Replying to "QUESTION: Ending session with a verse of hope: He ...":

I'm enjoying your book, Tabi! Great stuff!

12:27:02 From Nathalie Perkins to Everyone:

Replying to "QUESTION: Do we have a responsibility as a mandate...":

I would try to empower them to do the report themselves to not damage the relationship, which can happen...

12:27:22 From Kendra Thurman to Everyone:

Replying to "don's ask her to make another decision":

@Sharon Flynn This has likely already been started (time permitting) in the Intake call (for those survivors who are in association with CTPM). It's a good idea to touch base on/expand on this when you talk with her again.

12:28:31 From Laura Lathrop to Everyone:

Replying to "QUESTION: Ending session with a verse of hope: He ...":

Yeah, and that's why I'm also even careful in my prayers when she gives permission to not say things like "we affirm that you care, Lord" - but instead I pray things like "Lord, you said in your word that you care - it often doesn't feel like that, and we don't understand why this is happening. It's scary, and ____ is at a crossroads needing to hear your voice and feel your presence..."

12:28:53 From Tabitha Westbrook to Everyone:

Replying to "don's ask her to make another decision":

Yes, but I do it carefully. The way I language it often is, "I know you might think it's silly, but I'd love to just make sure we have a safety plan in place." If they have one, I just run through it to make sure it's adequate.

12:28:54 From Rebecca Johnson to Everyone:

Replying to "don's ask her to make another decision":

We had a survivor who had done the safety assessment in her intake, but just ignored it until we heard about the strangulation and weapons in the home, and gently encouraged her to revisit the safety assessment.

12:28:56 From Kendra Thurman to Everyone:

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

12:28:59 From Jolene Underwood to Everyone:

Replying to "I know when I am telling someone something horribl...":

@Christie Crandall valid! Everyone experiences things differently due to our own filters, beliefs, and experiences. If we are with someone and do something (like handing a

tissue) we can pay attention to body language to see if they seem more relaxed or they stop talking or get more tense. It's a clue as to whether or not it was helpful for someone else.

12:29:33 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Do we have a responsibility as a mandate...":
Very much state specific.

12:29:39 From Julie Burns to Everyone:

Oooh, Prov 18:13. Often when I feel a pressure to "add something biblical" I have forgotten that Christ is with me and that He is present and that Job's friends were at their very best before they ever spoke. Still learning-- as chaplain sometimes it feels like someone expects the Jesus stuff. I am really learning how powerful presence truly is.


12:29:56 From Teresa Wilcox to Everyone:

QUESTION: When survivors are assigned to advocates, are the backgrounds (what we've gone through) considered when assigning her an advocate? For example: I did not suffer physical abuse. I suffered psychological abuse/surveillance/ etc. Is that considered when assigning?

12:30:12 From Laura Lathrop to Everyone:

Replying to "I know when I am telling someone something horribl...":
Totally! I never know what someone else wants me to do - I just know it doesn't work for me. I got irritated with my therapist last week when she noted my tears and got distracted and wanted to discuss why I was crying. I just wanted to talk, and the tears were an accidental side effect, not the main event.

12:31:15 From Sharon Flynn to Everyone:

Replying to "don's ask her to make another decision":


12:31:30 From Rebecca Johnson to Everyone:

Replying to "Oooh, Prov 18:13. Often when I feel a pressure to...":
AMEN! We need to learn the lesson from Job's counselors/friends.

12:31:44 From christine umthun to Everyone:

NO. Hate why questions!

12:32:19 From Laura Lathrop to Everyone:

And their abuser asks them why questions. "Why did you do that????"

12:32:29 From Tabitha Westbrook to Everyone:

Replying to "Oooh, Prov 18:13. Often when I feel a pressure to...":
@Rebecca Johnson Indeed. I also want to honor our desire to help. We are here because either we want to help others with what we wish we had or we were helped. It's a

process and we are learning. Even those of us who do this for an actual living are always learning!

12:33:07 From Michele Daniels to Everyone:

QUESTION: For me when people didn't seem upset I felt invalidated and looked down on. Those who seemed to be angered made me feel seen and heard. That righteous anger felt healing to me. I'm trying to understand my personal experience in the context of trying not to further agitate a survivor.

12:34:03 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: For me when people didn't seem upset I ...":

I think we mean not to get all dysregulated yourself. Real emotion, like anger on your behalf can be good. It all depends on the HOW we do it. Big emotional presentations can be challenging and activating.

12:34:21 From Tabitha Westbrook to Everyone:

Interviewing is not the Spanish Inquisition.

12:35:02 From Jolene Underwood to Everyone:

Replying to "QUESTION: For me when people didn't seem upset I ...":

Absolutely. It's a bit tricky because there is a level of feeling emotion with the emotion that applies to the story is helpful. One way it could sound like is to let them know you're feeling angry that they were treated that way. It could be expressed with some anger, but it comes back to calm.

12:35:15 From Laura Lathrop to Everyone:

Replying to "QUESTION: For me when people didn't seem upset I ...":

I think for me, someone reacting emotionally to something I say tells me that person is not qualified to speak into my situation wisely - they must not have experienced or heard this before, and therefore I am going to have to provide WAY too much context to get any useful insight from them.

12:36:14 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: For me when people didn't seem upset I ...":

This is going to vary so much according to their experiences and needs

12:36:17 From Molly Leonardi to Everyone:

Replying to "QUESTION: For me when people didn't seem upset I ...":

I like the balance.....the blank stare is so harmful. Some expression can really be helpful.

12:36:43 From Dr. Jessica Evans to Everyone:

And you are going to learn your survivor over time!

12:36:46 From Jennifer Smart to Everyone:

I loooved that Tabi thank you! Sometimes I think I'll never be able to speak fluent Tabi... but maybe you didn't always either?

12:36:51 From Tabitha Westbrook to Everyone:

Replying to "And you are going to learn your survivor over time...":
YES!!

12:37:04 From Tabitha Westbrook to Everyone:

Replying to "I loooved that Tabi thank you! Sometimes I think I...":
NOPE. I learned over time!!

12:37:17 From Kendra Thurman to Everyone:

Great example, @Jolene Underwood!

12:37:19 From Teresa Wilcox to Everyone:

I had a therapist once, years ago, who would doze off during sessions... talk about feeling unheard... LOL as well as being unheard

12:37:49 From Laura Lathrop to Everyone:

Replying to "QUESTION: For me when people didn't seem upset I ...":
Yeah, so true. I try to repond subtly. For example, if they can see my face, I will allow a pained expression in my eyes, slightly furrowed brow, etc. If on the phone, I may take a breath or give an "oh/mmm" in a sympathetic tone. Idk. It's definitely a balance.

12:37:51 From Tabitha Westbrook to Everyone:

Replying to "I had a therapist once, years ago, who would doze ...":
THAT is awful.

12:38:09 From Michele Daniels to Everyone:

THANK YOU

12:38:21 From Molly Leonardi to Everyone:

Replying to "QUESTION: For me when people didn't seem upset I ...":
So helpful!

12:38:55 From Jennifer Smart to Everyone:

Replying to "I had a therapist once, years ago, who would doze ...":
That is shocking! ... my evil MIL (a psychologist) used to tell me how bored she felt with most of the clients...but this is next leel!

12:39:34 From Laura Lathrop to Everyone:

"It might get better, it might not, but it will be different."

12:39:40 From Jolene Underwood to Everyone:

Replying to "I had a therapist once, years ago, who would doze ...":
Ugh, I'd totally feel unheard too!

12:39:46 From Jennifer Smart to Everyone:

Thank you DrDeb.... I hate being told that everything will be alright

12:40:11 From Helenmary Brown to Everyone:

Not giving false reassurance is important--thank you for the alternative suggestions.

12:40:22 From Jennifer Smart to Everyone:

Replying to ""It might get better, it might not, but it will be...":
much better, thank you!

12:40:23 From Teresa Wilcox to Everyone:

Replying to "I had a therapist once, years ago, who would doze ...":
It was very frustrating. I wanted to scream "HELLO!" Today I would.

12:40:34 From Laura Lathrop to Everyone:

If people tell me "everything will be all right" when I'm going through something, I feel like I have to argue with them because they can't possibly know - it turns into a frustrating conversation instead of a supportive one.

12:41:11 From Freddy Chakhachiro to Everyone:

Replying to "I had a therapist once, years ago, who would doze ...":
Our before selves vs our now selves!

12:41:15 From Jennifer Smart to Everyone:

Replying to "Not giving false reassurance is important--thank y...":
I've witting that down in my notes, thank you!

12:41:59 From Jennifer Smart to Everyone:

Replying to "If people tell me "everything will be all right" w...":
Amen.... grrr

12:42:06 From KAMILLA to Everyone:

Neil Schori – CTPM Church Partnership Director neil@calledtopeace.org

12:42:33 From Kendra Thurman to Everyone:

Notice that Jesus rarely answered questions with a direct answer (only 3). Instead, he responded with challenges and questions to elicit contemplation. In fact, he asked over 330 questions in the Gospels, while he was only asked 183.

12:42:49 From Kendra Thurman to Everyone:

Replying to "Notice that Jesus rarely answered questions with a...":

Looking for a reason to bring charges against Jesus, they asked him, "Is it lawful to heal on the Sabbath? "He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out?" (Matt. 12:10-11)

12:43:03 From Kendra Thurman to Everyone:

Replying to "Notice that Jesus rarely answered questions with a...":

"Why do your disciples break the tradition of the elders? They don't wash their hands before they eat!" Jesus replied, "And why do you break the command of God for the sake of your tradition?" (Matthew 15:2-4)

12:43:25 From Kendra Thurman to Everyone:

Replying to "Notice that Jesus rarely answered questions with a...":

"Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? So, if you who are evil know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask Him!" (Luke 11:9-11)

12:43:42 From Teresa Wilcox to Everyone:

Jesus teaches us to think about what He has taught us. His questions require we think. He must have attended an excellent teacher college!

12:44:22 From Julie Burns to Everyone:

Replying to "Jesus teaches us to think about what He has taught...":
Messiah University!

12:44:24 From Helenmary Brown to Everyone:

Asking the right open questions is a vital skill. Thank you.

12:44:33 From Teresa Wilcox to Everyone:

Ephesians 4:29 (MSG) Words are gifts.

12:45:00 From Ellen Bennett to Everyone:

The abuse.com

12:45:23 From Dr. Jessica Evans to Everyone:

<https://documenttheabuse.org>

12:45:27 From Helenmary Brown to Everyone:

documenttheabuse.org

12:45:30 From Ellen Bennett to Everyone:

Documenttheabuse.com

12:45:39 From Tabitha Westbrook to Everyone:
It's .org = <https://documenttheabuse.org/>

12:45:41 From Jolene Underwood to Everyone:

Another note on showing strong reactions (of anger, disgust, etc.) is that it can lead to survivors now feeling they need to care for you instead of feeling seen and heard.

12:45:46 From Dr. Jessica Evans to Everyone:
.com or .org both direct to same page

12:46:35 From Laura Lathrop to Everyone:

She already feels stupid for staying, many times. And her family and friends have often communicated that frustration to her. She doesn't need it from us.

12:47:50 From Jennifer Smart to Everyone:

Replying to "She already feels stupid for staying, many times. ...":
Yes! well said

12:48:37 From Kendra Thurman to Everyone:

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. (Matthew 7:7)

12:48:55 From Kendra Thurman to Everyone:

Replying to "Ask, and it will be given to you; seek, and you wi...":
Call to me and I will answer you, and will tell you great and hidden things that you have not known. (Jeremiah 33:3)

12:50:01 From Kendra Thurman to Everyone:

Replying to "Ask, and it will be given to you; seek, and you wi...":
"God wants to answer the questions that are behind our questions." - Neil

12:51:29 From Kendra Thurman to Everyone:

Scenario: You are speaking with a survivor for the first time.
What question do you ask to open up the conversation?
How do you reflect back what you heard her say?
What is your next question to move the conversation forward?

13:00:00 From Rebecca Johnson to Everyone:

It took our team a bit of work to remember to ask open-ended questions.

13:00:04 From christine umthun to Everyone:

I need to reflect back to my survivor what I sense she went through, what I understand from what she told me, then "tell me more"

Abigail Meade: ❤️

13:00:13 From Kimberly VanKlombenberg to Everyone:
Thanks for that encouragement Dr. Jess

13:00:33 From Beth Burke to Everyone:
as the "survivor" I wondered what someone could have asked that would have kept me from retreating
Jennifer Smart: 👍

13:00:35 From Anne I to Everyone:
I like to ask Inviting questions... can you tell me more...

13:00:43 From Jennifer Smart to Everyone:
I'm realising that so far I ask open ended questions ... but maybe because I meet with women who seek me out and I can see that they are full to the brim with wanting to spew out stories.... so I let them while i try to process them and see where they are going...

13:01:06 From Teresa Wilcox to Everyone:
Our role model was terrific. She told the survivor she was glad she was here with her today and considered it a privilege to speak to her today
Kendra Thurman: 💜

13:01:06 From Jennie Smith to Everyone:
i would have wanted to ask how she felt in her body during the incident described, but I think it might be too soon for that

13:01:16 From Nathalie Perkins to Everyone:
I try to keep my questions open-ended and say, "the tell-me more." I need to stay focused on the content and feelings to better reflect
Helenmary Brown: ❤️

13:01:31 From Beth Burke to Everyone:
what would you like to share?
Abigail Meade: ❤️

13:01:39 From Karen Stinchcomb to Everyone:
As I invited what brought her in, she jumped right in. It was challenging to be going deeper so soon

13:01:46 From A M to Everyone:
I had to get off for a minute

13:01:47 From Kendra Thurman to Everyone:
Replying to "Our role model was terrific. She told the survivor...":

Yes, then she asked, "What's going on with you?"

13:01:53 From Rebecca Johnson to Everyone:

I thought rather than asking when this started, instead asking her to describe what was happening when it started?

13:01:58 From Jolene Underwood to Everyone:

Practicing and reflecting on what your tendencies are is helpful so you can adjust and grow as a listener. It's not easy and natural for us to use a lot of these skills, especially after not feeling heard yourself, or having experiences that stir up a desire to fix others.

Tabitha Westbrook, Rebecca Johnson: 👍

13:02:10 From Becky Webb to Everyone:

I am grateful for more ideas of open-ended questions to learn and increase that skill and be intentional with that. Being in counselling before myself having been asked a lot of close-ended questions, I can really feel/discern how different/helpful it is even hearing the open-ended ones through the role-play conversation.

Jolene Underwood: ❤️

Kimberly VanKlompberg: 👍

13:02:53 From Nathalie Perkins to Everyone:

Replying to "Practicing and reflecting on what your tendencies ...":

Definitely, not our "normal/natural" to talk... it takes lots of practice!!

Jolene Underwood: ❤️

Jolene Underwood: 🎉

13:03:01 From Jolene Underwood to Everyone:

We can also just restate with a summary and leave it at that. Silence can be helpful, even though it's uncomfortable.

I'd limit how often we use "tell me" or "help me..." Some is helpful, too much can feel less safe.

Jennifer Smart: ❤️

Laura Lathrop: 👍

Dr. Jessica Evans: 👍

13:03:21 From Nathalie Perkins to Everyone:

Replying to "Practicing and reflecting on what your tendencies ...":

Way to talk

13:03:21 From Dr. Jessica Evans to Everyone:

Open Ended Questions & Prompts:

What happened when...?

How did you...?
What would happen if...?
What do you think about...?
What would you do...?
Tell me about...
I wonder if...

Rose, Nathalie Perkins, Helenmary Brown, Heather Martin: ❤️
Kim Brown: 💙

13:04:33 From Jolene Underwood to Everyone:

Replying to "I am grateful for more ideas of open-ended questio...":

So helpful to reflect on experiences that felt helpful and not for ourselves! This whole thing as a listener takes practice. Knowing what to do don't always translate to how we actually show up.

Becky Webb: ❤️

Rose: 👍

13:05:10 From Helenmary Brown to Everyone:

Replying to "Open Ended Questions & Prompts What happened when...":

Thank you! 👍

13:05:42 From Karen Stinchcomb to Everyone:

Replying to "As I invited what brought her in, she jumped right...":

The ball of yarn was mentioned, and that we would journey together to untangle the ball of yarn. That was inviting and adding safety.

Jolene Underwood, Kendra Thurman, Helenmary Brown: ❤️

13:06:32 From Molly Leonardi to Everyone:

I summarize a TON or seek further understanding on what she told me so that I hear her correctly. I process differently and this has been so helpful for me and for them.

Helenmary Brown: ❤️

Tabitha Westbrook, Dr. Jessica Evans: 👍

13:08:29 From Rebecca Johnson to Everyone:

One person said "he was rough with the kids" and the follow up question was "what does rough look like to you?"

Jolene Underwood: ❤️

Kendra Thurman: 🙌

13:08:36 From Julie Burns to Everyone:

Question: How can you get someone to take a breath long enough that you can get clarification on people, places, etc? I find sometimes the train is rolling and I got lost way back but couldn't ask. This can really be tricky so I understand the story.

dawn lugo: 👍

Discussed live

13:08:36 From Helenmary Brown to Everyone:

Replying to "I summarize a TON or seek further understanding on...":

Same for me Molly. The clients say they have gained a lot of clarity that way.

Molly Leonardi: ❤️

13:08:59 From Nathalie Perkins to Everyone:

Marilee Adams has a book that I found helpful to learn to ask more effective questions... "Change your questions, change your life."

Helenmary Brown: 👍

13:09:28 From Molly Leonardi to Everyone:

Replying to "I summarize a TON or seek further understanding on...":

Agreed! I often don't have an issue with women sharing I believe because of this. I learned it from my old counselor Nicole and it is so helpful!

Helenmary Brown: ❤️

13:09:44 From Jolene Underwood to Everyone:

Naming what they may be experiencing can be helpful too, even if you get it wrong.

Example, "You're feeling confused." (After survivor shares words expressing confusion.)

Just naming experiences can be helpful.

13:10:02 From Teresa Wilcox to Everyone:

QUESTION: What does an advocate do if she hears suicidal ideation? Thoughts that she cannot continue?

Discussed live.

13:10:29 From Molly Leonardi to Everyone:

Replying to "I summarize a TON or seek further understanding on...":

Also she would also teach me "to be curious about that"

Helenmary Brown: ❤️

13:13:27 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: What does an advocate do if she hears su...":

Is she overwhelmed or does she have a plan, intention, etc?

Nathalie Perkins: ❤️

13:13:40 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: What does an advocate do if she hears su...":

988 in US

Helenmary Brown: 👍

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

Replying to "QUESTION: What does an advocate do if she hears su...":

She can call and speak to someone on the suicide hotline

13:13:59 From Molly Leonardi to Everyone:

Yes!

13:14:08 From Kendra Thurman to Everyone:

REMINDER: Please consider attending the Q&A session on Saturday, May 31st (noon Eastern). Use the same Zoom link as for the regular classes.

Helenmary Brown, Beth Burke: ❤️

Kim Brown: 👍

Rebecca Johnson: 🙌

13:14:53 From Teresa Wilcox to Everyone:

Replying to "QUESTION: What does an advocate do if she hears su...":

Thank you