

Video Replay: <https://vimeo.com/1086482087/2c80a4cc7b?share=copy>

11:25:30 From Tricia Foster :

Good Morning~Tricia in Gibsonville, NC

11:25:55 From Melissa Parker :

Good morning! Melissa Parker from Columbia, SC.

11:25:57 From Jill Medina :

Good morning from Missouri

11:26:10 From Nikki (Amber) Walls :

Good morning from Jefferson, GA!

11:26:26 From Emily Vasquez :

Good morning! Emily Vasquez in Denver, CO

11:26:36 From Cari Timmer :

Good Morning, Cari Timmer from Holland

11:26:39 From christine umthun :

Christine Umthun from johnston, ia (des moines)

11:26:43 From Deb Reece :

Hi all, Deb from Zimmerman, MN

11:26:54 From Freddy Chakhachiro :

Good morning from Roanoke, VA

11:27:04 From Rose :

Rose in GA

11:27:11 From Teresa Wilcox :

Teresa Wilcox (Robertson) from Roanoke, VA

11:27:13 From Theresa (Tree) Peterson :

hello from rainy Hartland, Wisconsin

11:27:17 From sylvia gelderman :

Abbotsford, BC

11:27:27 From Merrilee Carlson SGL :

Merrilee Carlson San Francisco Bay

11:27:38 From Julie Wallace :

Good Morning! Julie Wallace, Middleburg, FL

11:27:56 From Emily Vasquez :
Reacted to "Merrilee Carlson San..." with ❤️

11:28:11 From Renee Landa to Everyone:
Good morning. Renee Landa, Austin, Tx

11:28:30 From Ann Lawrence to Everyone:
Good morning! Ann in North Carolina

11:28:40 From Mirelle Chateigne to Everyone:
Mirelle from North Carolina

11:28:58 From Kendra Thurman to Everyone:
Kendra from Ohio

11:29:04 From Diane Brinkley to Everyone:
Good morning to all. Diane from Troutville Va

11:29:08 From Dr. Jessica Evans to Everyone:
Jess, Columbus OH area

11:29:22 From Angi Beery to Everyone:
Hello to all of you!! Angi Beery, Goshen, IN

11:29:37 From Rebecca Johnson to Everyone:
Hello from CNY

11:29:51 From Melanie Haymond to Everyone:
Good morning from Kalispell, MT

11:30:16 From Kat Nelson to Everyone:
Kat Nelson here near Wheaton Il.

11:30:17 From Lori Evans to Everyone:
Lori from Bigfork, MT

11:30:19 From Sharon Flynn to Everyone:
Hello Ladies!! Sharon Flynn Swansboro, NC

11:30:22 From Dawn Jones to Everyone:
Good morning! Dawn Jones from Marble Falls, TX.

11:30:27 From Melanie Haymond to Everyone:
Replying to "Lori from Bigfork, MT":
Hi Lori!

11:30:27 From Ellen Bennett to Everyone:
Ellen here from ATL

11:30:29 From Laurel Poff to Everyone:
Laurel Poff, Anchorage Alaska

11:30:38 From Rebecca Johnson to Everyone:
I would love to have you and Dr. Ramani chat!

11:30:42 From Heather Martin to Everyone:
Hello from Shippensburg, PA!

11:31:03 From Lori Evans to Everyone:
Replying to "Lori from Bigfork, MT":
Good morning!

11:31:13 From Jane Grimm to Everyone:
Jane here from Oregon. Sick today, so just listening in.

11:31:15 From Robin Blacj to Everyone:
Robin Black from Indy

11:31:29 From Linda Schreuders to Everyone:
Good morning from Winnipeg MB Canada

11:31:30 From Allison Wessels to Everyone:
Allison Wessels from Williamson, GA

11:31:45 From Rebecca Johnson to Everyone:
The one year was what she was aware of, doesn't mean it stopped.

11:31:46 From Nikki (Amber) Walls to Everyone:
A year would be great! I'm over a decade out and STILL dealing with it! Ugh.

11:31:48 From Lynna Sutherland to Everyone:
Lynna here from Chester, VA

11:32:00 From Gwen Hertzler to Everyone:
Gwen from Oklahoma

11:32:02 From Keri Drowatzky to Everyone:
Keri Drowatzky in Oklahoma here.

11:32:03 From Perla Diaz to Everyone:
Perla Diaz- San Antonio Texas.

11:32:06 From Jennifer Stohler to Everyone:
Jennifer from Holland, Mi checking in

11:32:13 From Stacy Hammon to Everyone:

Stacy, Cleveland, Ohio

11:32:26 From Anna Jacobs to Everyone:
Good morning from Kearney, MO

11:32:27 From Tina Conti to Everyone:
Hello! Tina from Livonia MI

11:32:31 From Becky Webb to Everyone:
Becky - Kamloops, British Columbia :)

11:32:38 From Vanessa Terlouw to Everyone:
Vanessa from Niagara Ontario

11:32:39 From Kim Brown to Everyone:
Kim Brown North TX

11:32:54 From Keri Drowatzky to Everyone:
Hello everyone! Hope all are well. Happy wonderful Spring. 🌸

11:32:55 From Rochelle Walters to Everyone:
Rochelle Walters Byrdstown TN

11:32:58 From Susanne King to Everyone:
Susanne King, Montrose, CO

11:32:58 From LEANNE Parsons to Everyone:
Greetings from Arizona! LeAnne Parsons here:)

11:33:08 From Pam Brandenburg to Everyone:
Good Morning from GA

11:33:19 From Beth Burke to Everyone:
good morning from Beth in Burlington

11:33:25 From charlotte rennekamp to Everyone:
Hello! Charlotte from Ohio

11:33:29 From Lisa Kiser to Everyone:
Lisa Kiser in Montrose, CO (soon to be Flagstaff, AZ!)

11:33:35 From Melissa Greydanus to Everyone:
Melissa Greydanus from Holland, MI

11:34:20 From Lynn Loscar to Everyone:
Missed you all while doing my local SA/DV training. Graduated last week. Glad to be back here again.

11:34:22 From julianna graybeal to Everyone:
julianna Graybeal Louisville ky

11:35:01 From Lara Faucher to Everyone:
Lara Faucher - Central Wesleyan - holland Mi

11:35:25 From Grace Hertzler to Everyone:
Grace Hertzler from OK

11:35:42 From Wibke Rees to Everyone:
Wibke Rees from Michigan

11:35:48 From Keri Drowatzky to Everyone:
Amen

11:35:49 From Nikki (Amber) Walls to Everyone:
AMEN.

11:35:50 From Barb Shober to Everyone:
Barb from Wyoming

11:36:11 From Kathy Miller to Everyone:
Kathy Miller- NE Ohio

11:36:17 From Jennifer Walchle to Everyone:
Morning! Jennifer Walchle from Western Colorado

11:36:19 From Chantal Young to Everyone:
Hello from Oklahoma

11:37:25 From Julie Burns to Everyone:
Julie burns, Midlothian tx

11:37:39 From Kendra Thurman to Everyone:
Continue with previous scenario.
How can you move the conversation along using paraphrasing, summarizing, clarification and reflection?

Rm 1 (Dr. Debra) -
Rm 2 (Kendra) -
Rm 3 (Rebecca) -
Rm 4 (Jolene) -
Rm 5 (Dr. Jessica) -
Rm 6 (Tabi) -

11:38:24 From Melanie Haymond to Everyone:
Replying to "Hello! Tina from Livonia MI":
I grew up in Redford Township right next to Livonia.

11:38:38 From Ramona Joseph to Everyone:

Ramona Joseph, Chaplain, The Heights of Ellis County, Midlothian, TX

11:44:11 From Denise Webster to Everyone:

DW from Columbia mo, good morning

11:46:52 From Melissa Spann SC to Everyone:

Melissa Spann (SC)

11:47:11 From Alana Vandermaas to Everyone:

Alana Vandermaas grand rapids Michigan.

11:48:00 From Maria M to Everyone:

Maria M from NC

11:49:36 From Heather Yaxley to Everyone:

Hello. Heather Yaxley Victoria BC Canada

11:50:17 From Lynna Sutherland to Everyone:

Can you help us understand the balance between questions to understand background (which might not be "open ended") vs the open-ended questions?

Answered live

11:50:23 From Melanie Haymond to Everyone:

Replying to "Message sent before you joined the meeting":



11:51:44 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 the team will annotate the chat, and you can read the response when the links are posted.

11:51:55 From Kimberly VanKlompberg to Everyone:

Greetings! Kimberly VanKlompberg, My House Ministry, Holland MI

11:53:00 From Melissa Parker to Everyone:

One observation I had was that even when the advocate asked a question that didn't accurately paraphrase the person's story, the victim simply corrected her and they laughed together. Don't be afraid to get details wrong or make statements that aren't quite right, because those can also help clarify.

11:53:44 From Tabitha Westbrook to Everyone:

Replying to "One observation I had was that even when the advoc...":

Yep! I sometimes say, "It sounds like you're saying..." and then it's also an open-handed ask.

11:54:43 From Jolene Underwood to Everyone:

Replying to "Can you help us understand the balance between que...":

Outside of getting needed data, asking questions for background (in general) should be limited and nuanced to the flow of the conversation. For example, if client starts sharing something that doesn't have context, you might first connect to what you're hearing with reflection or empathy followed by silence, which can allow space for the client to share.

Sometimes it's helpful to connect first to what they're saying followed by a question pertaining to background.

Some specifics aren't necessarily needed either. We may think we need it, but don't. Just something to notice is if we're asking more for our own curiosity or to help the client and serve them better.

11:55:44 From Sharon Flynn to Everyone:
Please spell his name for my notes

11:56:01 From Melissa Parker to Everyone:
Replying to "Please spell his name for my notes":
I believe it is Prochaska

The Transtheoretical Model of Behavior Change (TTM) was originally developed by James Prochaska and his colleagues.

11:56:04 From Lynna Sutherland to Everyone:
Replying to "Can you help us understand the balance between que...":
Thank you these are all really excellent reflections and things to consider!

11:56:11 From Tabitha Westbrook to Everyone:
Replying to "Please spell his name for my notes":
Prochaska

11:56:12 From Tabitha Westbrook to Everyone:
Replying to "Please spell his name for my notes":
Screenshot2025_05_20_085608.jpg

11:56:34 From Tabitha Westbrook to Everyone:
Replying to "Please spell his name for my notes":
And no idea why a pic came with it!

11:56:50 From Rebecca Johnson to Everyone:
Sometimes when we pause and take a breath to rephrase our closed-ended question into an open-ended question, it helps the survivor also take a breath and not feel pressured or as though they're being interrogated. And they may offer information because there's a pause.

11:56:59 From Kendra Thurman to Everyone:
When we ask multiple questions at a time, the other person may not know which question to answer.

11:57:03 From Sharon Flynn to Everyone:

Replying to "Please spell his name for my notes":

👍 Thks!

11:59:30 From christine umthun to Everyone:

I love this approach! Makes very clear what my therapist attempts to do with me! 🤔

11:59:41 From Tabitha Westbrook to Everyone:

Replying to "When we ask multiple questions at a time, the othe...":

We also can tell the survivor, "I want to go slow so I can make sure I truly understand." That also helps give us and them freedom to slow down.

12:00:15 From Rebecca Johnson to Everyone:

We're always in the process of becoming what we will be in the future. Being self-aware and intentional about what we want to change/become is so empowering.

12:00:45 From Tabitha Westbrook to Everyone:

We are all on a journey and all in process (and now you know how I named my practice The Journey and The Process).

12:01:05 From Teresa Wilcox to Everyone:

Pre-contemplative to contemplative- lots and lots of phone calls, re-asking the same question over and over; calling multiple people (looking for a specific answer)

12:01:20 From Dawn Jones to Everyone:

I notice change begin when they start focusing on getting themselves healthy and not the abuser.

12:01:23 From Alana Vandermaas to Everyone:

I have noticed that as people are affirmed to trust themselves more they become more confident in themselves and their ability to understand what is happening.

12:01:30 From Melissa Parker to Everyone:

When people are in stages prior to the action phase, they really can't sustain change in this particular behavior. Having patience with ourselves and those we are helping is critical as they move through the early stages.

12:01:33 From Sharon Flynn to Everyone:

Replying to "Please spell his name for my notes":

What I see is they are stuck in the cycle of change needing help getting unstuck.

12:01:37 From christine umthun to Everyone:

I'm aware that as I give my women the opportunity to OWN their decisions, they start focusing on their own self-healing.

12:01:44 From Lisa Kiser to Everyone:

I am seeing my client is recognizing the red flags and has set up a specific safety plan to get out. She reached out to therapy for the first time as well.

12:01:47 From Jennifer Stohler to Everyone:

One of the things I've seen (and encouraged) is survivor taking one step forward at a time. Each step empowers the next one.

12:01:58 From christine umthun to Everyone:

This is in a 12step program, but it mirrors advocacy

12:02:06 From christine umthun to Everyone:

Micro moves

12:02:08 From Julie Burns to Everyone:

We have many who come in the beginning, we have such a challenge to slow down and let them come to terms with their reality

12:02:14 From Maria M to Everyone:

Ruminating to beginning to let go of the abuser and focus on themselves and their healing.

12:02:26 From Tabitha Westbrook to Everyone:

Replying to "Micro moves":

Yes! Micromoves are still moves!!!

12:02:34 From Rebecca Johnson to Everyone:

I've noticed that as the survivor practices how to handle the stresses, they become more confident. They seek help and affirmation a lot at the beginning, and then with practice they figure out more solutions and answers on their own.

12:03:00 From Barb Shober to Everyone:

Being seen and heard creates such a change in confidence

12:03:12 From Julie Burns to Everyone:

I totally screwed up once when I assumed a woman from our church was ready to change things....she had no interest in change and I alienated her from my support through my assumptions....ugh

12:03:21 From christine umthun to Everyone:

I had a visceral reaction to this photo!

12:03:27 From Teresa Wilcox to Everyone:

Self-blame; self questioning; excusing (early stages) preparation. Determination - questions about moving out; plan to move out - not necessarily wanting to but understanding it's essential - God providing is a huge piece of her beginning to take action

12:03:38 From Tabitha Westbrook to Everyone:

Replying to "We have many who come in the beginning, we have su...":

There is so much body energy in trauma!!!

12:03:46 From Rebecca Johnson to Everyone:

Replying to "I totally screwed up once when I assumed a woman f...":

God is still in it, and she and you both learned something.

12:04:22 From Nathalie Perkins to Everyone:

Replying to "I notice change begin when they start focusing on ...":

Yes! When we stop pointing our finger at the abuser (which takes time), and start point it toward ourselves to place the focus on God, our healing, and our growth.

12:04:34 From Tabitha Westbrook to Everyone:

Replying to "I totally screwed up once when I assumed a woman f...":

We all make mistakes, but she also knows you care and believe her. When she's ready she may circle back to you or even someone else - and that's okay! You may have been a seed planter!

12:04:50 From Keri Drowatzky to Everyone:

My daughter has yet to learn these things. She just got out from an abusive marriage last December, been through 5 males and now so-called engaged to another male only acquainted with him for 2mos. They are. planning to live together next year. I'm worn out with all this. My grands are weary. My eldest grandson is now living with us due to not trusting his mother and this male. She doesn't see a problem within herself.

12:04:53 From Tabitha Westbrook to Everyone:

Replying to "I had a visceral reaction to this photo!":

I love that you noticed your body!!!

12:05:09 From christine umthun to Everyone:

Replying to "I had a visceral reaction to this photo!":

it's a new thing

12:05:25 From Tabitha Westbrook to Everyone:

Replying to "I had a visceral reaction to this photo!":

So proud of you!!!

12:05:35 From Rebecca Johnson to Everyone:

Replying to "I had a visceral reaction to this photo!":

That little boy looks a lot like my grandson

12:05:41 From Teresa Wilcox to Everyone:

Asking a question about the kids was a real eye opening for one woman.

12:06:21 From Beth Burke to Everyone:

Replying to "I had a visceral reaction to this photo!":

@Rebecca Johnson you are funny, i love you!

12:07:03 From christine umthun to Everyone:

These are monumental decisions a survivor needs to make - how hard that is!

12:07:16 From Rebecca Johnson to Everyone:

What made the biggest difference for me was when my counselor helped me see the impact on my children. But she also wanted to help me move to the point of leaving for my own sake.

12:08:30 From Nathalie Perkins to Everyone:

I have found that pro's and cons' lists in writing can be really helpful in contemplation stage of change. Ex: What are the pro's and cons' for me leaving? It may not be safe for her to take it home to where her oppressor lives.

12:08:30 From A M to Everyone:

Alisha-GA

12:09:15 From Teresa Wilcox to Everyone:

I went back 6 times

12:09:49 From Kendra Thurman to Everyone:

Scenario: You have been working with a survivor for several months and she seems stuck on wanting help for her husband who has a mental health problem, and that with that help he will stop being abusive.

What stage of change is she in?

How will you help her move forward with her life to the next stage of change?

What questions or information will you provide her?

12:16:52 From Julie Burns to Everyone:

From my business background, I gained a SWOT analysis for review of decision making. It is like a step up from pros and cons because it covers Strengths of Scenario A, Weaknesses, Opportunities and Threats. The latter two are huge for women in high risk situations. Maybe it will help your client too.

12:18:45 From Melanie Haymond to Everyone:

I am Suzanne's advocate. I asked a lot of open ended questions to help her gain clarity about her husband's behavior and how it impacted her. She had to see for herself that his abuse was not caused by his mental health diagnoses. It was a choice and a pattern of destructive behavior that he didn't do to others. It was selective to his wife and children.

christine umthun, Rebecca Johnson: 👍

12:20:46 From Tracy Zimmerman to Everyone:

Sorry meeting ran late - Hello everyone Tracy Zimmerman of Camp Hill PA

12:22:16 From Teresa Wilcox to Everyone:

QUESTION: Has a lethality scale been explored before addressing this scenario?

12:22:46 From Jane Grimm to Everyone:

The only person we have control over changing is ourselves.

Kendra Thurman, Heather Martin: 🙏

12:22:52 From Kendra Thurman to Everyone:

Replying to "QUESTION: Has a lethality scale been explored befo...":

Likely, as in the scenario, the Advocate has been meeting with her for several months.

Rebecca Johnson: 👍

12:23:05 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Has a lethality scale been explored befo...":
Agree with Kenra

12:23:07 From Tabitha Westbrook to Everyone:
Replying to "QUESTION: Has a lethality scale been explored befo...":
Kendra

12:24:38 From Kendra Thurman to Everyone:
"Hopium" - Leslie Vernick

12:25:08 From Julie Burns to Everyone:
Question: Is Hopium appealing partially because it calls for the least amount of change? Just hit me....
Jolene Underwood: ❤️
Rebecca Johnson, Jill Medina: 🙏

You might search up some content from Vernick on hopium to flesh out an understanding of why hopium is appealing.

12:25:15 From Maria M to Everyone:
Replying to "I am Suzanne's advocate. I asked a lot of open en...":
What a gift to have a trained advocate to walk with you through your situation! Your insight on the destructive behavior had to have a huge impact. I left once because the abuse was so intense but those around me told me that I needed to go back. When I asked the minister about leaving he told me that if I left, "You more than likely won't make it to heaven."
I stayed.

12:25:56 From Jolene Underwood to Everyone:
Replying to "Question: Is Hopium appealing partially because i...":
It's easier to allow God to make things dramatically change than to face all the challenges reality brings.

12:26:16 From Lynna Sutherland to Everyone:
QUESTION: One of the challenges I've run into is working with a victim who thinks maybe she's seeing some change, but it's very slow. Of course I know it might not be genuine change at all. But even if it is slow change, how can we talk to victims about protecting herself because even someone making slow change could continue to be harmful for a long time and maybe forever?

12:26:51 From Kendra Thurman to Everyone:
Redefining Resistance course:
<https://www.houseofpeacepubs.com/redefiningresistance/>

12:28:35 From Kendra Thurman to Everyone:
For assistance with churches, including consultation and/or Protect the Flock training for church leaders: <https://calledtopeace.org/church-partnership/>
churchpartners@calledtopeace.org

12:30:25 From Maria M to Everyone:

Replying to "Question: Is Hopium appealing partially because i...":
In my situation it was the only option offered. I was told if I left, I went to hell. My only option was stay and die.

I held onto the message that if you pray enough God will undertake in your marriage....

I changed everything about myself...it wasn't the desire to never change.

In my case, it was the only option left.

Rebecca Johnson, Kendra Thurman: 😞

Gwen Hertzler: 😞

12:30:55 From Julie Burns to Everyone:

QUESTION: I do not understand that first statement? Is this like the rolling stone that gathers no moss?

12:31:46 From Malissa Chapin to Everyone:

Replying to "Question: Is Hopium appealing partially because i...":

For me, hopium was because I loved him and wanted it to work. So I believed his words and hoped he was finally changing.

12:32:01 From christine umthun to Everyone:

QUESTION: remind me the 3 e's please?

12:32:03 From Teresa Wilcox to Everyone:

Replying to "QUESTION: I do not understand that first statement...":

Identifying and being willing to change is the "engine". Until we figure out we need to change, we can't.

Dr. Jessica Evans, Nathalie Perkins: 👍

12:32:24 From Teresa Wilcox to Everyone:

Replying to "QUESTION: I do not understand that first statement...":

Or won

12:32:27 From Teresa Wilcox to Everyone:

Replying to "QUESTION: I do not understand that first statement...":

won't

12:32:40 From Julie Burns to Everyone:

Replying to "QUESTION: I do not understand that first statement...":

👍

12:32:46 From Melissa Parker to Everyone:


Replying to "QUESTION: remind me the 3 e's please?":

Education

Empowerment/Equipping

Emotional Support/Encouragement

Dr. Jessica Evans, Heather Martin: ❤️

Kendra Thurman: 

12:32:55 From Dr. Jessica Evans to Everyone:


Replying to "QUESTION: One of the challenges I've run into is w...":

@Kendra Thurman what is that book resource that has a picture of what true change and accountability looks like?

12:33:39 From Kendra Thurman to Everyone:

Replying to "QUESTION: One of the challenges I've run into is w...":

"When Home Hurts," by Greg Wilson & Jeremy Pierre - pp. 194-195

Lynna Sutherland: 

12:33:49 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: One of the challenges I've run into is w...":

Kendra do you think that might help here?

12:33:50 From Jolene Underwood to Everyone:

Replying to "QUESTION: I do not understand that first statement...":

The rolling stone analogy is one I think of for this principle. Change may look like insight or awareness that fosters change into the next stage. (Example)

12:33:52 From christine umthun to Everyone:

Replying to "QUESTION: remind me the 3 e's please?":

@Melissa Parker thanks. I thought that was them, just couldn't think of the words!

Melissa Parker: 

12:34:59 From Kendra Thurman to Everyone:


Replying to "QUESTION: One of the challenges I've run into is w...":

When Home Hurts: A Guide for Responding Wisely to Domestic Abuse in Your Church
<https://a.co/d/5uCZ1Ek>

12:35:25 From Beth Burke to Everyone:

Dr Debra's book, *From Darkness to Light* is really helping me to examine myself and my inability to move forward. I believe this Transformational Journaling is helping me find the next steps for my own healing

Tabitha Westbrook: 

Jolene Underwood, Tracy Zimmerman, Lynna Sutherland, Rebecca Johnson: 

Kendra Thurman: 


Link to From Darkness to Light

<https://a.co/d/6CLfdVG>

12:36:29 From Ann Lawrence to Everyone:

I'm going to have to excuse myself. Not feeling well. Need to lie down. Will listen/watch replay.


Kim Brown, Nathalie Perkins, Rebecca Johnson: 

Lynna Sutherland: 

Maria M: 

12:37:53 From Kimberly VanKlombenberg to Everyone:

It's really helpful for me to hear the survivors perspective. Thank you!

Kendra Thurman: 

12:38:04 From Elizabeth Sherman to Everyone:

I think the scripture at the bottom here is Romans 12:2 not Psalm 12:2 right?

Rebecca Johnson: 

12:38:03 From Rebecca Johnson to Everyone:

Replying to "I'm going to have to excuse myself. Not feeling we...":

Feel better!

12:40:18 From Linda Schreuders to Everyone:

Replying to "I think the scripture at the bottom here is Romans...":

I believe so

12:40:38 From Kendra Thurman to Everyone:

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (*corrected: Romans* 12:2)

12:40:58 From Dr. Jessica Evans to Everyone:

Yes, Romans 12:2 Sorry about that.

12:41:17 From Jane Grimm to Everyone:

One helpful question to find next steps is what do I need to feel safe, grounded, comfortable?

Jolene Underwood: 

Kendra Thurman: 

12:41:24 From christine umthun to Everyone:

Replying to "Yes, Romans 12:2 Sorry about that.":

you are allowed one. 

12:41:28 From Tabitha Westbrook to Everyone:

Replying to "One helpful question to find next steps is what do...":


Yep a very good question!

Jane Grimm: 

12:42:11 From Julie Burns to Everyone:

QUESTION: How long do we hang with someone who is 100% content to take our compassion but not make any steps toward change? How do we help someone see they are not looking for change?

Maria M: 

Rebecca Johnson: 

There isn't one right answer here. Patience and holding space is key with advocacy with survivors. If you find you're struggling with how to be a support in this situation you can reach out to your advocacy coordinators and your fellow advocates on BAND as well. Honor her pace, reflect what you see, ask good open ended questions, and walk with her as long as you're able to do it in a healthy, helpful way.

12:42:29 From Julie Burns to Everyone:

While I was writing you were responding!

12:43:49 From Teresa Wilcox to Everyone:

QUESTION: Where do we find the advanced courses?

Scroll down here- <https://www.houseofpeacepubs.com>

12:43:51 From Gwen Hertzler to Everyone:

Replying to "Question: Is Hopium appealing partially because i...":

I don't think hopium has anything to do with not wanting to change, or it being easier than change. I think most survivors have tried and tried to sufficiently change.

Maria M: 👍

12:43:55 From Linda Schreuders to Everyone:

QUESTION: If advocate (in training) just learned that she is in abusive marriage, in the midst of training, and walking along side others who are struggling with abusive marriages, what should happen?

12:44:03 From Kendra Thurman to Everyone:

Redefining Resistance course: <https://www.houseofpeacepubs.com/redefiningresistance/>

Teresa Wilcox: 👍

12:45:08 From Julie Burns to Everyone:

Replying to "Question: Is Hopium appealing partially because i...":

I see the commitment to Jesus is often the driver.....thank you for sharing from your experiences.

Maria M: ❤️

Gwen Hertzler: 👍

12:45:51 From Melanie Haymond to Everyone:

Survivors know when they are ready to change. Pressuring them to change prematurely could cause her harm and alienate her from the advocate. She needs to experience the freedom and confidence to make decisions for her wellbeing. She has to live with the outcome of those decisions. The advocate may not see all the consequences and personal factors that contribute to her reluctance and/or readiness to make a change. Encourage her that she is competent to do what's best for her.

12:45:58 From Chris Scrima to Everyone:

Chris Scrima from Kalispell Montana

12:46:57 From Tabitha Westbrook to Everyone:

If you are familiar with DBT, this is the pros/cons rhythm that issued. I call it a window-pane worksheet.

Lisa Kiser: 👍

Dr. Jessica Evans: 👍

12:47:08 From Teresa Wilcox to Everyone:

Replying to "Question: Is Hopium appealing partially because i...":

Hope-ium is magical thinking in a way.

Rebecca Johnson: 👍

12:48:10 From Jolene Underwood to Everyone:

Replying to "Question: Is Hopium appealing partially because i...":

Hopium could also be what is called defensive hope. It's a hope in what could be (because know God can do miracles for example), versus hope based in the reality of patterns and what is true today.

The kind of change rooted in hope with reality helps us see more clearly what is happening so change steps may look different.

Maria M: ❤️

Teresa Wilcox: 👍

12:50:21 From Teresa Wilcox to Everyone:

YES TABI! Handwriting! 100% (from a brain geek)

Tabitha Westbrook: ❤️

12:50:24 From Beth Burke to Everyone:

I think sometimes putting this down in writing also helps distinguish what "is" vs what "might" and that helps let go of some fears

Jolene Underwood: ❤️

Kendra Thurman: 🙏

12:50:49 From Kendra Thurman to Everyone:

Replying to "QUESTION: If advocate (in training) just learned t...":

What does the Advocate in-training want to happen? (Don't need to answer here - just for her to consider.)

12:50:50 From Tabitha Westbrook to Everyone:

Replying to "I think sometimes putting this down in writing als...":

Yep!

12:50:52 From Kris Harper to Everyone:

I'm here (for roll call.) It's my first time.

Becky Webb, Jennifer Stohler, Heather Martin, Jolene Underwood: ❤️

12:51:27 From Lisa Kiser to Everyone:

I'm deciding not to decide! lol 😊

Nathalie Perkins: 😊

12:51:35 From Tabitha Westbrook to Everyone:

Replying to "I'm here (for roll call.) It's my first time.":

So glad you're here!

12:52:11 From Rebecca Johnson to Everyone:

Have to duck out early for another commitment. Love this course!

12:52:14 From Kris Harper to Everyone:

Replying to "I'm here (for roll call.) It's my first time.":

Thank you

12:52:45 From Tabitha Westbrook to Everyone:

Behavioral modification (which only lasts a short time) is not heart change. Old patterns come back fast!!

Tricia Foster: 🍌

12:53:12 From Kendra Thurman to Everyone:

Yes - behavior checklists & specified timelines are not recommended!

12:53:23 From Jolene Underwood to Everyone:

Replying to "QUESTION: If advocate (in training) just learned t...":

Another consideration is whether or not the advocate's awareness and situation make it challenging to support others, particularly if their client's story changes the advocates ability to stick with what the survivor needs. For example, if they hear a similar story and anger surfaces they may expect their client to do something specific and they may feel it stronger than if they were in a different emotional state. Just an example of how personal stories could impact, but may not. Personal capacity and support are important.

12:53:36 From Nathalie Perkins to Everyone:

Replying to "I'm here (for roll call.) It's my first time.":

Hi, Kris! Welcome

12:54:07 From Julie Burns to Everyone:

Client arrived....gotta go. Thank you for this awesome training!

Ramona Joseph: ❤️

12:54:20 From Heather Martin to Everyone:

Replying to "I'm here (for roll call.) It's my first time.":

Welcome!

12:55:23 From Kendra Thurman to Everyone:

A fool takes no pleasure in understanding, but only in expressing his own opinion. (Proverbs 18:2)

12:55:25 From Maria M to Everyone:

Replying to "I'm here (for roll call.) It's my first time.":

Welcome!

12:55:44 From Lisa Kiser to Everyone:

Love it, Dr. Jessica!!

12:56:05 From Elizabeth Sherman to Everyone:

Eye opening scripture!

12:56:07 From Lynn Loscar to Everyone:

So happy to be back. Have to hop off to get my hair done for our son's wedding. See you next week.

12:56:19 From Diane Brinkley to Everyone:


Slide 58— This method also works so good to add a number to each pro and con , on a scale 1-5 which corresponds to the level of importance to weigh out the level of importance to help with the decision. It seems VERY similar to the Eisenhower method my therapist introduced to me. It helps SO MUCH!


Kendra Thurman: 

12:56:58 From Tabitha Westbrook to Everyone:

Replying to "Slide 58— This method also works so good to add a n...":

Yep that can be helpful! I do try to be mindful of decision fatigue. I try to do this as slow and embodied with folks as I can.


christine umthun, Diane Brinkley, Elizabeth Sherman: 

Kendra Thurman: 

12:59:50 From Kendra Thurman to Everyone:

"Responsible to her children, not responsible for her children." - Dr. Debra

Tabitha Westbrook: 

Anna Jacobs, Beth Burke: 

13:01:50 From Chantal Young to Everyone:

Sometimes children get angry at her for leaving as well

13:03:14 From Kendra Thurman to Everyone:

P - partnership

A - acceptance

C - compassion

E - evocation

13:03:51 From Nikki (Amber) Walls to Everyone:


I find that I am extremely "put off" by dominating-type personalities. I do not like to be pressured or pushed. I have struggled to understand why some people's personality has caused me to retreat.. but listening to all of this today has just helped me to have an "aha" moment. It's such a put off because it makes me feel like I always felt with my abuser- like I have no space to make my own decisions. It's so important, as advocates, not to PUSH, but to WALK ALONGSIDE and EMPOWER.

Elizabeth Sherman, Mirelle Chateigne: 

Jane Grimm: 

Beth Burke: 

Jolene Underwood, Nathalie Perkins, Deb Reece, Anna Jacobs: 

Melissa Parker, Maria M: 

Kim Brown: 

Jolene Underwood, Nathalie Perkins, Heather Martin: 

13:05:03 From Jolene Underwood to Everyone:

Replying to "Sometimes children get angry at her for leaving as...":

Sadly, yes. It's such a tough situation either way.

13:05:49 From Jolene Underwood to Everyone:

We get to participate with God's design for WITHness. Immanuel - God is WITH us.

Tabitha Westbrook: ❤️
Nikki (Amber) Walls, Mirelle Chateigne, sylvia gelderman, Elizabeth Sherman, Ellen Bennett,
Jane Grimm: ❤️
Kendra Thurman: 💜

13:06:21 From Melissa Parker to Everyone:

I like to see the relationship as collaborative experts. She's an expert on her life and her situation and I need to acknowledge everything she brings to the collaboration.

Tabitha Westbrook: ❤️

Jolene Underwood, Elizabeth Sherman, Nikki (Amber) Walls, Lisa Kiser: ❤️

13:07:22 From Tabitha Westbrook to Everyone:

Just because someone has a broken leg doesn't mean your broken arm doesn't hurt...

Tammy Boessenkool, Anna Jacobs, Jane Grimm: ❤️

Nikki (Amber) Walls: 🙌

Kendra Thurman: 🙌

13:08:19 From Maria M to Everyone:

QUESTION: How many hours per week can advocates expect to talk to the survivor with which they are walking?

Nikki (Amber) Walls: 🙌

13:09:02 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: How many hours per week can advocates ex...":

It's really up to you. I'd determine the boundaries you need. This is a great thing to talk out with the advocacy coordinators (Naomi and Dianthe)

Nikki (Amber) Walls: 🙌

13:09:23 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: How many hours per week can advocates ex...":

I would limit it to about an hour per week. You are not emergency services.

Nikki (Amber) Walls: 🙌

Maria M: 🙌

13:09:26 From Maria M to Everyone:

Replying to "QUESTION: How many hours per week can advocates ex...":

Thank you!

13:09:28 From Teresa Wilcox to Everyone:

My thought for what it's worth: Reflective Listening - NOT "don't feel that way" "You shouldn't feel that way" I cannot tell someone else how to feel. No "Calm down!" Okay, that works.

Dr. Jessica Evans: 🙌

Jolene Underwood: 🙌

13:09:50 From Kendra Thurman to Everyone:

PeaceWorks podcast (05/13/25 - Biblical Counseling content begins at the 3:30 mark):
<http://www.chrismoles.org/podcast/2025/5/13/episode-378-best-practices-for-counseling-abusers>

Tabitha Westbrook: ❤️

13:10:44 From Jolene Underwood to Everyone:

Replying to "My thought for what it's worth: Reflective Listeni...":

Absolutely! Other options may sound like reflecting back what the client IS feeling and experiencing. Just connecting to what they are experiencing.

13:11:00 From Tabitha Westbrook to Everyone:

Replying to "PeaceWorks podcast (05/13/25 - Biblical Counseling...":

Here's my episode -

<https://open.spotify.com/episode/6aaZq5TLEbIvUd3oguxjn8?si=9929fe93aef04c67>

Jolene Underwood: ❤️

Kendra Thurman: 💜

13:11:05 From Kendra Thurman to Everyone:

Replying to "PeaceWorks podcast (05/13/25 - Biblical Counseling...":

We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone. - 1 Thess. 5:14

Tabitha Westbrook: ❤️

13:11:18 From Nikki (Amber) Walls to Everyone:

LoVe your podcase and your book, Tabi!!

Heather Martin, Kendra Thurman: 🙏

13:11:20 From Cathleen Karbach to Everyone:

Replying to "PeaceWorks podcast (05/13/25 - Biblical Counseling...":

@Tabitha Westbrook

13:11:28 From Nikki (Amber) Walls to Everyone:

*podcast

13:11:35 From Tabitha Westbrook to Everyone:

Replying to "LoVe your podcase and your book, Tabi!!!":

Thank you!!!

Nikki (Amber) Walls: ❤️

Kim Brown: 💙

13:11:55 From Cathleen Karbach to Everyone:

Replying to "PeaceWorks podcast (05/13/25 - Biblical Counseling...":

Just heard this podcast, so good! I wish our church leaders would listen to it.

Jolene Underwood: ❤️

13:11:57 From Tabitha Westbrook to Everyone:

Replying to "LoVe your podcase and your book, Tabi!!!":

(Please consider reviewing it on Apple Podcasts because it helps folks find it who need it)

Jolene Underwood: ❤️

13:12:31 From Jolene Underwood to Everyone:

Replying to "LoVe your podcase and your book, Tabi!!!":
@Tabitha Westbrook I can't remember if I did or not, but I'll check!
Tabitha Westbrook: ❤️

13:14:09 From Dianthe Cardwell to Everyone:

Replying to "QUESTION: How many hours per week can advocates ex...":

It can also depend on whether you are doing short term advocacy (1-3 calls) with a survivor or if you are doing long term advocacy. The issues or needs of the survivor can also cause variations in your time with your survivor.

13:14:17 From Jennie Smith :

QUESTION - can you clarify or share some resources for the harmful aspects of "biblical" or nuthetic counseling bc I have seen used to do great harm

Stay tuned- Joy plans to speak to this in class. More resources may be forthcoming as well from Tabi and Kendra as well. Jolene also has a blog post at <https://joleneunderwood.com/christian-counseling/>

13:14:38 From Nathalie Perkins :

Replying to "LoVe your podcase an..."
Going to do his training! It looks so good

13:15:08 From Chantal Young :

Thank you so much for all your work on this!

13:15:28 From christine umthun :

Thank you!

13:15:36 From Becky Webb :

thanks again all

13:15:36 From LEANNE Parsons :

I have not been getting emails:) could my info be added in please:)

13:15:37 From Kim Brown :

thank you

13:15:38 From Tracy Zimmerman :

Thank you guys!

13:15:44 From Teresa Wilcox :

Thank you!

13:15:50 From Lisa Kiser :

Thank you again and again!!

13:15:51 From Beth Burke :

Thank you all!

13:15:51 From Melissa Parker :
Thank you! Have a wonderful week!

13:15:55 From Kat Nelson :
Thank you

13:15:56 From Tabitha Westbrook :
Replying to "I have not been gett..."
Reach out to faith.advocacy8@gmail.com

13:15:56 From Diane Brinkley :
Thank you for such a great class!!

13:15:57 From LEANNE Parsons :
Thank you!

13:15:58 From Cari Timmer :
Thank you!

13:16:00 From Kimberly VanKlompberg :
Thank you!!