

Video Replay: <https://vimeo.com/1088267977/8e70638dc1?share=copy>

Joy opened by briefly sharing about Biblical counseling and nouthetic counseling based on a question asked in chat at the end of last class.

11:21:44 From Tricia Foster :

Good Morning~Tricia in Gibsonville, NC

11:21:48 From Rebecca Johnson :

We've been waiting in the wings until the meeting started.


11:21:54 From Rebecca Johnson :

Becki in CNY

11:22:05 From Rebecca Johnson :

This is where the JOY is

11:22:13 From Joy Forrest :

Reacted to "This is where the JO..." with 

11:23:26 From Rebecca Johnson :

When you need a vacation to recover from your vacation....

11:23:36 From Janis Jelke :

Good Morning! Janis Jelke from Fort Mill SC

11:24:20 From Cari Timmer :

Cari Timmer from Holland Mi

11:24:40 From Freddy Chakhachiro :

Good morning from Roanoke VA.

11:24:56 From christine umthun :

Good morning! Christine from Des Moines, IA

11:24:59 From Suzanne Neald :

Suzanne Neald Ireland IE


11:25:25 From Melissa Spann :

Morning from SC. Melissa Spann

11:25:26 From Lense Fikru :

Lense from Ethiopia

11:25:39 From Lense Fikru :
hello everyone

11:26:07 From Tricia Foster :


11:26:12 From Freddy Chakhachiro :
Welcome Home Joy. You were missed


11:26:28 From Deb Reece :
Good morning, from Zimmerman, MN


11:26:32 From Freddy Chakhachiro :
Nathalie, they have agreed to a PTF?


11:26:49 From Tabitha Westbrook :
WHOOOOOO HOOOOOOO! Some of me are LU grads for her masters.... So I
volunteer as tribute for a PTF at LU if the opportunity open!

11:26:49 From Christie Crandall :
Christie in Florida ;-)


11:26:51 From Velvette Suteau :
Good morning from Estevan Saskatchewan Canada

11:27:16 From Velvette Suteau :
Reacted to "WHOOOOOO HOOOOOOO! S..." with 

11:27:28 From Freddy Chakhachiro :
Reacted to "WHOOOOOO HOOOOOOO! S..." with 

11:27:28 From Freddy Chakhachiro :
Removed a  reaction from "WHOOOOOO HOOOOOOO! S..."

11:27:29 From Theresa (Tree) Peterson :
hello from Hartland, Wisconsin

11:27:36 From Freddy Chakhachiro :
Reacted to "WHOOOOOO HOOOOOOO! S..." with 

11:27:48 From Jolene Underwood :
Amazing, Nathalie! Praying now for these events.

11:27:50 From Freddy Chakhachiro :

a tad bit "determined"

11:28:01 From Tricia Foster :

Reacted to "WHOOOOOO HOOOOOOO! S..." with 

11:28:17 From Tabitha Westbrook :

So excited for the work God is doing through you Nathalie!!

11:28:38 From Teresa Wilcox :

Teresa Wilcox here - Liberty Grad school graduate - GET IN THERE, Nathalie! YOU GO CTPM!

11:28:48 From Barb Shober :

Good morning from Wyoming

11:29:05 From Freddy Chakhachiro :

And my pastor told me they are becoming a church partner and talked with Neil.

11:29:06 From Melissa Parker :

Good morning from Columbia, SC!

11:29:36 From Dr. Jessica Evans to Everyone:

Hi all! Jess, Columbus area, OH

11:29:57 From Kim Brown to Everyone:

Morning! Kim Brown, Dallas TX

11:30:03 From Julie Wallace to Everyone:

Good Morning! Julie Wallace Middleburg, FL

11:30:25 From Grace Hertzler to Everyone:

Grace Hertzler from Oklahoma

11:30:37 From Meg Avey to Everyone:

Meg Avey from Charlotte, NC

11:30:47 From Heather Ives to Everyone:

Heather Ives Columbia, SC

11:30:47 From Melissa Greydanus to Everyone:

Melissa Greydanus from Holland, MI

11:30:48 From Rose to Everyone:

Rose in GA (forgot to sign in)

11:30:50 From Kendra Thurman to Everyone:
Kendra from Ohio

11:30:49 From sylvia gelderman to Everyone:
Abbotsford, BC

11:30:51 From Emily Vasquez to Everyone:
Good morning, Emily Vasquez in Denver, CO

11:31:00 From Joy Parks to Everyone:
Joy Parks Great Falls, SC

11:31:15 From Wendi Andrews to Everyone:
Wendi Andrews Cedar Point, NC

11:31:15 From Lisa Buckle to Everyone:
Lisa Buckle from Hudson, WI. Good morning!

11:31:19 From Heather Martin to Everyone:
Good morning from Shippensburg, PA.

11:31:33 From Kat Nelson to Everyone:
Good morning Kat Nelson near Wheaton Illinois

11:31:38 From Jennifer Walchle to Everyone:
Good morning from Western Colorado! Jennifer Walchle

11:31:42 From Lisa Kiser to Everyone:
Lisa Kiser in Montrose, CO

11:31:44 From Kimberly VanKlompberg to Everyone:
Greetings from Kimberly VanKlompberg, My House Ministry, Holland MI

11:31:49 From Dawn Jones to Everyone:
Good Morning! Dawn Jones, Marble Falls, TX

11:32:04 From Robin Blacj to Everyone:
Robin Black from Whitestown IN

11:32:10 From Kathy Miller to Everyone:
Kathy Miller-NE Ohio

11:32:18 From Kim Bobe to Everyone:



Good morning! Kim Bobe in Georgia today.

11:32:27 From Elizabeth Sherman to Everyone:
Elizabeth Sherman, NC

11:32:41 From Michele Daniels to Everyone:
hello from IN

11:32:52 From Nathalie Perkins to Everyone:
Replying to "Message sent before you joined the meeting":
I really loved my training there. My professors were all awesome. I have absolutely no regret for going there and would do it again.


11:33:00 From Kendra Thurman to Everyone:
I Thess 5:14

11:33:02 From Karen Stinchcomb to Everyone:
Good morning from Fort Worth, TX. Karen  


11:33:07 From Tina Conti to Everyone:
Good Morning! Tina here from Livonia, MI

11:33:19 From Laura Lathrop to Everyone:
Laura Lathrop, Indiana

11:33:34 From Lynn Loscar to Everyone:
Lynn Loscar, Inyokern, CA

11:33:41 From Helenmary Brown to Everyone:
Good Morning! from VA 

11:33:50 From charlotte rennekamp to Everyone:
Hello! Charlotte from Ohio.

11:34:01 From Kendra Thurman to Everyone:
Replying to "I Thess 5:14":
We urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with all.
Joy Forrest, Helenmary Brown: 

11:34:04 From christine umthun to Everyone:
Even when your husband isn't a CC, that teaching is harmful. My husband got a really bad taste of counseling because every time I went, I came back with something HE was doing wrong. And it wasn't done well.

11:34:14 From Wibke Rees to Everyone:

Wibke Rees from Holland, MI

11:34:30 From Lynna Sutherland to Everyone:

Lynna Sutherland here from Chester, VA

Helenmary Brown: ❤️

11:34:32 From Ramona Joseph to Everyone:

Ramona Joseph, The Heights of Ellis County, Midlothian, Texas

11:34:44 From Heather Yaxley to Everyone:

Heather Yaxley, Victoria BC Canada

11:34:45 From Jennifer Stohler to Everyone:

Jennifer Stohler from Holland, MI saying good morning

11:34:45 From Laura Lathrop to Everyone:

QUESTION - I just heard that the leadership is changing at CCEF, and it was kind of a surprise that they didn't explain. Have you heard anything about that? Are they still headed in a good direction?

Answered live

11:34:53 From Vanessa Terlouw to Everyone:

Vanessa Terlouw from Ontario Canada

11:35:17 From Kendra Thurman to Everyone:

ABC offered a Spiritual Abuse Track this year & will have one on Domestic Abuse next year.

Velvette Suteau, Jolene Underwood, Helenmary Brown, Joy Forrest: ❤️

Karen Stinchcomb: 💜

11:35:45 From Kendra Thurman to Everyone:

Replying to "ABC offered a Spiritual Abuse Track this year & wi...":

Greg Wilson, a friend of CTPM, is charged with coordinating this.

Tabitha Westbrook: ❤️

Laura Lathrop, Jolene Underwood, Helenmary Brown: ❤️

11:36:02 From Deborah Stahl Waters to Everyone:

Deborah Stahl Waters - TN

Good Morning! 😊

11:37:17 From Merrilee Carlson SGL to Everyone:

Merrilee Carlson SGL San Francisco Bay

11:37:25 From Jolene Underwood to Everyone:

I wrote an article awhile back (needs updated, but should be helpful) about counseling options for Christians that touches on the differences in biblical counseling, nouthetic, and licensed therapists.

<https://joleneunderwood.com/christian-counseling>

christine umthun, Dawn Jones, Helenmary Brown: ❤️

Lisa Buckle, Kim Brown: 👍

11:37:44 From Nikki (Amber) Walls to Everyone:

Good morning from Amber (Nikki) Walls in GA.

11:38:04 From Karen Stinchcomb to Everyone:

@Joy Forrest Very well said! Thank you.

Jolene Underwood: ❤️

11:38:19 From Ellen Bennett to Everyone:

Ellen Bennett from ATL

11:38:32 From Sharon Flynn to Everyone:

Greetings from the Crystal Coast, Swansboro, NC

11:38:37 From Chris Scrima to Everyone:

Chris Scrima from Kalispell Montana

11:38:43 From julianna graybeal to Everyone:

julianna Louisville, ky

11:38:55 From Erin Greenwood to Everyone:

Erin Greenwood from Florence, KY

11:39:16 From Nathalie Perkins to Everyone:

Nathalie from Roanoke/Lynchburg, VA. However, in Texas for a few days. 🇺🇸

Helenmary Brown, diane brinkley: ❤️

11:39:19 From Linda Schreuders to Everyone:

Hello from Winnipeg, MB Canada

11:39:43 From Joy Forrest to Everyone:

Replying to "QUESTION - I just heard that the leadership is cha...":

Yes!

11:39:44 From Lynna Sutherland to Everyone:

One concern is churches requiring folks to see a counselor who is on the church staff and reports back to the church leadership. That isn't to do with the counselor but with the lack of privacy.

Laura Lathrop, sylvia gelderman, Joy Forrest: 👍

Jolene Underwood, Kendra Thurman: 🙏

11:39:55 From Lara Faucher to Everyone:

Lara Faucher. Central Wes - Holland MI

11:39:59 From diane brinkley to Everyone:

hello to everyone from troutville va!!!!

Freddy Chakhachiro: ❤️

11:40:27 From Tabitha Westbrook to Everyone:

Replying to "One concern is churches requiring folks to see a c...":

Yes, that is concerning. There are some churches that don't have a good understanding of that need.

Lynna Sutherland: ❤️

11:40:53 From Dr. Jessica Evans to Everyone:

Yeaaa! Id like to try to come!

Joy Forrest: ❤️

11:41:02 From Dr. Jessica Evans to Everyone:

What church is this, Joy?

11:41:18 From Erin Greenwood to Everyone:

Grace Fellowship

Joy will be at this church in Florence, KY on 8/23 for a Protect the Flock 9a-1p and Q&A with pastors after lunch til around 3:30-4:00pm. Possible plans for advocates in that area to meet for early dinner after. Joy's email and more details below on this and Chicago PTF.

11:41:18 From Beth Burke to Everyone:

good morning from beth in nc

Helenmary Brown, Abigail Meade: ❤️

11:41:34 From Dr. Jessica Evans to Everyone:

Replying to "Grace Fellowship":

Kentucky. Thanks!

11:41:48 From Sharon Flynn to Everyone:

Sharon Flynn, NC

11:42:24 From Pamela Brandenburg to Everyone:
Good Morning from Mableton, GA

11:42:34 From Keri Drowatzky to Everyone:
Keri Drowatzky here.

11:42:44 From Jolene Underwood to Everyone:
Replying to "One concern is churches requiring folks to see a c...":
That's definitely concerning. This setup disrupts safety and thus that is so needed.
Lynna Sutherland: ❤️

11:42:48 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.

11:43:44 From Joy Forrest to Everyone:
Replying to "One concern is churches requiring folks to see a c...":
Yeah, we discourage that sort of approach at our PTF's— not making decisions for her.
Lynna Sutherland: ❤️

11:43:54 From Alana Vandermaas to Everyone:
Alana Vandermaas Michigan!

11:43:58 From Erin Greenwood to Everyone:
It's Florence, KY

11:44:10 From Michelle Colston to Everyone:
Michelle Colston, south Texas

11:44:14 From Erin Greenwood to Everyone:
It's about 20 minutes away from Clndy
Joy Forrest: ❤️

11:44:16 From Tabitha Westbrook to Everyone:
And there is suspect chili in Cincy... (and I know those can be fighting words!)
Joy Parks, Lisa Buckle: 👍
Kendra Thurman, Helenmary Brown: 😂

Erin Greenwood: 😊

11:44:17 From Erin Greenwood to Everyone:
Cincy

11:44:51 From Erin Greenwood to Everyone:
Replying to "And there is suspect chili in Cincy... (and I know t...":
watch it...don't be picking on our chili
Joy Parks: 😊
Kendra Thurman: 😂
Joy Forrest: 🤔

11:44:52 From Freddy Chakhachiro to Everyone:
Replying to "One concern is churches requiring folks to see a c...":
We have one of those churches here locally and they sent an email to their congregation when we had a PTF at our church for their attendees to not attend the PTF training because ITS NOT BIBLICAL! Its more Biblical than their teachings for sure.
Lynna Sutherland, Kendra Thurman: 😞
Joy Forrest, Helenmary Brown, Nathalie Perkins: 😞

11:44:53 From Joy Forrest to Everyone:
Replying to "One concern is churches requiring folks to see a c...":
Or counseling abuse without the proper training.
Lynna Sutherland, Helenmary Brown: ❤️
Kendra Thurman: 🍷

11:45:11 From Joy Parks to Everyone:
Replying to "And there is suspect chili in Cincy... (and I know t...":
gross chili there

11:46:26 From Tabitha Westbrook to Everyone:
Replying to "And there is suspect chili in Cincy... (and I know t...":
@Erin Greenwood You mean the mole that has gone horribly wrong and is on spaghetti with four tons of cheese and onions?
Joy Parks: 🍷

11:46:57 From Erin Greenwood to Everyone:
@Tabitha Westbrook , It's SO good. You are wrong!!
Joy Forrest: ❤️

11:47:18 From Jennie Smith to Everyone:
@Tabitha Westbrook Texas chili is the only chili!
Joy Parks, Anna Jacobs: 🍷
Lisa Kiser, Kendra Thurman, Tabitha Westbrook: 😂

11:47:35 From Tabitha Westbrook to Everyone:

Replying to "@Tabitha Westbrook , It's SO good. You are wrong!...":
I love you, but I disagree. Now Graeter's Ice Cream I can get behind!
Joy Parks: ❤️

11:47:49 From Freddy Chakhachiro to Everyone:

Replying to "One concern is churches requiring folks to see a c...":
They can get counseling from teenagers who were trained by the church leaders but
NOT an outside Biblical or Christian counselor/therapist.

Helenmary Brown: 😞

Joy Forrest: 😞

Lynna Sutherland: 😞

Kendra Thurman: 😞

11:48:01 From Erin Greenwood to Everyone:

Replying to "@Tabitha Westbrook , It's SO good. You are wrong!...":
I'll give ya that. Graeters is amazing! 😊
Tabitha Westbrook: ❤️
Joy Parks: ❤️
Kendra Thurman: 😊

11:48:01 From Freddy Chakhachiro to Everyone:

Replying to "One concern is churches requiring folks to see a c...":
Blows my mind!
Joy Forrest: 👍

11:50:08 From Joy Parks to Everyone:

Replying to "@Tabitha Westbrook , It's SO good. You are wrong!...":
I like UDF milkshakes

11:50:22 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.

11:50:20 From KAMILLA to Everyone:

REMINDER: On Saturday, May 31, 12-1 PM EST, is the Q&A for this month's course.
We will be role playing!. See you on Saturday!!

11:52:26 From Cathleen Karbach to Everyone:

Cathleen Karbach, Virginia

11:52:46 From Lynn Loscar to Everyone:

Sorry to miss that. I'll watch the replay. Please pray for me, I'll be in the hospital recovering from Friday morning hysterectomy.

Helenmary Brown, Barb Shober, Teresa Wilcox: ❤️

Laura Lathrop: 😊

Helenmary Brown, Karen Stinchcomb, Rebecca Johnson, Kendra Thurman, Joy Forrest, Joy Parks, Kim Brown: 🙏

Tabitha Westbrook: 🙏

Helenmary Brown: 🙏

11:52:55 From Joy Forrest to Everyone:

Replying to "Yeaaa! Id like to try to come!":

We can definitely meet up!

11:53:48 From Linda Schreuders to Everyone:

Replying to "Sorry to miss that. I'll watch the replay. Please ...":

Praying your surgery goes well. I had that surgery almost 2 yrs ago. And take time to recover.

11:54:12 From Joy Forrest to Everyone:

My email address is joy@calledtopeace.org if you're interested in attending the PTF in Chicago 8/16 or Florence, KY 8/23 and meeting up before or after.

11:54:35 From Lynn Loscar to Everyone:

Replying to "Sorry to miss that. I'll watch the replay. Please ...":
thank you

11:55:39 From Joy Forrest to Everyone:

Replying to "My email address is joy@calledtopeace.org if you'r...":
Florence is near Cincinnati.

11:55:51 From Helenmary Brown to Everyone:

Replying to "Sorry to miss that. I'll watch the replay. Please ...":

Praying all goes well Lynn and trust for a full recovery. 🙏

11:55:58 From Gwen Hertzler to Everyone:

Gwen from Oklahoma, sliding in late, leaving st Louis for home. Won't be able to participate in breakouts.

Joy Forrest, Helenmary Brown: ❤️

11:56:18 From Lynn Loscar to Everyone:

Replying to "Sorry to miss that. I'll watch the replay. Please ...":
ty

11:56:26 From Joy Forrest to Everyone:

Replying to "Gwen from Oklahoma, sliding in late, leaving st Lo...":
Safe travels

11:57:02 From Chantal Young to Everyone:
I forgot to sign in sorry!

11:57:21 From Kendra Thurman to Everyone:
Replying to "Gwen from Oklahoma, sliding in late, leaving st Lo...":
No scheduled breakouts today, @Gwen Hertzler. Have a safe trip!

11:57:41 From Teresa Wilcox to Everyone:
QUESTION: Increase or Decrease ambivalence? Slide 69

11:58:16 From Sharon Flynn to Everyone:
Is the title a misprint? It says confront, action ISB the goal.

Clarity provided live. The title is as intended: Confrontation is the Goal- not the Style.

11:58:25 From Laura Lathrop to Everyone:
QUESTION - There are a couple times I have had to be a little more direct/argue/push, and that's when there has been immediate child physical danger concern(s). Can you address that at all?

Answered live.

11:59:15 From Teresa Wilcox to Everyone:
QUESTION: By increasing the ambivalence actually will decrease it?

*Longer explanation here (short and simple answer below from Laura): Yes, it may sound paradoxical, but in MI, exploring and even intensifying ambivalence is actually a key strategy for ultimately resolving it. Ambivalence is a natural part of change. **Ambivalence is simply feeling two ways about making a change.** Instead of trying to quickly eliminate ambivalence, MI encourages a person to explore it, and by openly discussing both sides (the reasons for/against change), they hear themselves talk about what matters to them, start to resolve their own internal conflict, and move toward a clearer commitment to change.*

11:59:19 From Lynn Loscar to Everyone:
a mirror and a flashlight
Judy Caracheo, christine umthun: ❤️
Alana Vandermaas: 👍

11:59:34 From Laura Lathrop to Everyone:
Replying to "QUESTION: By increasing the ambivalence actually w...":

increase ambivalence = decrease resistance?

Joy Forrest: ❤️

11:59:47 From Sharon Flynn to Everyone:

What about the title???

See above.

12:00:09 From Alana Vandermaas to Everyone:

QUESTION: what is the definition of ambivalence?

See above.

12:00:11 From Joy Forrest to Everyone:

Replying to "What about the title???":

Getting there after this

12:00:46 From Helenmary Brown to Everyone:

Replying to "Gwen from Oklahoma, sliding in late, leaving st Lo...":

Godspeed Gwen!

12:01:49 From Helenmary Brown to Everyone:

Soft controntation

12:02:09 From Helenmary Brown to Everyone:

Proactive

12:03:49 From Laura Lathrop to Everyone:

Replying to "QUESTION - There are a couple times I have had to ...":

Like, they're not "ready" but the child is about to die

12:04:27 From Joy Forrest to Everyone:

Replying to "QUESTION: what is the definition of ambivalence? ":

having mixed feelings about someone or something; being unable to choose between two (usually opposing) courses of action:

12:04:30 From Keri Drowatzky to Everyone:

Constructive not destructive confrontation. Confrontation which will bring positive change not staying in the negative situation

Jolene Underwood: ❤️

12:04:51 From Alana Vandermaas to Everyone:

Replying to "QUESTION: what is the definition of ambivalence? ":

I'm wondering if the ambivalence thing sort of relates to an animal caught in trap or someone drowning. Where the fighting either way will get them more caught so helping

them get to ambivalence is sort of a way to get them to stop struggling and getting themselves more caught or drowning quicker so they can figure out how to truly get out. Is that on The right track?

Laura Lathrop: ❤️

12:05:16 From Dawn Jones to Everyone:

Sometimes I ask the person “Is what you are currently doing sustainable?” and then ask what that means for their decision making process. That usually opens things up for deeper exploration.

Judy Caracheo: 👍

12:05:31 From Jolene Underwood to Everyone:

Replying to "QUESTION: what is the definition of ambivalence? ":

Ambivalence is a state where the client feels opposing feelings at the same time. I would say that ambivalence in this sense is something a client may move towards in change from the early stages, but less so in later stages of action and maintenance.

For example: if a client is struggling to identify the patterns as destructive coercive control, moving to ambivalence could look like them wrestling with what they've known & believed and the possibilities of something different.

Also, the state of ambivalence helps a client move through nuance and tension which is also a place of growth. Clients may gain connection to what truly matters to them and choices they feel more strongly about.

Anna Jacobs, Joy Forrest, Rebecca Johnson: ❤️

12:05:40 From KAMILLA to Everyone:

Redefining Resistance

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

Judy Caracheo, Helenmary Brown, Rebecca Johnson: ❤️

12:06:19 From Kendra Thurman to Everyone:

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

12:06:19 From KAMILLA to Everyone:

Dr. Debra Wingfield. “Eyes Wide Open – Second Edition”. <https://tinyurl.com/EyesWideOpen-2>

12:07:31 From Judy Caracheo to Everyone:

Replying to "QUESTION: what is the definition of ambivalence? ":

👍

12:08:12 From Maria M to Everyone:

Maria M, NC

12:08:29 From Anna Jacobs to Everyone:
Anna Jacobs, Kearney, MO

12:10:05 From Tabitha Westbrook to Everyone:

And remember what it was like for you if you're a survivor. Change was hard! You were having to rethink everything while parenting and managing your own trauma symptoms!

Helenmary Brown, Anna Jacobs, Rebecca Johnson: ❤️

12:10:13 From Alana Vandermaas to Everyone:

It's like Jenga! Feeling for the piece that feels like it can come out easily! If you push one one that has resistance the whole tower will come down!

Linda Schreuders, Helenmary Brown, Anna Jacobs: ❤️

Joy Forrest: 👍

Jolene Underwood: ❤️

Kendra Thurman: 💜

Jolene Underwood: 🏆

12:10:44 From Melissa Parker to Everyone:

It's often helpful to change the mindset from "won't" to "can't". What's preventing them from seeing their ability to do this thing or make this change?

Tabitha Westbrook: ❤️

Joy Forrest: 👍

Jolene Underwood: ❤️

12:11:03 From Kendra Thurman to Everyone:

There's a reason why she's resisting change. It's time to get curious & gently help her uncover those reasons.

Tabitha Westbrook, Judy Caracheo, Anna Jacobs, Helenmary Brown: ❤️

Jolene Underwood, Rebecca Johnson: 🏆

12:11:20 From Dr. Jessica Evans to Everyone:

Yes- allow areas of resistance into the conversation.

Judy Caracheo: 👍

Jolene Underwood, Helenmary Brown: 🏆

12:11:22 From Tabitha Westbrook to Everyone:

Replying to "It's often helpful to change the mindset from "won...":

My fave question in my head - what makes this make sense?

Melissa Parker, Mirelle Chateigne, Joy Forrest, Rebecca Johnson: ❤️

12:11:35 From Jolene Underwood to Everyone:

If you notice a client tensing up, pulling away, saying less, consider it a cue that lets you know something is shifting in them. That cue is a signal that can help you adjust if needed so you can be more effective in creating a safe space with them. It is NOT a message about you.

Dawn Jones, Rebecca Johnson: ❤️

Joy Forrest: 👍

Judy Caracheo, Tabitha Westbrook, Anna Jacobs, Heather Martin: 👍

12:11:40 From Helenmary Brown to Everyone:

Replying to "It's like Jenga! Feeling for the piece that feels ...":

Good analogy; its tenuous.

12:15:49 From Sharon Flynn to Everyone:

What would you say when they say, God hates divorce.

12:16:26 From Laura Lathrop to Everyone:

Replying to "What would you say when they say, God hates divorc...":

One thing I say is that I agree - that God hates divorce, that we all hate divorce, and we all wish it weren't necessary.

12:17:04 From Laura Lathrop to Everyone:

Replying to "What would you say when they say, God hates divorc...":

But I often share with them the Michael Gembola divorce theology mentioned a few classes ago - God hates divorce, but he loves mercy, and sometimes divorce is mercy.

Erin Greenwood, Christie Crandall: ❤️

12:17:11 From Christie Crandall to Everyone:

Replying to "What would you say when they say, God hates divorc...":

There's also OTHER things God hates!

Laura Lathrop: 👍

12:17:20 From Jolene Underwood to Everyone:

Replying to "What would you say when they say, God hates divorc...":

First, I'd want to know what she believes and explore her experience with this further. What does it mean to her? What messages are there that affect her being able to make choices that support her safety and healing.

Joy Forrest, Anna Jacobs: ❤️

Kimberly VanKlombenberg, Judy Caracheo, Helenmary Brown: 👍

12:17:24 From KAMILLA to Everyone:

Listen 90% - Talk 10%

Erin Greenwood, Helenmary Brown, Rebecca Johnson, Dawn Jones: ❤️

Judy Caracheo: 🙌

12:18:03 From Tabitha Westbrook to Everyone:

Replying to "What would you say when they say, God hates divorc...":

I'd also look at the scripture often referenced and disentangle it after asking Jolene's questions.

Dawn Jones, Anna Jacobs: ❤️

Joy Forrest, Judy Caracheo, Helenmary Brown: 👍

Jolene Underwood: 🙏

12:19:04 From Jolene Underwood to Everyone:

Replying to "What would you say when they say, God hates divorc...":

She may feel obligated to stay because of the message. She may believe she has no choices and it could lead her staying disconnected to her own pain and needs.

Exploring it further with her can help identify how her understanding is impacting her so she can decide what steps she might take next, or move through the disentanglement that supports her.

Heather Martin, Dawn Jones: ❤️

12:20:40 From KAMILLA to Everyone:

BIFF Response - <https://www.highconflictinstitute.com/biff-responses>
Brief

Informative

Friendly

Firm

12:20:44 From Kendra Thurman to Everyone:

BIFF:

brief, informative, friendly, firm

Helenmary Brown: ❤️

12:20:47 From Joy Forrest to Everyone:

Replying to "What would you say when they say, God hates divorc...":

@Laura Lathrop and that passage doesn't have the word divorce in the original text. It's putting away... only men were allowed to divorce and they were putting their wives away without cause, usually leaving them in poverty. The whole passage was meant to protect women.

Barb Shober, Jolene Underwood: ❤️

Kendra Thurman: 💜

12:21:36 From Kendra Thurman to Everyone:

Carry each other's burdens and so you will fulfill the law of Christ. (Galatians 6:2)

Helenmary Brown: ❤️

12:22:05 From Kendra Thurman to Everyone:

Replying to "Carry each other's burdens and so you will fulfill...":

Responsible to, not for. - Tabi

Judy Caracheo: 👍

Jolene Underwood, Helenmary Brown, Judy Caracheo: ❤️

12:22:09 From Laura Lathrop to Everyone:

This has to be read with the second part - the next verse that says everyone must test their own actions because each one will carry their own load.

Anna Jacobs, Helenmary Brown, Joy Forrest, Heather Martin, Jolene Underwood: ❤️

12:25:49 From Sharon Flynn to Everyone:

Is it still the national average that a survivor leaves 7 times before they leave for good?

Helenmary Brown: 😞

12:26:15 From Kendra Thurman to Everyone:

As an Advocate - become comfortable with our own feelings of discomfort (with her situation/choices).

Tabitha Westbrook, Anna Jacobs, Rebecca Johnson, Helenmary Brown, Nathalie Perkins: ❤️

Kimberly VanKlompberg: 👍

Jolene Underwood: ❤️

Jolene Underwood, Judy Caracheo: 🙌

12:26:44 From Tabitha Westbrook to Everyone:

Replying to "Is it still the national average that a survivor l...":

Yes

12:26:53 From Tabitha Westbrook to Everyone:

Replying to "This has to be read with the second part - the nex...":

Yes

12:27:26 From Helenmary Brown to Everyone:

Replying to "Is it still the national average that a survivor l...":

😞

12:27:28 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.

12:27:30 From Tabitha Westbrook to Everyone:

“Or it was just my protector part, I was triggered...” Nope. We get to choose what we do with triggers or activation.

Heather Martin, Judy Caracheo: ❤️

Kendra Thurman, Helenmary Brown: 🙏

12:29:31 From KAMILLA to Everyone:

REMINDER: On Saturday, May 31, 12-1 PM EST, is the Q&A for this month's course.

We will be role playing!! See you on Saturday!!

12:31:45 From Ellen Bennett to Everyone:

Amen Tabi

12:31:48 From Dr. Jessica Evans to Everyone:

Tabi: 'What makes this make sense?'

12:31:56 From Laura Lathrop to Everyone:

Jesus even asked people whose needs appeared to be obvious - he asked them what their desires were. The blind man ("what do you want me to do for you?"), the paralytic at the pool ("do you want to be well?"). Even if we think someone's needs are obvious, real care involves valuing and hearing their voice.

Tabitha Westbrook, Mirelle Chateigne, Ellen Bennett: ❤️

Melissa Parker, christine umthun: ❤️

Jolene Underwood: ❤️

Kendra Thurman: 🙏

12:32:07 From Helenmary Brown:

God's kindness leads to repentance--thank you Tabi.

12:32:12 From Kendra Thurman to Everyone:

"Rejoice with those who rejoice, weep with those who weep, ." - Romans 12:15

Helenmary Brown, Judy Caracheo, Joy Forrest: ❤️

12:32:22 From Tabitha Westbrook to Everyone:

Replying to ""Rejoice with those who rejoice, weep with those w...":

Yes, a personal favorite.

12:32:25 From Jolene Underwood to Everyone:

Our presence with clients cannot be discounted for the power of helping them experience God with them, which also facilitates their ability & choice to connect to how the Spirit is working within them.

Anna Jacobs, christine umthun, Ellen Bennett, Heather Martin, Joy Forrest: ❤️
Kendra Thurman: 💜

12:32:44 From Tabitha Westbrook to Everyone:

Replying to ""Rejoice with those who rejoice, weep with those w...":

As I stated recently, step 1 is sit in the dirt with someone and shut up.

Kendra Thurman, Judy Caracheo: 💜

12:32:58 From Tabitha Westbrook to Everyone:

Replying to "Our presence with clients cannot be discounted for...":

Ministry of presence.

Tammy Boessenkool, Joy Parks, Heather Martin, Anna Jacobs, Joy Forrest: ❤️

Jolene Underwood: 🙌

12:33:34 From Kendra Thurman to Everyone:

When the cares of my heart are many, your consolations cheer my soul. (Psalm 94:19)

Maria M, Judy Caracheo: ❤️

12:33:52 From Rebecca Johnson to Everyone:

Just speaking with a friend the other day who was expressing her unmet desire for a close, loving relationship with her mother. Empathized with her about that pain, while also helping her see that her mother may not have the capacity to be that person, and maybe accepting that fact, while painful, might help her make healthy decisions for herself and her family going forward. Not telling her what those decisions should be, but helping her see that she has the freedom and the power to make her own choices.

Tabitha Westbrook: ❤️

Helenmary Brown, Anna Jacobs, Velvette Suteau, Joy Forrest, Joy Parks: ❤️

Jolene Underwood: ❤️

Kendra Thurman: 💜

12:34:35 From Jolene Underwood to Everyone:

Replying to "Just speaking with a friend the other day who was ...":

That's beautiful, Rebecca. Thank you for sharing this experience.

12:35:54 From Lisa Kiser to Everyone:

Replying to "Carry each other's burdens and so you will fulfill...":

Like Dr. Phil says? How's it working for you? lol

Rebecca Johnson: 🙌

Nathalie Perkins: 😊

12:36:18 From Kendra Thurman to Everyone:

Have a plan, and be willing to change that plan.

Helenmary Brown: ❤️

Tabitha Westbrook, Rebecca Johnson: 👍

12:37:35 From Rebecca Johnson to Everyone:

Replying to "Just speaking with a friend the other day who was ...":

These classes don't just help me be a better advocate, but also a better friend and a better mom and grandmother.

Joy Forrest: ❤️

Joy Parks, Nathalie Perkins: 👍

Jolene Underwood, Judy Caracheo: ❤️

Kendra Thurman, Kimberly VanKlompenberg, Anna Jacobs, sylvia gelderman: 🙏

12:38:52 From Kendra Thurman to Everyone:

Everyone helps his neighbor and says to his brother, 'Be strong!' (Isaiah 41:6)

12:39:23 From Kendra Thurman to Everyone:

Replying to "Everyone helps his neighbor and says to his brother...":

Therefore encourage one another and build one another up, just as you are doing. (I Thessalonians 5:11)

Joy Parks: ❤️

12:39:58 From Laura Lathrop to Everyone:

They often seem to feel responsible for pointing out to him the ways he needs to change, even if they don't want to get back together with him, out of a desire for him to become better. I usually respond with some reminders like, "What are some of the ways you have tried to tell him in the past?" And if they have trouble remembering, I'll help them compile a list of the ways I've heard them say they've tried to get through.

Joy Forrest, Rebecca Johnson: 👍

12:40:03 From Kendra Thurman to Everyone:

"Thessalonians" - reminds me of the VeggieTales skit. 😂

Tabitha Westbrook, Anna Jacobs: 😊

Joy Forrest: 🙏

12:40:31 From KAMILA to Everyone:

This is Advocacy:

EDUCATION


EMPOWERMENT/Equipping

EMOTIONAL SUPPORT/Encouragement

12:40:33 From Melissa Parker to Everyone:

I just finished reading Dane Ortlund's book, Gentle and Lowly. There is a wonderful description of Jesus as our advocate in that book.


Joy Forrest, Ellen Bennett, Heather Martin, Jolene Underwood: ❤️

Kendra Thurman: 

12:40:53 From Joy Forrest to Everyone:

Replying to "I just finished reading Dane Ortlund's book, Gentl...":
Yes, it's a great book.



12:41:24 From Melissa Parker to Everyone:

Replying to "I just finished reading Dane Ortlund's book, Gentl...":
I can't believe it took me so long to get to it. I'll probably reread it several times.
Super encouraging and helpful for me.
Joy Forrest: 

12:42:03 From Jolene Underwood to Everyone:


It's easy for any of us to focus on on what is external and out of our control (like someone else changing). That also fuels more anxiety and distress because we can't make it happen.

When we move into a place of connecting to our experiences, choices, and needs in the face of current realities, we take steps that can reduce anxiety and increase a calmer core when things aren't happening the way we want.

Velvette Suteau, Anna Jacobs, diane brinkley, Joy Forrest, Dawn Jones: 
Melissa Parker: 

12:44:23 From Tabitha Westbrook to Everyone:


Doorknob confession....

Tammy Boessenkool: 

Jolene Underwood: 

Lynna Sutherland: 


Rebecca Johnson: 

christine umthun: 


This references sharing something significant at the very end of a session or call.

12:46:46 From Jolene Underwood to Everyone:

This kind of confrontation (as a trap) would be more like trying to get someone to see or do something you expect. If you feel it strongly, it can easily leak into how you engage with them.

Tabitha Westbrook, Judy Caracheo: 

12:47:24 From Jolene Underwood to Everyone:

Replying to "This kind of confrontation (as a trap) would be mo...":
As opposed to the confrontation that gently helps a client confront truth (as they're able to acknowledge and face it).
Rebecca Johnson: 

12:48:31 From Tabitha Westbrook to Everyone:

It is not the Spanish Inquisition....

Kendra Thurman, Rebecca Johnson: 🍷

Judy Caracheo: 😊

12:48:36 From Anna Jacobs to Everyone:

QUESTION: What do you do when she starts rapid-fire asking questions and not waiting for answers?

12:49:12 From Jolene Underwood to Everyone:

Just a reminder, these skills take time and practice to learn. Even when you know you don't want to ask close ended questions (for example), if it's what you've been used to your brain will want to fall back to patterns.

Just notice, adjust, and keep practicing. There is grace for that. :)

Judy Caracheo, Joy Forrest, Erin Greenwood, Velvette Suteau: ❤️

Nathalie Perkins, Sharon Flynn: 👍

12:49:36 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: What do you do when she starts rapid-fire...":

"Gosh I know there are so many questions and concerns! I want to help you with each one. Let's slow down and take it one at a time. Would that be okay?"

Anna Jacobs, Rebecca Johnson: ❤️

Jolene Underwood, Judy Caracheo: ❤️

12:49:46 From Tabitha Westbrook to Everyone:

Replying to "Just a reminder, these skills take time and practi...":

Exactly!!

12:50:18 From christine umthun to Everyone:

Replying to "Just a reminder, these skills take time and practi...":

@Tabitha Westbrook I need a script! LOL. I love your suggestions for how to respond.

12:50:48 From Kendra Thurman to Everyone:

Replying to "QUESTION: What do you do when she starts rapid-fire...":

What would it look like to ask her, "You shared a lot of questions here. Which one would you like to tackle first?"

Anna Jacobs: ❤️

christine umthun: 👍

12:51:29 From Tabitha Westbrook to Everyone:

Replying to "Just a reminder, these skills take time and practi...":

@Noon Meetings The best way is to write your own! Take any suggestions and role play them, either in the Q&A Saturday, or with another classmate, and practice. Truly that can help so much!

Jolene Underwood: ❤️

12:52:49 From christine umthun to Everyone:

Replying to "Just a reminder, these skills take time and practi...":

I really need to figure out how to get the "noon meetings" off my name! IDK how to do that - it's from another zoom meeting that I pay the zoom for once a year. Argggghhhh

12:52:49 From Anna Jacobs to Everyone:

Replying to "QUESTION: What do you do when she starts rapid-fir...":

It would put ownership and autonomy back on her to slow the conversation down.

12:53:09 From Kendra Thurman to Everyone:

... She's going to be the one living with the outcomes of any choices she makes.

Anna Jacobs, Judy Caracheo: 👍

12:53:25 From Tabitha Westbrook to Everyone:

Replying to "... She's going to be the one living with the outcom...":

Exactly.

12:54:15 From Jolene Underwood to Everyone:

Replying to "Just a reminder, these skills take time and practi...":

@christine umthun If you have a Zoom account, you can change your primary name (for all meetings) in your settings when you login to Zoom.

christine umthun: 😞

12:54:26 From Linda Schreuders to Everyone:

Replying to "Just a reminder, these skills take time and practi...":

When you hold the mouse over your photo, in the top right corner there are 3 dots. Click on that, and there is an option to rename

12:54:29 From Jolene Underwood to Everyone:

There may be opportunities to say something like, "Would it be OK if I shared a different view that others have found helpful?" Then ask for their takeaway and whether to not it resonates.

Kimberly VanKlombenberg: 👍

Tabitha Westbrook: 👍

12:57:45 From Nathalie Perkins to Everyone:

Replying to "QUESTION: What do you do when she starts rapid-fir...":

"I appreciate your enthusiasm. I am struggling to follow and give you proper answers. Could you please slow down?"

Joy Forrest, Anna Jacobs: 👍

12:59:11 From Nathalie Perkins to Everyone:

Replying to "Just a reminder, these skills take time and practi...":

I have been practicing them for 4+ years, and I still have to catch myself sometimes!

12:59:46 From Tabitha Westbrook to Everyone:

Validation always precedes change.

Judy Caracheo, Nathalie Perkins, Kendra Thurman, Rebecca Johnson, Jolene

Underwood: 🙌

13:01:10 From Nathalie Perkins to Everyone:

Meeting people where they are...

Jolene Underwood: ❤️

Jolene Underwood: 🙌

13:02:32 From Jolene Underwood to Everyone:

Example of what I was referring to.

If a client says, "my husband was being obstinate and refused to "

And we respond with something like, "I'm sorry he was obstinate..."

We inadvertently align with her depiction rather than validating her experience as a result of what happened with her husband.

The event may be accurate, but **validation is more about her experience internally and not the description of the event.**

In this example, it could lead client to say something like, "even my advocate agrees he's (obstinate or some other term to describe them).

Consider: "that sounds really frustrating" or "You wanted something that you weren't getting."

Tabitha Westbrook, Chantal Young: ❤️

Dawn Jones, Anna Jacobs, Velvette Suteau, Barb Shober: ❤️

13:02:58 From Tabitha Westbrook to Everyone:

And for sure we can validate she wants him to change! She wants the eight seconds of goodness that she sometimes sees. Of course she does! And we can proceed so gently.

Joy Forrest, Dawn Jones, Chantal Young, Jolene Underwood, diane brinkley: ❤️

13:03:52 From Jolene Underwood to Everyone:

Replying to "Just a reminder, these skills take time and practi...":

Same @Nathalie Perkins! I often feel a check that says, "Oops!" And need to try again, or even acknowledge if I say something that seems to have caused a disruption.

13:04:13 From Deb Reece to Everyone:

Rejoining... internet issues - Deb from Zimmerman

13:05:39 From Nathalie Perkins to Everyone:

Replying to "Just a reminder, these skills take time and practi...":

So true! Lol

13:05:45 From Jolene Underwood to Everyone:

Love it, Tabi!

13:11:37 From Jolene Underwood to Everyone:

When someone is gaining new skills and increasing their capacity to do new things, it doesn't mean that it's always full force ahead. It's natural to step forward, then get tired or overwhelmed or experience any of these on the reasons list. It's natural and part of growth. Not a declaration of something that discounts her growth and change.

Anna Jacobs: 👍

Judy Vader, Kim Bobe: 👍

13:11:51 From Melissa Spann to Everyone:

Replying to "I just finished reading Dane Ortlund's book, Gentl...":

Melissa - I private messaged you earlier

13:11:58 From Kendra Thurman to Everyone:

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. (2 Corinthians 1:3-4)

Karen Stinchcomb, Judy Vader: 💜

13:12:43 From Sharon Flynn to Everyone:

👍 ❤️

13:12:50 From Tabitha Westbrook to Everyone:

The counselor & advocate life verse! We all have experienced hard, loss, and grief. We can use the comfort we have been given with others.

Dawn Jones, Abigail Meade, Joy Forrest: ❤️

Jolene Underwood, Kendra Thurman, Heather Martin, Anna Jacobs, Judy

Caracheo: ❤️

13:13:18 From Heather Martin to Everyone:

Replying to "The counselor & advocate life verse! We all have e...":

Amen!

13:13:25 From Teresa Wilcox to Everyone:

We are each unique. Created in God's image with unique DNA. We each have inherent worth because we are created by Him. Approach each other with this knowledge and it may guide your advocacy path. Ask not why she does X? But what happened to her.

Tabitha Westbrook: ❤️

Joy Forrest: 👍

Jolene Underwood, Helenmary Brown: ❤️

Kendra Thurman, Anna Jacobs: 🙏

13:14:25 From Teresa Wilcox to Everyone:

AMEN Tabi

13:14:42 From Heather Martin to Everyone:

Replying to "AMEN Tabi":

Second that!!

13:14:48 From Chantal Young to Everyone:

The first four letters in message is MESS

Tabitha Westbrook: ❤️

13:14:56 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.

13:14:55 From KAMILLA to Everyone:

REMINDER: On Saturday, May 31, 12-1 PM EST, is the Q&A for this month's course.

We will be role playing! Use the same link as the Tuesday class link. See you on Saturday!!

Teresa Wilcox: 🎉

13:15:10 From Suzanne Neald to Everyone:

Thanks for giving us this course

Joy Forrest, Suzanne Neald: ❤️

13:15:24 From Tricia Foster to Everyone:



13:15:41 From Dr. Jessica Evans to Everyone:

Amen to that!


13:15:43 From Dawn Jones to Everyone:

I look forward to this group every week! I'm thankful for all of you!

Judy Vader: ❤️


Melissa Greydanus: 

13:15:47 From Kim Brown to Everyone:
thank you!!

13:15:47 From Helenmary Brown to Dr. Jessica Evans (direct message):
Thank you all! Another great session. 

13:15:53 From Beth Burke to Everyone:
thank you all!

13:15:54 From Teresa Wilcox to Everyone:
See you Saturday!

13:15:54 From Deborah Stahl Waters to Everyone:
Tku for these interviewing skills! So helpful 

13:15:56 From Cari Timmer to Everyone:
Thank you!

13:15:56 From Kimberly VanKlompberg to Everyone:
Fantastic Training again today! Thank you!!

13:15:57 From Chantal Young to Everyone:
Thankyou again!