

11:26:31 From Joy Parks to Everyone:
Joy Parks Great Falls, SC

11:26:32 From Rose to Everyone:
Rose in GA

11:26:52 From Dr. Jessica Evans to Everyone:
Morning! Jess, Columbus OH area

11:26:52 From Freddy Chakhachiro to Everyone:
72* here

11:27:24 From Emily Vasquez to Everyone:
Hello! Emily Vasquez - Denver, CO

11:27:51 From Theresa (Tree) Peterson to Everyone:
hello... from Hartland, Wisconsin. \

11:27:54 From Cari Timmer to Everyone:
Cari Timmer Holland Mi

11:28:04 From Lynna Sutherland to Everyone:
Lynna Sutherland here from Chester, VA

11:28:37 From Anna Jacobs to Everyone:
Hi all! Anna Jacobs from Kearney, MO.

11:28:50 From Melissa Spann to Everyone:
Melissa Spann SC

11:28:56 From Dr. Jessica Evans to Everyone:
Joy will be at the Protect the Flock in Florence KY on 8/23 9-1. Some of us will be
meeting up after!

Joy Parks: 

Kendra Thurman: 

Tricia Foster: 

11:28:57 From Christie Crandall to Everyone:
Christie from Florida is here;-)

11:29:09 From Dr. Jessica Evans to Everyone:
Joy will be in Chicago the week before for a PTF as well.

11:29:17 From Theresa (Tree) Peterson to Everyone:

do we have your email, Joy? we are not too far from Chicago
joy@calledtopeace.org

11:29:18 From Tricia Foster to Everyone:
Good Morning~Tricia in Gibsonville, NC

11:29:21 From Maria M to Everyone:
Maria M. NC

11:29:22 From christine umthun to Everyone:
rejoining as Christine in Johnston and not Noon Meetings!

11:29:25 From Julie Wallace to Everyone:
Julie Wallace, Middleburg, FL

11:29:31 From Melissa Parker to Everyone:
Hello from Columbia, SC!

11:29:45 From Michelle Colston to Everyone:
Michelle Colston, south Texas

11:29:47 From Keri Drowatzky to Everyone:
Keri Drowatzky Bartlesville OK

11:29:54 From Merrilee Carlson SGL to Everyone:
Merrilee Carlson San Francisco Bay

11:29:58 From Wibke Rees to Everyone:
Wibke Rees, Holland MI

11:30:28 From Heather Martin to Everyone:
Hello from Shippensburg, PA!

11:30:32 From Linda Schreuders to Everyone:
Linda Schreuders from Winnipeg MB Canada

11:30:42 From Deborah Stahl Waters to Everyone:
Deborah Stahl Waters - TN Good Morning 😊

11:30:44 From Anna Jacobs to Everyone:
Is there an audio version?

[of Dr. Debra's book]- not at this time.

11:30:58 From Kamilla Boerema to Everyone:
Dr. Debra Wingfield. "Eyes Wide Open – Second Edition". <https://tinyurl.com/EyesWideOpen-2>

11:31:06 From Jennie Smith to Everyone:
Awesome Dr Debra!

11:31:15 From Kimberly VanKlompenberg to Everyone:
Greetings from Kimberly VanKlompenberg, My House Ministry - Holland MI

11:31:31 From Grace Hertzler to Everyone:
Grace Hertzler from Oklahoma

11:31:33 From Dr. Jessica Evans to Everyone:
Joy's Called to Peace- <https://a.co/d/3KMH7ap>
Joy Forrest: 

11:31:41 From Karen Stinchcomb to Everyone:
Good morning! Karen in Fort Worth, TX. 
Joy Forrest: 

11:31:43 From charlotte rennekamp to Everyone:
Hello! Charlotte from Ohio.

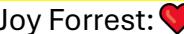
11:32:00 From Jennifer Stohler to Everyone:
Jennifer Stohler from Holland, MI 

11:32:04 From Laurel Poff to Everyone:
Laurel Poff Anchorage, AK

11:32:05 From Becky Webb to Everyone:
Becky - Kamloops, British Columbia :)

11:32:14 From Kendra Thurman to Everyone:
Kendra from Ohio

11:32:18 From Kim Brown to Everyone:
Kim Brown, North Texas

11:32:22 From Dr. Jessica Evans to Everyone:
Tabi's Body & Soul, Healed & Whole: An Invitational Guide to Healthy Sexuality after Trauma, Abuse, and Coercive Control- <https://a.co/d/gJaFCFL>
Joy Forrest: 

11:32:25 From Suzanne Neald to Everyone:
Suzanne from IrelandIE

11:32:25 From Helenmary Brown to Everyone:
Helenmary: Good Morning from Collinsville, VA ❤

11:32:31 From Cathleen Karbach to Everyone:
Cathleen Karbach from Virginia

11:32:39 From Kim Brown to Everyone:
It's in Plano, TX

11:32:40 From Kamilla Boerema to Everyone:
Dr. Debra's website: www.houseofpeacepubs.com

11:32:50 From Tracy Zimmerman to Everyone:
hello everyone, Tracy Zimmerman from Camp Hill PA

11:32:54 From Renee Landa to Everyone:
Renee Landa, Austin, Tx

11:33:05 From Kathy Miller to Everyone:
Kathy Miller- NE Ohio

11:33:23 From Heather Yaxley to Everyone:
Hello from Heather Yaxley Victoria BC Canada

11:33:28 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.

11:33:44 From Kendra Thurman to Everyone:
Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

11:33:42 From Wendi Andrews to Everyone:
Wendi Andrews, Cedar Point, NC

11:34:01 From Jolene Underwood to Everyone:

Jolene Underwood, Ellicott City, MD (Therapist for TX)

11:34:01 From Perla Diaz to Everyone:
Perla Diaz, SA Texas

11:34:14 From Kendra Thurman to Everyone:
Replies to "Remember to take good care of yourself - if you ar...":
NOTE: Please be discerning what details you share about your personal situation/history in the chat to avoid accidentally triggering another participant.

11:34:11 From Dr. Jessica Evans to Everyone:
We will have grounding breaks, but use your grounding skills on your own as needed!

Joy Forrest: 
Kendra Thurman: 

11:34:13 From Freddy Chakhachiro to Everyone:
You are the only YOU that you have. Self-care is important.
Tracy Zimmerman, Heather Martin, Dr. Jessica Evans, Perla Diaz: 
Kendra Thurman, jane latta: 

11:34:42 From Julie Burns to Everyone:
Julie Burns, Midlothian, TX

11:35:27 From Jolene Underwood to Everyone:
Sad I missed the Q&A! We are in the middle of house hunting and now in the process of negotiating an offer.
Anna Jacobs, Perla Diaz: 
Joy Forrest: 
Dr. Jessica Evans: 

11:26:42 From Denise Webster to Everyone:
Denise from Columbia MO

11:35:52 From Sharon Flynn to Everyone:
Hello from Swansboro, NC and Sharon Flynn

11:36:11 From Joy Forrest to Everyone:
Replies to "Sad I missed the Q&A! We are in the middle of hous...":
Are you staying in TX?

11:36:25 From Vanessa Terlouw to Everyone:
Vanessa from Niagara Ontario

11:36:27 From Meg Avey to Everyone:
Meg Avey, Charlotte, NC

11:36:39 From Kim Brown to Everyone:
@Joy Forrest Female Survivors of Violence Conference 2025: The Art of Healing -
Plano TX July 28-29th www.traumasupportservices.org

11:36:55 From Kim Bobe to Everyone:
Kim in Georgia

11:37:30 From Kamilla Boerema to Everyone:
3 E's/Tenants Of Advocacy:
EDUCATION
EMPOWERMENT/Equipping
EMOTIONAL SUPPORT/Encouragement

11:37:46 From Jolene Underwood to Everyone:
Replying to "Sad I missed the Q&A! We are in the middle of hous...":
@Joy Forrest No, we hope to have our TX home sold (closed) by the week's end.
New home would be in a wooded area in MD that's so peaceful.
Helenmary Brown, Joy Forrest: ❤️
Kendra Thurman, jane latta: ❤️

11:38:18 From Kamilla Boerema to Everyone:
DSM-5-TR Diagnostic and Statistical Manual of Mental Disorders
Fifth Edition, Text Revision

11:38:22 From Lynn Loscar to Everyone:
Lynn from Inyokern, CA

11:39:09 From A M to Everyone:
Alisha-GA

11:39:27 From Kendra Thurman to Everyone:
"Trauma-informed" does not necessarily mean they understand Coercive Control
dynamics.
Perla Diaz: 😊
Helenmary Brown, Heather Martin: 👍
Dr. Jessica Evans, Nathalie Perkins, Joy Forrest: 💯

11:39:36 From Pam Hull to Everyone:
Pam Hull - NJ

11:39:42 From sylvia gelderman to Everyone:

Abbotsford, BC

11:39:49 From Lense Fikru to Everyone:
Lense from Ethiopia

11:39:53 From Lisa Guillory Buckle to Everyone:
Lisa Buckle
Good morning from Wisconsin
Tricia Foster:?

11:40:18 From Kendra Thurman to Everyone:
Advocates:
listen 90%, provide feedback 10%.
Helenmary Brown:👍

11:41:02 From diane brinkley to Everyone:
good morning!! Diane from Troutville Va
Helenmary Brown: ❤️
Dr. Jessica Evans: 🖤

11:41:24 From Tina Conti to Everyone:
Tina from Livonia, MI here
Dr. Jessica Evans: 🖤

11:41:25 From Dr. Jessica Evans to Everyone:
Read about post traumatic growth if you haven't! I love that area.
Helenmary Brown, Perla Diaz, Jolene Underwood: ❤️
Jolene Underwood: ❤️
Kendra Thurman, jane latta: ❤️

11:41:39 From Chantal Young to Everyone:
Signing in 😊
Dr. Jessica Evans: 🖤

11:41:48 From Kendra Thurman to Everyone:
Advocate Coordinators (for those affiliated with CTPM):
naomi@calledtopeace.org
dianthe@calledtopeace.org

11:42:11 From Jennie Smith to Everyone:
Replying to "Read about post traumatic growth if you haven't! I...":
QUESTION: any resources you like?
Helenmary Brown: 👍

11:42:22 From Elizabeth Sherman to Everyone:
Elizabeth Sherman, NC

11:42:23 From Perla Diaz to Everyone:
Good morning everyone 
Joy Forrest: 

11:42:42 From Perla Diaz to Everyone:
If ur interest in ASL and let me know.
Jolene Underwood: 

11:42:49 From Perla Diaz to Everyone:
I will teach u ASL.
Jolene Underwood: 

11:43:06 From Chris Scrima to Everyone:
Chris Scrima from Kalispell Montana
Perla Diaz: 

11:43:34 From Elizabeth Sherman to Everyone:
Replies to "Read about post traumatic growth if you haven't! I...":
Where can we read more?

11:43:56 From Kat Nelson to Everyone:
Kat Nelson here near Wheaton Illinois

11:44:00 From Dr. Jessica Evans to Everyone:
Replies to "Read about post traumatic growth if you haven't! I...":
Let me look at some resources for you!
Elizabeth Sherman, Jolene Underwood: 
jane latta, Heather Martin: 

11:44:39 From Jolene Underwood to Everyone:
Replies to "Read about post traumatic growth if you haven't! I...":
I love Changes that Heal for healing content. (By Dr. Henry Cloud) I also offer a

member community focused on growth from a trauma-informed perspective. I incorporate content that helps build resilience, communication skills, boundaries,

Kim Bobe: 

Anna Jacobs, Joy Parks: 

Dr. Jessica Evans, Heather Martin, Jane Latta, Helenmary Brown: 

11:44:44 From Keri Drowatzky to Everyone:
Perla, you teach ASL? I'm interested. Tell me more. Keri Drowatzky
Perla Diaz, Jolene Underwood: 

11:44:52 From Ramona Joseph to Everyone:
Ramona Joseph, Chaplain, The Heights at Ellis County, M

11:45:08 From Angi Beery to Everyone:
Hello all, Angi Beery, Goshen, IN

11:45:09 From Ramona Joseph to Everyone:
Ramona Joseph, Midlothian, Texas

11:45:17 From Jolene Underwood to Everyone:

Replies to "Read about post traumatic growth if you haven't! I...":

Audi Kolber's books could be very helpful too. They may not say post-traumatic growth, but the content is designed for this space.

Anna Jacobs: ❤

Joy Forrest: 👍

11:45:19 From Kamilla Boerema to Everyone:

Replies to "Read about post traumatic growth if you haven't! I...":

Judith L. Herman - "Truth and Repair: How Trauma Survivors Envision Justice". <https://a.co/d/dElXim>

Judith L. Herman - "Trauma and Recovery". <https://a.co/d/5H9gzwv>

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

Kendra Thurman: ❤

11:45:20 From Melissa Spann to Everyone:

Replies to ""Trauma-informed" does not necessarily mean they u...":

That's a point we need to hear often

Joy Parks: 👍

Kendra Thurman: 💯

11:47:07 From Teresa Wilcox to Everyone:

Teresa Wilcox - Roanoke VA. Sorry I'm late

11:47:39 From Dr. Jessica Evans to Everyone:

Replies to "Read about post traumatic growth if you haven't! I...":

I will annotate the chat as well if there are other resources we have to share. Thanks Jolene and Kamilla!

Jolene Underwood, Helenmary Brown: ❤

Some additional information on PTG:

Seligman's research on positive psychology discussed PTG. He also talks about "grit." His book Flourish is one resource- <https://a.co/d/7ZMor59>

<https://positivepsychology.com/post-traumatic-growth-worksheets/>

https://results.wa.gov/sites/default/files/WendyFraser_Oct28_HANDOUT.pdf

https://refugees.org/wp-content/uploads/2022/02/Project-Trust_2.1_PostTraumaticGrowth.pdf

11:47:48 From Kendra Thurman to Everyone:

Lamentations & Psalms - talk several places about bodily responses to trauma.

Joy Forrest: 

11:47:55 From Kendra Thurman to Everyone:

But I call to God, and the LORD saves me.

Psalm 55:16

11:47:55 From Kamilla Boerema to Dr. Jessica Evans (direct message):

Replies to "What about Judith Herman books for the Trauma ques...":

Ya....was not sure if those books were exactly on those points or the point of the question.....already posted.....

11:48:47 From Kendra Thurman to Everyone:

Trauma occurs when an external threat overwhelms a person's internal and external positive coping resources (Bloom & Fallot, 2009).

Helenmary Brown: 

11:49:28 From Michele Daniels to Everyone:

hello from kokomo IN

11:50:51 From Melissa Greydanus to Everyone:

Switched from phone to computer. Melissa Greydanus With My House Ministry in Holland, MI

11:51:54 From Melissa Parker to Everyone:

QUESTION: Can we have the link to this trauma explanation video?

Lynna Sutherland, Lisa Guillory Buckle, Pam Hull, Nikki (Amber) Walls, Chantal Young, Perla Diaz, Helenmary Brown: 

11:53:58 From Rebecca Johnson to Everyone:

Hello From CNY

11:54:33 From Kendra Thurman to Everyone:

The wound can heal! 

Melissa Parker, Perla Diaz: 

Dr. Jessica Evans: 

11:56:05 From Tracy Zimmerman to Everyone:

QUESTION With the new research on perceived trauma. Will that help or hurt coercive control to be taken more seriously in the newest version of the DSM?

11:56:26 From Emily Vasquez to Everyone:

Jeremiah 17:14 - "Heal me, Lord, and I will be healed.."

Perla Diaz: 

Kendra Thurman: 

11:56:43 From Pamela Brandenburg to Everyone:

Hello from GA

11:56:47 From Karen Stinchcomb to Everyone:

Replies to "QUESTION: Can we have the link to this trauma expl...":

<https://youtu.be/SJ5D4-OYpxo?si=duSnTi4AUgLjpr-e>

11:57:11 From Jolene Underwood to Everyone:

The experiences can also be repeated events where your ability to cope (or escape) are overwhelmed.

Perla Diaz: 

11:57:21 From Karen Stinchcomb to Everyone:

Replies to "QUESTION: Can we have the link to this trauma expl...":

www.traumahealinginstitute.org

11:57:23 From Dr. Jessica Evans to Everyone:

Replies to "QUESTION: Can we have the link to this trauma expl...":

The videos in this course should be up on the course website too-

<https://www.houseofpeacepubs.com/advocacy-courses/trauma-issues/>

11:57:52 From Melissa Parker to Everyone:

Replies to "QUESTION: Can we have the link to this trauma expl...":

Thanks!

Dr. Jessica Evans: 

11:58:23 From Dr. Jessica Evans to Everyone:

Replies to "QUESTION With the new research on perceived trauma...":

Tracy- can you follow up to share the research you're referring to? You can email jessicaevans7@hotmail.com or faith.advocacy8@gmail.com

11:59:18 From Kendra Thurman to Everyone:

Intergenerational Transmission of Trauma Effects study that Dr. Debra just referenced:

<https://pubmed.ncbi.nlm.nih.gov/30192087/>

11:59:22 From christine umthun to Everyone:

That is so true, Dr. Debra! My fibromyalgia, while not gone completely, is much better managed as I've dealt with my trauma!

Joy Forrest: 

Jolene Underwood: 

11:59:42 From Dr. Jessica Evans to Everyone:

I will be adding some additional resources to our Trauma course page (from Jolene) later today so please do check back again.

Jolene Underwood: 

Heather Martin, christine umthun: 

12:02:40 From Kendra Thurman to Everyone:

For help talking to your church, or if your church wants help with training or to help develop policies regarding domestic abuse/ coercive control:

<https://calledtopeace.org/church-partnership/>

12:04:05 From Freddy Chakhachiro to Everyone:

I had the feedback too but just for a couple seconds.

12:04:14 From Tracy Zimmerman to Everyone:

Replies to "QUESTION With the new research on perceived trauma...":

I sure will!

Dr. Jessica Evans: 

12:05:24 From Vanessa Terlouw to Everyone:

switched from phone to computer due to internet problems. Vanessa from Niagara

Joy Forrest: 

12:06:37 From Jennifer Walchle to Everyone:

Sorry for the late "hello," I was driving... Jennifer Walchle

12:06:55 From Keri Drowatzky to Everyone:

My husband built up a new daycare for our youngest grandson when he was 2-3 yrs old. We called it Playhouse. Aaron was scared but getting the positive attitudes going he was so excited to go. He was always ready to play and have fun. Just an example of the positive back up and longer lasting mindset.

Joy Forrest: 

12:07:44 From Jolene Underwood to Everyone:

When we refer to capacity to cope, this includes things like how our body is functioning (long term stress built up, knowing what to do, knowing how to make it through, having the ability to navigate quickly, and supportive systems for recovering after events.)

One of the videos that will be linked on the resource page is one I did on keys to building emotional resiliency, which can reduce overall effects AND help with post-traumatic growth

Nikki (Amber) Walls, Maria M, Dawn Jones, jane latta: ❤

12:07:59 From Jill Medina to Everyone:

I'm actually taking a college class pertaining to stress at the moment, so this class is perfect!

Jolene Underwood: ❤

Kendra Thurman, jane latta: ❤

christine umthun: ❤

12:08:13 From Kendra Thurman to Everyone:

One safe, stable adult - can be protective for a child experiencing toxic stress.

Perla Diaz, christine umthun: ❤

Jolene Underwood: ❤

12:09:10 From Amy Marcum to Everyone:

30 years!

12:10:14 From Kendra Thurman to Everyone:

It's your body's normal (amazing) response to abnormal situations - to help you survive.

Jolene Underwood, jane latta: ❤

Joy Forrest, christine umthun: ❤

12:10:55 From Jolene Underwood to Everyone:

Yes! We're designed to survive. There's grace for that. 😊 When it becomes problematic for relationships and daily functioning, it's a sign that healing is needed. This helps the body and brain know you no longer need what helped you survive before.

Perla Diaz, Heather Martin, Maria M, Joy Forrest: ❤

Joy Forrest: ❤

Kendra Thurman: 💯

12:11:16 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.

Maria M, jane latta: ❤

12:12:16 From Perla Diaz to Everyone:

Replies to "Yes! We're designed to survive. There's grace for ...":

Hello Jolene! I'm Perla. I'm deaf. I want to become Domestic violence counseling.

Do you know college offer or course online class? I'm just curious.

Jolene Underwood: 

12:13:52 From Christie Crandall to Everyone:

Does house of Peace pubs or CTPM have a document/list of recommended CC trauma informed therapists around the USA?

12:14:26 From Kendra Thurman to Everyone:

<https://christiantraumahealingnetwork.org/>

is a potential resource for training or to find a trauma-trained counselor

Perla Diaz: 

Christie Crandall: 

Karen Stinchcomb: 

12:15:08 From Joy Forrest to Everyone:

Replies to "Yes! We're designed to survive. There's grace for ...":

Perla, there are a lot of good counseling programs online. Liberty University has one. I think in person they have ASL interpreters. They have an interpreter training program, so it might be good to contact them.

Jolene Underwood: 

12:15:39 From Nikki (Amber) Walls to Everyone:

My childrens' therapist told me that the kids would be okay in the end as long as they had one good strong parent. She told me to "just keep doing what you're doing." Over a decade later, I can certainly see the toxic effect of the trauma and stress on each of them, but they've all handled it differently. I've just tried to always be in their corner. My kids and I only had each other as the entire community around us abandoned us and sided with our abuser. My own family lived far away, and weren't there either. In some ways, looking back, I can definitely see times when my own trauma showed too much with my kids, but I would always communicate with them. Sometimes that looked like going back later and saying "I'm sorry I raised my voice at you. I was struggling to cope with something in my mind; my response had nothing to do with you." My oldest kids (ages 23 and 22) still talk about that.. "Mom would always come to us and own it if she felt like she messed up, and that made such a difference."

Kim Brown, Alisha M: 

12:15:54 From Perla Diaz to Everyone:

Replies to "https://christiantraumahealingnetwork.org/ is a p...":

Thank you. I need to take up for Domestic Violence counselor or trauma trained counselor certified or go to college. Me either. I want to become Domestic Violence counselor.

Joy Forrest: ❤

12:16:21 From Joy Forrest to Everyone:

Replying to "Does house of Peace pubs or CTPM have a document/l...":

We do have a list that should be available to our advocates.

12:18:04 From Nikki (Amber) Walls to Everyone:

But this is all so hard too because my 18 year old walked out my front door 6 months ago, and she's won't tell me where she is or what her living situation is. The therapist was always very concerned with her coping mechanisms because she always buried everything and wouldn't talk about any of it. This seems to be her way of disconnecting or disassociating(sp?). I am praying SO hard that she will come home, or at least find a way to open up to me. It's so painful.

Kim Brown, Jolene Underwood: ❤

Helenmary Brown, Jolene Underwood, Rebecca Johnson, Alisha M: 🙏

Dr. Jessica Evans, Christine umthun, Helenmary Brown, Jolene Underwood: ☺

12:18:26 From Julie Burns to Everyone:

So heart-stopping that CC is in the group with rape, incest, etc. Wow! We see it! But the list is so sobering.

Nikki (Amber) Walls: 🙏

12:19:17 From Dr. Jessica Evans to Everyone:

Replying to "But this is all so hard too because my 18 year old...":

I'm so sorry to hear this, Nikki. ❤️ 🙏

Nikki (Amber) Walls: ❤

12:20:26 From Nathalie Perkins to Everyone:

Replying to "Does house of Peace pubs or CTPM have a document/l...":

@Joy Forrest since I am still a resident for another 6 months, am I able to be placed on that list? Did my onboarding interview yesterday.

12:20:32 From Dr. Jessica Evans to Everyone:

Tabi's not here but she would say "You're the only you you have! So take good care of yourself!"

Nikki (Amber) Walls, Jane Latta: ❤

Joy Forrest: ☺

Kendra Thurman, Heather Martin, Jolene Underwood: 💯

12:20:49 From Joy Forrest to Everyone:

Replying to "But this is all so hard too because my 18 year old...":

So sorry, Nikki. My daughter did the same thing years ago. I did a lot of praying and committing her to God. I will join you in pray for her.

Nikki (Amber) Walls: ❤

12:21:12 From Julie Burns to Everyone:

QUESTION: What are twisty ears, etc?

12:21:16 From Nathalie Perkins to Everyone:

Replies to "Does house of Peace pubs or CTPM have a document/l...":

As a resident, my rates are better, and I take Medicaid, which could be helpful to some.

Joy Forrest: 🌟

12:21:25 From Jolene Underwood to Everyone:

Even deep sighs or putting hand on your head or fidgeting are signs of distress.

Joy Forrest: ❤

Julie Burns: 🌟

12:21:29 From Jane Latta to Everyone:

Replies to "But this is all so hard too because my 18 year old...":

I am so sorry you have gone through all this Nikki. It hurts my heart. 😢 🙏

Nikki (Amber) Walls: ❤

12:21:37 From Lisa Kiser to Everyone:

Lisa from Montrose, CO (currently in Flagstaff, AZ) I apologize for being late!

12:21:58 From Dr. Jessica Evans to Everyone:

Replies to "QUESTION: What are twisty ears, etc?":

I don't think it's anything specific but just showing you how we can get all twisted up from stress.

12:22:20 From Joy Forrest to Everyone:

Replies to "QUESTION: What are twisty ears, etc?":

I think that's for a bunny, but for us it might translate to feeling twisted up in a knot.

Dr. Jessica Evans: 🌟

12:22:40 From Jolene Underwood to Everyone:

Replies to "Yes! We're designed to survive. There's grace for ...":

@Perla Diaz I'm not specifically aware of them, but Joy mentioned Liberty which makes sense. I went to Townsend Institute with Concordia University in Irvine, CA. At the time I went they did not have ASL options, but they were a new program. It may be worth exploring too.

Perla Diaz: ❤

12:22:42 From Nathalie Perkins to Everyone:

Replies to "Does house of Peace pubs or CTPM have a document/l...":

If not, I will let you all know when I am licensed. No worry at all. Sorry for the multiple messages. It keeps sending when I trying to go to the next line.

Keep us updated, Nathalie! Faith.advocacy8@gmail.com

12:22:54 From Julie Burns to Everyone:

Question: Strange new clothes? Literal, or ???

12:23:30 From Joy Forrest to Everyone:

Replies to "Does house of Peace pubs or CTPM have a document/l...":

@Nathalie Perkins That's a question for the advocacy team. The list may be in the band group, but I'm not in there anymore.

12:23:41 From Jolene Underwood to Everyone:

Replies to "Yes! We're designed to survive. There's grace for ...":

It's good to meet you here, Perla! I'm glad you've joined us and love that you're looking into being a counselor too!

Joy Forrest, Perla Diaz: ❤

12:24:03 From Kendra Thurman to Everyone:

5-4-3-2-1 (example):

5 - things you can see

4 - things you can hear

3 - things you can touch

2 - things you can smell

1 - thing you can taste

Perla Diaz, Nikki (Amber) Walls: ❤

Dr. Jessica Evans, Helenmary Brown: 🌟

12:24:17 From Dr. Jessica Evans to Everyone:

Replies to "Question: Strange new clothes? Literal, or ???":

I think there is meant to be an element of humor in here, but perhaps someone who is struggling with stress starts to manifest in things like switching up their appearance more dramatically if we want to analyze this.

Joy Forrest: 🌟

12:24:39 From Nathalie Perkins to Everyone:

I get that, Dr Debra! I have a poster of it in my office for the many times I forget the order 😅

Helenmary Brown: 😊

12:24:49 From Kim Brown to Everyone:

QUESTION:I have found that when my trauma response is super high, I yawn more but sometimes also feel like I can't yawn, if that makes sense - does anyone know why you feel stuck in a yawn and can't get oxygenated?

12:25:36 From Jolene Underwood to Everyone:

Replies to "Does house of Peace pubs or CTPM have a document/l...":

If you're looking for a therapist in TX, I offer all Telehealth, private pay therapy with EMDR.

12:25:40 From Nathalie Perkins to Everyone:

Replies to "Does house of Peace pubs or CTPM have a document/l...":

Ok. Will ask. Thank you. Who is now the BAND person?

12:26:15 From Helenmary Brown to Everyone:

Replies to "But this is all so hard too because my 18 year old...":

I am so sorry Nikki. I will agree with you in prayer for her safety and that she will "come to herself" and open to you. May you be comforted in the meantime. ☺

Nikki (Amber) Walls: ❤

12:26:42 From Joy Forrest to Everyone:

Replies to "Does house of Peace pubs or CTPM have a document/l...":

I think Naomi or Judy C.

You can check with your Advocate Coordinators (for those affiliated with CTPM):

naomi@calledtopeace.org

dianthe@calledtopeace.org

or Judy Caracheo

12:26:43 From Nathalie Perkins to Everyone:

Replies to "Does house of Peace pubs or CTPM have a document/l...":

@Joy Forrest Ok. Will ask. Who is now the BAND person?

12:26:48 From christine umthun to Everyone:

QUESTION: with what Dr Debra just said about attachment in children - that would be an ongoing ignoring them, not just a time of business?

Answered live.

12:26:53 From Jennie Smith to Everyone:

Aw, my grandma was GG 😊

Helenmary Brown: 😊

Helenmary Brown: ☺

12:27:02 From Julie Burns to Everyone:

Replies to "Does house of Peace pubs or CTPM have a document/l...":
@Jolene Underwood where is your office? We are in Midlothian, south of Dallas.

12:27:43 From Jolene Underwood to Everyone:

Replies to "QUESTION:I have found that when my trauma response...":
This sounds like a dorsal state response of shut down. I'm not as familiar with being stuck in a yawn, but would love to look into it. Yawns are a sign of the nervous system regulating.

Kim Brown, Tricia Foster, Joy Forrest, Helenmary Brown: 

12:28:31 From Keri Drowatzky to Everyone:

Does being there physically but not being there emotionally for the children cause some of these problems later in life?

Answered live.

12:28:38 From Jolene Underwood to Everyone:

Replies to "But this is all so hard too because my 18 year old...":
Ugh, that's heartbreaking for you as mom. It's hard to see this happen and not fix it for them. Praying for you and her.

Nikki (Amber) Walls: 

12:29:03 From Kim Brown to Everyone:

Replies to "QUESTION:I have found that when my trauma response...":
@Jolene Underwood I am definitely into wanting to understand the neuro behind my responses and healing journey. My background was as a Neuro PT, so that is my area of interest!

Jolene Underwood: 

12:29:20 From christine umthun to Everyone:

Replies to "QUESTION: with what Dr Debra just said about attac...":
busy - ness.

12:29:56 From christine umthun to Everyone:

Replies to "QUESTION: with what Dr Debra just said about attac...":
Thank you!

12:30:07 From Jolene Underwood to Everyone:

Replies to "Does house of Peace pubs or CTPM have a document/l...":
@Julie Burns I actually live in Maryland now, which is why it's all virtual. I also offer EMDR as an adjunctive therapy for clients who have a therapist (who doesn't do EMDR).

I'd love to hear about your practice! My site is:
<https://cultivatedlifecounseling.online>

12:31:00 From Jolene Underwood to Everyone:

Replies to "QUESTION:I have found that when my trauma response...":

@Kim Brown OOOH that sounds so interesting. I'd love to hear more outside of training.

Kim Brown: 

12:31:48 From Nathalie Perkins to Everyone:

Does it come down to the child not feeling safe and secure in the relationship?

Joy Forrest: 

12:31:53 From Jennie Smith to Everyone:

QUESTION: can you give the name of the parenting technique again?

Dr. Debra mentioned Systematic Training for Effective Parenting, STEP. They have different books based on age groups. Dinkmeyer and McKay are the authors.

12:32:37 From Anna Jacobs to Everyone:

Some good advice I received was to "put my oxygen mask on first." I needed to heal me first before I could be there for them.

Joy Forrest: 

Jolene Underwood, Jane Latta: 

Kendra Thurman: 

12:33:00 From Rebecca Johnson to Everyone:

Replies to "QUESTION:I have found that when my trauma response...":

I get this! And the sensation that you need to take a deep breath but you can't breathe deeply enough. When I have that, it is when I am overly stressed. And some of the time I try to yawn to satisfy the need to take a deep breath, and it can take several times of not being able to yawn before I am able to get the yawn or the deep breath.

Christine Umthun, Helenmary Brown: 

Kim Brown: 

12:33:23 From Kendra Thurman to Everyone:

The Lord God said, 'It is not good for the man to be alone. I will make a helper suitable for him. (Genesis 2:18)

12:33:44 From Kendra Thurman to Everyone:

Therefore encourage one another and build one another up, just as you are doing. (1 Thes. 5:11)

12:33:58 From Jolene Underwood to Everyone:

Replies to "QUESTION:I have found that when my trauma response...":

I would be curious what happens if you started walking and moving your body. Stretching. Does it feel like you could during these moments? Or do you feel frozen and shut down?

12:34:41 From Joy Forrest to Everyone:

Replies to "Does it come down to the child not feeling safe an...":

I believe so.

12:34:49 From Rebecca Johnson to Everyone:

Learning that the "help" in Genesis 2:18 is the same as the "help" in Psalms where the psalmist said "My help comes from the Lord" was so helpful for me! The "help" is comparable to the Holy Spirit, Who is our Help!

Joy Forrest: 

Kendra Thurman: 

12:34:58 From Sharon Flynn to Everyone:

Replies to "QUESTION: Can we have the link to this trauma expl...":

Beyond healing children when we teach them to self-regulate which gives them to self-heal and self-protect.

Anna Jacobs, Sharon Flynn: 

12:35:05 From Beth Burke to Everyone:

Joy, Can you give the reference that uses the same word for "helper" ?

Lisa Guillory Buckle: 

12:35:25 From Nathalie Perkins to Everyone:

Replies to "Does it come down to the child not feeling safe an...":

That's what I would think too

12:35:37 From Kim Brown to Everyone:

Replies to "QUESTION:I have found that when my trauma response...":

@Jolene Underwood I have done a sternal rub in order to sometimes facilitate a completion of a yawn/being able to breathe fully, and sometimes the act of stretching my body out fully/full extension, may help? It is frustrating!

12:35:58 From Joy Forrest to Everyone:

Replies to "QUESTION: can you give the name of the parenting t...":

I'm sorry I didn't hear that. Maybe someone else here did?

12:36:23 From Kim Brown to Everyone:

Replies to "QUESTION:I have found that when my trauma response...":

@Rebecca Johnson Glad to know I am not the only one!  It is really frustrating when you feel you can't fully breathe!

12:36:32 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION:I have found that when my trauma response...":

Encourage all of us to read some more about this but I believe yawning can be linked to the vagus nerve which is involved in parasympathetic ("rest and digest") regulation. In trauma (for ex- fight/flight responses), your sympathetic nervous system is dominating. Yawning could be the body trying to shift back into the parasympathetic state or calm down from the overwhelm. Feeling like you can't yawn could be the body trying but having trouble shifting into that rest calm state (we actually have a slide on the vagus nerve).

Jolene Underwood: ❤️

Kim Brown, Rebecca Johnson: 🙌

12:36:45 From Sharon Flynn to Everyone:

Replying to "QUESTION: Can we have the link to this trauma expl...":

(add) Teaches them the skills"

12:37:34 From Rebecca Johnson to Everyone:

Replying to "QUESTION:I have found that when my trauma response...":

I walk for exercise and often the inability to take that deep breath will resolve over the course of the walk. So I'll walk for about 35-40 minutes, and I'll finally be able to breathe deeply enough or yawn after 15-20 minutes of the walk.

Tricia Foster: 🙌

Kim Brown: ❤️

Kendra Thurman: ❤️

12:38:12 From Karin Engelbrecht to Everyone:

"The place we find ourselves" by Adam Young Podcast 7 Attachment Styles is an excellent resource.

Jolene Underwood: ❤️

12:38:14 From Joy Forrest to Everyone:

In Hebrew, "ezer" (עֶזֶר) means "helper" or "help." It's a versatile word used to describe both God's assistance to humanity and the role of a helper in a relationship, as seen in the phrase "ezer kenegdo" (עֶזֶר כְּנֶגֶד) translated as "a helper suitable for him" or "a helper corresponding to him" in Genesis 2:18.

Rebecca Johnson, Elizabeth Sherman: ❤️

Dr. Jessica Evans: 🙌

Kendra Thurman: ❤️

12:39:03 From Joy Forrest to Everyone:

"Ezer" as Help: The word "ezer" signifies assistance, support, and being a source of help. It's used to describe God's help to Israel and individuals, as well as the role of a human helper.

"Ezer" and God: The word "ezer" is used to describe God's role as a helper to his people, often used in phrases like "Jehovah Ezer," meaning "Jehovah our help."

Perla Diaz, Deborah Stahl Waters, Elizabeth Sherman: 

Dr. Jessica Evans: 

Kendra Thurman: 

12:39:27 From Joy Forrest to Everyone:

We got manipulative kindness from Julie Owens

Jolene Underwood: 

12:40:14 From Anna Jacobs to Everyone:

QUESTION: @Jolene Underwood, is Anxious Attachment similar to what many have called codependency?

Nikki (Amber) Walls: 

Discussed live.

12:40:21 From Kim Brown to Everyone:

Replies to "QUESTION: I have found that when my trauma response...":

@Dr. Jessica Evans This makes total sense. It kind of reminds me of a car having transmission issues and it doesn't shift into gear right, or at all. You need a mechanic to fix the core problem. For me, I think being in an ongoing daily situation where I am exposed to ongoing trauma is contributing to me staying stuck in this level, even being detached. I am finding my healing is not able to move beyond a certain point as I am still in that relationship (medical and financial reasons).

12:40:48 From Kim Brown to Everyone:

Replies to "QUESTION: I have found that when my trauma response...":

@Rebecca Johnson Great ideas!!!

12:41:30 From Dr. Jessica Evans to Everyone:

Coercive control stems from deep entitlement and desire for power/dominance—not from someone's attachment insecurity.

Heather Martin, Joy Forrest, Kim Brown: 

Nikki (Amber) Walls: 

Jolene Underwood: 

12:42:22 From Lisa Guillory Buckle to Everyone:

This is so affirming to hear. I saw myself getting more controlling, knew it was in response to something, yet struggled to understand my role/possible sinfulness as I became more controlling.

Anna Jacobs, Beth Burke, Jolene Underwood: 

Lisa Guillory Buckle: 

Tricia Foster, Jolene Underwood: 

12:43:42 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION:I have found that when my trauma response...":

@Kim Brown @Joy Forrest mentioned a CTPM resource...a group for those trying to "stay well." Part of staying well is the importance of you taking good care of yourself. I hope you have good supports around you. ❤️❤️💊

Kim Brown, Rebecca Johnson: ❤️

12:44:08 From Lisa Guillory Buckle to Everyone:

Replying to "This is so affirming to hear. I saw myself getting...":

As I've healed I have let go of so much of that and I love who I am becoming. A Relaxed and present mama.

christine umthun, Christi Lile: ❤️

Kim Brown: ❤️

Tricia Foster: ❤️

Beth Burke: 😊

12:44:56 From Kim Brown to Everyone:

Replying to "QUESTION:I have found that when my trauma response...":

@Dr. Jessica Evans Yes, I am in that BAND group! Thank you!

12:45:05 From Anna Jacobs to Everyone:

Yes! Thank you!

12:45:19 From Dr. Jessica Evans to Everyone:

There is healing for all of us related to our attachment style!

Jolene Underwood, Helenmary Brown, jane latta: ❤️

12:45:24 From Nikki (Amber) Walls to Everyone:

I have been told I have "Anxious Avoidant Attachment," but seeing this information presented, now I'm feeling like I relate a lot to Disorganized Attachment as well.

12:45:25 From Dr. Jessica Evans to Everyone:

People can become more "secure."

Jolene Underwood: 💯

12:46:15 From Jennifer Walchle to Everyone:

Is that article Dr. Deb mentioned in our coursework this month?

12:46:21 From Dr. Jessica Evans to Everyone:

Just want to be super clear: Your/their attachment style is NOT the problem or cause when it comes to abuse

Lisa Kiser, Anna Jacobs, Jolene Underwood, Jill Medina, Nikki (Amber) Walls: ❤️

Joy Forrest, Deborah Stahl Waters, Tricia Foster: 🌟

Kendra Thurman, Heather Martin, Jolene Underwood: 

12:46:35 From Rebecca Johnson to Everyone:

Replying to "This is so affirming to hear. I saw myself getting...":

YES! When I was in the midst of all the coercive control, it was as if I was desperate to control whatever I could. As I have been healing, I have been able to see how God will take care of the outcome, I have been more able to let go and see what God will do.

Kim Brown: 

Tricia Foster, Anna Jacobs, Kendra Thurman, Kathy Miller: 

12:47:22 From Dr. Jessica Evans to Everyone:

Replying to "Just want to be super clear: Your/their attachment...":

Meaning becoming more secure won't fix the problem of coercive control.

Nikki (Amber) Walls: 

Lisa Kiser: 

Heather Martin, Anna Jacobs, Jolene Underwood: 

12:48:02 From Kendra Thurman to Everyone:

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up... Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." (Eccles. 4:9– 10,12)

Anna Jacobs, Heather Martin, Nikki (Amber) Walls: 

12:48:36 From Nikki (Amber) Walls to Everyone:

My mother was completely emotionally detached. She was also physically and verbally abusive. I married at age 16 to a man 7 years older than me and then lived with horrific treatment with him for 14 years. I am 41 years old, and my mother still will go months (sometimes years) without speaking to me. These episodes seem to come without warning. It makes so much sense as I've learned about how that early childhood experience can affect us throughout our lives.

Lisa Guillory Buckle: 

jane latta: 

Helenmary Brown: 

12:49:24 From Jolene Underwood to Everyone:

Sorry if that was too much! There's a lot there and thankfully a lot of resources too.

Nikki (Amber) Walls, Joy Forrest, jane latta, Anna Jacobs: 

12:49:43 From Heather Martin to Everyone:

Replying to "Sorry if that was too much! There's a lot there an...":

Thank you for sharing!

Jolene Underwood: 

12:49:52 From Jolene Underwood to Everyone:

Replying to "Just want to be super clear: Your/their attachment...":

YES! What she said! 🙌

Nikki (Amber) Walls: 🙌

12:50:00 From Kendra Thurman to Everyone:

We were created by God (in perfect fellowship/ community within the Father, Son, and Holy Spirit) for fellowship/ community with Him and with others.

12:50:05 From Perla Diaz to Everyone:

Replying to "Yes! We're designed to survive. There's grace for ...":

Thank you sooo much! Pleasure to meet you Jolene, and thank to joy Forrest. I admire you both. That what God open for me and there is alot of opportunity college or trained classl want to become counselor. One day! 🙏 I will Ask God.

Joy Forrest, Jolene Underwood: ❤️

12:50:48 From Joy Forrest to Everyone:

Replying to "My mother was completely emotionally detached. She...":

Amen it does, which is why knowing healing is possible is so incredible.

Nikki (Amber) Walls, Helenmary Brown: ❤️

12:51:03 From Joy Forrest to Everyone:

Replying to "Sorry if that was too much! There's a lot there an...":

Great info!

Jolene Underwood: ❤️

12:51:05 From Jolene Underwood to Everyone:

Replying to "We got manipulative kindness from Julie Owens":

Thanks for the clarification! Good to know.

12:51:40 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.

12:52:24 From Joy Forrest to Everyone:

Replying to "We got manipulative kindness from Julie Owens":

@Jolene Underwood she's amazing. She's retired now, but I learned so much from her. She connected Dr. Debra and me!

Jolene Underwood: ❤️

12:52:35 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.

NOTE: Please be discerning what details you share about your personal situation/history in the chat to avoid accidentally triggering another participant.

12:52:38 From Nikki (Amber) Walls to Everyone:

I cannot even express how thankful I am for the opportunity to go through this training and have this community. Thank you all so much.

Joy Forrest, Heather Martin, Dr. Jessica Evans: ❤

Kendra Thurman, Jane Latta: ❤

12:53:41 From Dr. Jessica Evans to Everyone:

Replies to "Sorry if that was too much! There's a lot there an...":

No, it was very helpful and there is so much more we can say and learn on this topic. I loved going down the attachment rabbit hole!

Heather Martin, Jolene Underwood: ❤

12:53:51 From Kendra Thurman to Everyone:

Biblical Accounts of Trauma:

David:

• Faced numerous attempts on his life by Saul, which included fleeing, hiding, and being exiled (1 Sam. 18:10-11, 1 Sam. 18:17, 1 Sam. 19:11-14, 1 Sam. 23:14-15)

• Personal tragedies included first wife being forced to marry another man by King Saul, Amalekites taking all the women and children including his two wives, his men wanting to stone him, his son dying, and his daughter being raped (1 Sam. 25:43-44, 1 Sam. 30:1-6, 2 Sam. 12:15-18, 2 Sam. 13)

Perla Diaz, Nikki (Amber) Walls, Helenmary Brown: ❤

12:54:17 From Heather Martin to Everyone:

Replies to "Sorry if that was too much! There's a lot there an...":

@Dr. Jessica Evans I agree!

Jolene Underwood: ❤

12:54:41 From Kendra Thurman to Everyone:

Replies to "Biblical Accounts of Trauma: David: • Faced numero...":

• Joseph is hated by his envious brothers. He is thrown into a pit and sold into slavery by his own family (Gen. 37-50).

12:55:31 From Kendra Thurman to Everyone:

Replies to "Biblical Accounts of Trauma: David: • Faced numero...":

Tamar:

• Her brother rapes her. And then Scripture says that, “Amnon hated her with a very great hatred; for the hatred with which he hated her was greater than the love with which he had loved her... now throw this woman out of my presence and lock the door behind her.” (2 Sam. 13:15,17)

• Amon went on to treat Tamar as a used and unwanted outcast, a reputation she likely carried for the rest of her life.

12:57:28 From Kendra Thurman to Everyone:

Judith Herman:

“[Traumatic events...] violate the victim’s faith in a natural or divine order and cast the victim into a state of existential crisis.” Simply put, we doubt everything we know, or thought we knew.

12:57:59 From Jennie Smith to Everyone:

healing from the pastor's and church's abuse has actually been worse than from 23 yr intensely CC marriage

christine umthun: 😞

Nikki (Amber) Walls, Helenmary Brown: 😢

Perla Diaz: 🙏

Helenmary Brown: 🙏

12:58:30 From Perla Diaz to Everyone:

Replying to "healing from the pastor's and church's abuse has a...":

Oh wow

12:58:38 From christine umthun to Everyone:

My daughter has done a complete 180 and no longer believes in God. Because she asked Him for something and He "didn't deliver". Not even related to trauma.

12:58:57 From Dr. Jessica Evans to Everyone:

Judith Herman's Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror

<https://a.co/d/ilEwa8W>

12:59:00 From Julie Burns to Everyone:

I find it fascinating as a chaplain to women from CC, some question deeply and some go deeper w Jesus than ever. So many factors to consider there. Key is listening enough to know where each client actually is....

Anna Jacobs, Jolene Underwood: ❤

Lisa Kiser, christine umthun: 🙌

Kendra Thurman: 💯

12:59:26 From Dr. Jessica Evans to Everyone:

Judith Hermans' Truth and Repair: How Trauma Survivors Envision Justice

<https://a.co/d/iQsxxwi>

12:59:38 From Lisa Kiser to Everyone:

I promote divorce in abusive marriages!
Jennie Smith, Maria M, Nikki (Amber) Walls: ❤️

13:00:22 From Maria M to Everyone:

Replies to "I promote divorce in abusive marriages!":
Me too! I know the long-term damage from staying!

13:00:30 From Dr. Jessica Evans to Everyone:

Rebecca Davis' series of 6-

https://www.amazon.com/stores/Rebecca-Davis/author/B001K8GE7O?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

13:00:53 From Dr. Jessica Evans to Everyone:

Early 1970s: Bessel van der Kolk began his work

13:00:53 From Melissa Parker to Everyone:

The Body Keeps the Score was published in 2014.
Joy Forrest: ❤️

13:00:59 From Jolene Underwood to Everyone:

Replies to "I have been told I have "Anxious Avoidant Attachme...":
It can be challenging to identify what is the key driver that affects someone in different relationships. Avoidant would include less attempts to connect or receive intimacy. Disorganized would include more of the push-pull in relationship. Like, don't go away but don't get too close for too long either.

13:01:23 From Jolene Underwood to Everyone:

Replies to "People can become more "secure."":
Absolutely! Healing brings us into the place where God designed, including secure attachment patterns.
Dr. Jessica Evans: ❤️

13:01:35 From Jennie Smith to Everyone:

Replies to "I promote divorce in abusive marriages!":
Yes! We can't truly have a high view of marriage without a high view of divorce (in my opinion)

13:01:42 From Kendra Thurman to Everyone:

Replies to "I promote divorce in abusive marriages!":

The decision to stay or leave is so individual, based on her particular circumstances. As Advocates, we help her weight the options and potential consequences of all options. She is the expert on her situation and the people involved.

Maria M, Dr. Jessica Evans, Joy Forrest: 

Melissa Parker, Jolene Underwood: 

13:01:57 From Jolene Underwood to Everyone:

Replying to "Yes! We're designed to survive. There's grace for ...":

Keep us posted!

13:02:35 From Dr. Jessica Evans to Everyone:

Replying to "The Body Keeps the Score was published in 2014.":

Bessel van der Kolk M.D.-The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

<https://a.co/d/6s2dACb>

13:03:37 From Jolene Underwood to Everyone:

Replying to "We got manipulative kindness from Julie Owens":

I'm interested in hearing more about her at some point. Her name sounds familiar.

Joy Forrest: 

13:04:10 From Joy Forrest to Everyone:

Replying to "I promote divorce in abusive marriages!":

I support it, but never tell a person what to do. That's a matter of conscience between them and God. I will give them info on the true meaning of the passages, but the ultimate choice isn't theirs.

Melissa Parker, Lisa Kiser, Anna Jacobs, Dr. Jessica Evans: 

Jolene Underwood, Kendra Thurman: 

13:04:45 From Joy Forrest to Everyone:

Replying to "I promote divorce in abusive marriages!":

If someone had told me to divorce I would have run from them.

Perla Diaz: 

Lisa Kiser: 

Tricia Foster: 

13:06:25 From Dr. Jessica Evans to Everyone:

Replying to "I have been told I have "Anxious Avoidant Attachme...":

A therapist or counselor trained in attachment theory can help someone assess/explore their style and work on healing and moving toward greater security.

Jolene Underwood: 

13:06:34 From Jennie Smith to Everyone:

Replying to "I promote divorce in abusive marriages!":

@Joy Forrest same! It took education and time to understand God's heart for me!
Jolene Underwood: ❤

13:07:09 From Dr. Jessica Evans to Everyone:

Replying to "We got manipulative kindness from Julie Owens":

Julie Owens- <https://www.domesticviolenceexpert.org>

Jolene Underwood: ❤

13:07:26 From Jolene Underwood to Everyone:

Replying to "We got manipulative kindness from Julie Owens":

@Dr. Jessica Evans thanks!

13:07:43 From Dr. Jessica Evans to Everyone:

Replying to "I promote divorce in abusive marriages!":

@Joy Forrest same

13:09:11 From Joy Forrest to Everyone:

Replying to "We got manipulative kindness from Julie Owens":

@Jolene Underwood I did several interviews with her at the beginning of the ministry. They're still on Vimeo and maybe YouTube.

13:09:46 From Jolene Underwood to Everyone:

Replying to "We got manipulative kindness from Julie Owens":

Good to know. I'll look them up.

Joy Forrest: 👍

13:10:56 From Kimberly VanKlompenberg to Everyone:

That's a fantastic video!!

Perla Diaz, Jolene Underwood, Heather Martin, Maria M: ❤

13:11:01 From Christine umthun to Everyone:

WOWSERS! Great vid!

Jolene Underwood, Heather Martin: ❤

13:11:15 From Meg Avey to Everyone:

Great info on the video

Jolene Underwood, Melissa Greydanus: 💯

13:11:23 From Jennie Smith to Everyone:

Replying to "We got manipulative kindness from Julie Owens":

@Jolene Underwood <https://www.youtube.com/watch?v=mGyW5iI3nGE>

Jolene Underwood: 👍

13:12:54 From Dr. Jessica Evans to Everyone:

Trauma and the Nervous System video we just watched (on course webpage)<https://youtu.be/ZdIQRxwT1I0?si=c4bhXgXrr9tiZiB1>

13:13:37 From Cathleen Karbach to Everyone:

QUESTION: Is a trauma response similar to the "visceral" reaction some people have when they see or even hear about a snake, for example?

13:14:12 From Jolene Underwood to Everyone:

Consider reflecting on one event where you felt bad for a reaction that seemed stronger than it should have been. Can you offer grace and compassion for yourself for experiences that affected your nervous system? Then ask God to meet you in that space and receive guidance for continued healing to respond from a calmer state in the future.

Julie Burns: 

13:14:14 From Lisa Kiser to Everyone:

That works so well with my clients!

13:14:32 From Joy Forrest to Everyone:

Journaling was a huge part of my healing as well as music

13:15:12 From Anna Jacobs to Everyone:

QUESTION: Is there a list in our resources of trauma-informed, CC informed, neuroplasticity-practicing (maybe not a real word) therapists for specific areas?

Kim Brown: 

13:15:34 From Kendra Thurman to Everyone:

Dr. Debra's Transformational Journaling book:

<https://www.amazon.com/Through-Childs-Voice-Transformational-JournalingTM/dp/0578088185>

13:15:39 From Kim Brown to Everyone:

Replying to "QUESTION: Is there a list in our resources of trau...":

Great QUESTION!

13:15:45 From Jolene Underwood to Everyone:

Replying to "QUESTION: Is a trauma response similar to the "vi...":

I think it could be, but not necessarily. I would say that past experiences could cause stronger reactions, but I personally don't see that as much as I do having strong reactions to snakes or spiders or other creepy crawlies.

However, it is interesting to consider the level of threat detected by them.