

Video Replay: <https://vimeo.com/1094182092/4af0d25118?share=copy>

11:28:25 From Sharon Flynn to Everyone:

Hi, this is Sharon Flynn in Swansboro, NC.


11:28:27 From Laurel Poff to Everyone:

Good Morning, Laurel from Anchorage Alaska

11:28:40 From Cari Timmer to Everyone:

Cari Timmer Holland Mi

11:28:52 From Helenmary Brown to Everyone:

Good morning from Collinsville, VA 

11:28:56 From Julie Wallace to Everyone:

Good Morning, Middleburg, FL

11:29:01 From Kimberly VanKlompberg to Everyone:

Greetings Everyone! Kimberly VanKlompberg - My House Ministry, Holland MI

11:29:01 From Lisa Meister to Everyone:

Lisa Meister, Indianapolis, IN

11:29:35 From Dr. Jessica Evans to Everyone:

Hi everyone, Jess from Columbus OH area

11:29:39 From Tabitha Westbrook to Everyone:

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

I'll be driving through OK on my way back from IA!

11:29:52 From christine umthun to Everyone:

Christine Umthun here from Des Moines, IA area

11:29:54 From Lori Evans to Everyone:

Lori Evans in Bigfork, MT

11:30:01 From Michele Daniels to Everyone:

hello From kokomo IN

11:30:05 From Tina Conti to Everyone:

Tina here from Livonia, MI

11:30:10 From Wibke Rees to Everyone:

Wibke Rees, Holland, MI

11:30:26 From Chantal Young to Everyone:
Good morning everyone!

11:30:27 From Theresa (Tree) Peterson to Everyone:
hello from Hartland, Wisconsin :)

11:30:27 From Beth Burke to Everyone:
Hi from Beth in Burlington

11:30:39 From Kim Brown to Everyone:
Kim Brown, North TX

11:31:00 From Kendra Thurman to Everyone:
Kendra from Ohio

11:30:47 From Debra Scales to Everyone:
Debra from New York

11:30:57 From Julie Burns to Everyone:
Julie Burns, Midlothian TX.

11:31:02 From Grace Hertzler to Everyone:
Grace Hertzler, Oklahoma

11:31:05 From Nikki to Everyone:
Nikki in Jefferson, GA

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

11:31:19 From Keri Drowatzky to Everyone:
Keri Drowatzky Bartlesville OK here

11:31:23 From Jolene Underwood to Everyone:
Jolene Underwood - Ellicott City, MD (Therapist for adults in TX)

11:31:23 From Vanessa Terlouw to Everyone:
Vanessa Terlouw from Niagara Ontario

11:31:38 From Becky Webb to Everyone:
Becky from Kamloops British Columbia

11:31:38 From Tricia Foster to Everyone:

Good Morning~Tricia in Burlington, NC

11:31:39 From Melissa Parker to Everyone:

Good morning! Melissa Parker from Columbia, SC

11:31:40 From Tabitha Westbrook to Everyone:

Tabi from wherever I am at any given point.

Kendra Thurman, jane latta: 😂

Dawn Jones: 😊

11:31:57 From Sandra Pierce to Everyone:

Sandra Pierce in Youngsville NC

11:32:12 From Julie Burns to Everyone:

QUESTION: When and where will you be?

11:32:12 From Erin Greenwood to Everyone:

Erin Greenwood, Florence, KY

11:32:14 From Christie Crandall to Everyone:

Christie in florida

11:32:39 From Kendra Thurman to Everyone:

Imagine that - Tabi & Joy causing shenanigans! 😂

Dr. Jessica Evans, Joy Forrest, jane latta: 😂

11:32:27 From Dr. Jessica Evans to Everyone:

Joy & Tabi will be at Female Survivors of Violence in Plano TX- last Monday and Tuesday in July

Jolene Underwood: ❤️

11:32:38 From Gwen Hertzler to Everyone:

Gwen also signing in on my laptop .Don't worry, both devices are me. It's complicated. 😊

11:32:45 From Beth Burke to Everyone:

I am hoping to go to this in Plano, my daughter lives close

Joy Forrest: ❤️

11:33:03 From Linda Schreuders to Everyone:

Linda in Winnipeg

11:33:03 From Julie Burns to Everyone:

Replying to "QUESTION: When and where will you be?":

I might be able to help!!! Chaplain in Midlothian.

11:33:09 From Cathleen Karbach to Everyone:
Cathleen Karbach from Virginia

11:33:19 From Deborah Stahl Waters to Everyone:
Deborah Stahl Waters - TN

11:33:27 From Jane Grimm to Everyone:
Jane from Oregon here. (:

11:33:27 From Tabitha Westbrook to Everyone:

Female Survivors of Violence Conference

Plano, TX

28-29 July 2025

<https://www.traumasupportservices.org/femalesurvivorsofviolenceconference>

Perla Diaz: ❤️

Beth Burke: 👍

Kim Brown: 💙

11:33:28 From Kim Brown to Everyone:

On the conference in Plano, is it appropriate to attend as a current survivor as well as one training to be an advocate?

11:33:33 From Jennifer Stohler to Everyone:
Good morning from Holland, MI

11:33:35 From sylvia gelderman to Everyone:
Abbotsford, BC

11:34:01 From Jane Davies to Everyone:
Hi from UK, Jane Davies

11:34:01 From Ellen Bennett to Everyone:
Ellen from ATL Good Morning

11:34:06 From Tabitha Westbrook to Everyone:

Replying to "On the conference in Plano, is it appropriate to a...":

Yes! The conference is for advocates, therapists, and law enforcement. So an advocate-in-training would be appropriate.

Kim Brown, Tricia Foster: 👍

11:34:38 From Perla Diaz to Everyone:

Good morning everyone, Perla Diaz. SA, Texas

11:34:44 From charlotte rennekamp to Everyone:
Hello! Charlotte from Ohio!

11:34:59 From Kendra Thurman to Everyone:

Here's the link from the course webpage for the updated slides:
<https://www.houseofpeacepubs.com/wp-content/uploads/2025/06/Trauma-Issues-2025-Slides-update-6-8.pdf>

11:34:52 From Renee Landa to Everyone:
Renee Landa from Austin, Tx

11:34:53 From Velvette Suteau to Everyone:
Hello from Estevan SK

11:34:57 From Angi Beery to Everyone:
Hello to all, Angi Beery, Goshen, IN

11:35:16 From Kim Brown to Everyone:
Replying to "On the conference in Plano, is it appropriate to a...":
@Tabitha Westbrook Great! And if I can register, should I just let you and Joy know, as I did not know the registration was not just general/open and had tables.

11:35:19 From christine umthun to Everyone:
Replying to "On the conference in Plano, is it appropriate to a...":
@Tabitha Westbrook Can you or someone post a link to it? Or did I miss that?

11:35:21 From Bonnie King to Everyone:
Bonnie King, TN

11:35:35 From Kathy Miller to Everyone:
Kathy Miller- NE Ohio

11:35:56 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.

11:36:00 From Gwen Hertzler to Everyone:
Does anyone know why there isn't an option for messaging just one person in the chat today? Or is it just my device?

11:36:05 From Lynn Loscar to Everyone:
Good Morning from Inyokern, CA

11:36:30 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.

11:36:24 From Pam Hull to Everyone:
Pam Hull - NJ

11:36:28 From Tabitha Westbrook to Everyone:
Replying to "On the conference in Plano, is it appropriate to a...":
@Christine Umthun I posted it in chat!

11:36:57 From Jennifer Walchle to Everyone:
Good Morning from Western Colorado! Jennifer Walchle

11:37:14 From Gwen Hertzler to Everyone:
Thanks, Jolene!

11:37:23 From Tabitha Westbrook to Everyone:
Replying to "On the conference in Plano, is it appropriate to a...":
Here it is again!
<https://www.traumasupportservices.org/femalesurvivorsofviolenceconference>


11:37:37 From Anna Jacobs to Everyone:
Anna J from Kearney, MO

11:37:42 From Joy Forrest to Everyone:
Here's the info on the conference in TX.
<https://www.traumasupportservices.org/femalesurvivorsofviolenceconference>

11:37:46 From Chris Scrima to Everyone:
Chris Scrima from Kalispell Montana

11:38:25 From Kat Nelson to Everyone:
Kat Nelson here near Wheaton Illinois

11:38:41 From Joy Forrest to Everyone:
Replying to "On the conference in Plano, is it appropriate to a...":

@Kim Brown email me at joy@calledtopeace.org
Kim Brown: 

11:39:30 From Jolene Underwood to Everyone:

To do a private chat on a mobile device: Click Chat -> touch the downward arrow by the bell. Then you will see the blue icon I messaged which will let you start a new chat and select whom you want to chat with.

NOTE: Please be sure to chat in the right thread. You may wish to look at the top of your chat option to see if you have new private messages.

11:40:08 From Judy Vader to Everyone:


Judy Vader here from MI

11:40:10 From Amy Marcum to Everyone:

Amy marcum , louisville, KY

11:40:25 From Kendra Thurman to Everyone:

Jesus as a suffering Savior: For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Hebrews 4:15-16)

Nikki: 

11:40:13 From Heather Yaxley to Everyone:

Heather Yaxley Victoria BC Canada

11:41:42 From Maria M to Everyone:

Maria M in NC

11:42:35 From Keri Drowatzky to Everyone:

My daughter just moved out of her house she occupied with her ex still having belongings there. She told me it is increasingly harder to go back to the place to get them because the ex abused her and the kids there . She is now living with another male. She's set to be married in October.

Joy Forrest: 

Nikki: 

11:43:07 From Stacy Hammon to Everyone:

Stacy Cleveland Ohio

11:43:28 From diane brinkley to Everyone:

diane in troutville va Good morning everyone!

Helenmary Brown: ❤️

11:44:25 From Linda Schreuders to Everyone:

QUESTION: Will multi-layered or multi-level trauma (Coercive control) be addressed this year in the course?

11:44:31 From Velvette Suteau to Everyone:

That was me when I realized how badly my ex treated me but it was only about 2 years after I had left

11:45:47 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: Will multi-layered or multi-level trauma...":
Can you say more here, Linda?

11:46:27 From Rose R to Everyone:

First laugh after leaving is a memorable moment!

Jolene Underwood, diane brinkley: ❤️

Kendra Thurman: 💜

11:46:51 From Kendra Thurman to Everyone:

Jesus' spiritual identity was questioned: Then a demon-oppressed man who was blind and mute was brought to him, and he healed him, so that the man spoke and saw. And all the people were amazed, and said, "Can this be the Son of David?" But when the Pharisees heard it, they said, "It is only by Beelzebul, the prince of demons, that this man casts out demons." (Matthew 12:22-23)

11:46:48 From Tracy Zimmerman to Everyone:

Late getting in, Hello, Tracy Zimmerman from Camp Hill PA

11:47:18 From Jolene Underwood to Everyone:

Replying to "Late getting in, Hello, Tracy Zimmerman from Camp ...":
Hi, Tracy! 😊

11:47:44 From Judy Vader to Everyone:

When I encourage my ladies to start connecting with others, sometimes it is really challenging. They don't trust others and don't know how to be.

11:47:54 From Abigail Meade to Everyone:

Abigail in Chino Valley, AZ

Beth Burke: ❤️

11:47:59 From christine umthun to Everyone:

There's the reason I feel guilty for everyone else's sin!

11:48:29 From christine umthun to Everyone:

Replying to "There's the reason I feel guilty for everyone else...":

Sometimes - been rescued from that all the time

Joy Forrest: ❤️

11:48:27 From Joy Forrest to Everyone:

Replying to "When I encourage my ladies to start connecting wit...":

For sure, that's definitely part of the trauma response.

11:48:30 From Linda Schreuders to Everyone:

Replying to "QUESTION: Will multi-layered or multi-level trauma...":

Recognizing that I have experienced CC from 2 different bosses, the corporations that stood behind them, our church, and my husband. Multiple situations.

11:48:45 From Jolene Underwood to Everyone:

Replying to "QUESTION: Will multi-layered or multi-level trauma...":

Linda, I wonder if you're referring to complex or compound trauma?

Joy Forrest: 👍

11:48:59 From Linda Schreuders to Everyone:

Replying to "QUESTION: Will multi-layered or multi-level trauma...":

Is that what it is called?

11:49:45 From Jolene Underwood to Everyone:

Replying to "QUESTION: Will multi-layered or multi-level trauma...":

@Linda Schreuders Yes, multiple levels and sources adds additional layers and complexities with trauma.

11:50:48 From Kendra Thurman to Everyone:

Jesus as a suffering Savior: Overwhelmed with grief and sorrow in the garden: Then he said to them, "My soul is overwhelmed with sorrow to the point of death." (Matthew 26:38)

11:51:29 From Kendra Thurman to Everyone:

Replying to "Jesus as a suffering Savior: Overwhelmed with grie...":

also Isaiah 53

11:52:30 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Will multi-layered or multi-level trauma...":

And trauma is cumulative, which is why complex trauma is complex. There are many layers.

Joy Forrest, Jolene Underwood: ❤️

11:53:01 From Tracy Zimmerman to Everyone:

Replying to "Late getting in, Hello, Tracy Zimmerman from Camp ...":
Hi Jolene 😊

11:54:12 From Rebecca Johnson to Everyone:

My migraines hit after the stressful event. Just sold my house, all the packing and cleaning and closing - two days after the final closing was done, then I got the migraine.

Kendra Thurman, Tricia Foster:👍

11:55:44 From Kendra Thurman to Everyone:

Example: I had a migraine at some point every weekend for two years straight, until I changed to a different church.

Heather Martin, Rebecca Johnson, Nathalie Perkins:👍

11:55:47 From Jolene Underwood to Everyone:

Replying to "My migraines hit after the stressful event. Just s...":

Makes sense. It's a lot all at once. I hope you get whatever rest and refueling you need during this transition.

Rebecca Johnson:❤️

11:57:17 From Lara Faucher to Everyone:

Lara Faucher - central Wesleyan - Holland Michigan

11:57:35 From Dr. Jessica Evans to Everyone:

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

<https://a.co/d/0ZJMH0H>

Joy Forrest, Heather Martin:❤️

Kendra Thurman:💜

11:58:23 From Kendra Thurman to Everyone:

My God, my God, why have you abandoned me? Why are you so far from my deliverance and from my words of groaning? My God, I cry by day, but you do not answer, by night, yet I have no rest. (Psalm 22:1-2)

11:58:25 From Dr. Jessica Evans to Everyone:

Truth and Repair: How Trauma Survivors Envision Justice- Judith Herman (newer book!)-

<https://a.co/d/9ieVoM2>

11:58:30 From Rebecca Johnson to Everyone:

Replying to "My migraines hit after the stressful event. Just s...":

I get to rest at my daughter's place for a couple more weeks, then we embark on the drive to another state, and all the unpacking and organizing begins! Wheee

Joy Forrest:❤️

11:58:49 From A M to Everyone:

Alisha-GA Oops I forgot to do this when I got on at 11:30

11:59:21 From Nikki to Everyone:

QUESTION: If there is long-term PTSD or C-PTSD and dissociation is one of the ways the person consistently copes, can this lead to Dissociative Identity Disorder?

Discussed live.

12:00:00 From Joy Forrest to Everyone:

Replying to "QUESTION: If there is long-term PTSD or C-PTSD and...":

DID generally happens to young children under the age of 5.

Nikki, Tricia Foster: 👍

12:00:13 From Joy Forrest to Everyone:

Replying to "QUESTION: If there is long-term PTSD or C-PTSD and...":

Severe trauma while the brain is still forming.

Nikki, Ellen Bennett: 👍

12:00:38 From Kendra Thurman to Everyone:

Replying to "My migraines hit after the stressful event. Just s...":

I find that my body will often allow me to "push through" until I get to a place of relative safety, or a time when I'm "able" to have a slower pace - then it will have the physical symptoms/flare.

Tricia Foster, Renee Landa: 👍

12:00:30 From Joy Forrest to Everyone:

Replying to "QUESTION: If there is long-term PTSD or C-PTSD and...":

Some say under 7

Nikki, Ellen Bennett: 😞

12:01:10 From Kendra Thurman to Everyone:

Replying to "My migraines hit after the stressful event. Just s...":

It's my signal to rest and take care of myself to a greater level.

12:00:58 From Jolene Underwood to Everyone:

Replying to "QUESTION: If there is long-term PTSD or C-PTSD and...":

Added layers and complexities to trauma can lead to different levels of dissociation, but are not to the extent that it means DID.

Nikki: 👍

12:01:11 From Rebecca Johnson to Everyone:

Replying to "My migraines hit after the stressful event. Just s...":

Yes! That makes sense!

12:03:48 From Kendra Thurman to Everyone:

My thoughts: Dissociation and/or traumatic amnesia is a measure of God's mercy to allow us to survive horrible things - until we are at a place where we can process what happened.

Anna Jacobs, Heather Martin, Nikki, Nathalie Perkins, Debra Scales, Joy Forrest, Dr. Jessica Evans, Helenmary Brown: ❤️

12:04:10 From Tabitha Westbrook to Everyone:

Replying to "My thoughts: Dissociation and/or traumatic amnesia...":
Yes, this exactly!

12:04:22 From Nikki to Everyone:

Thank you all so much for taking the time to explain this!

12:05:02 From Jolene Underwood to Everyone:

Some levels of dissociation common with trauma, particularly complex and compound trauma, may include moments of noticing you've been lost in thoughts or memories and not been present (like not knowing where you are when you've been driving). Blank stares can be a sign that someone is overwhelmed internally and dissociating to a mild level.

Nikki, Veltette Suteau, Ellen Bennett: ❤️

12:05:04 From Dawn Jones to Everyone:

QUESTION: What's a good resource for learning about parts work?

Answered live.

12:06:22 From Bonnie King to Everyone:

Would DID be the reason that children from orphanages have such a high level of pain endurance?

12:06:58 From Kendra Thurman to Everyone:

My heart shudders within me; terrors of death sweep over me. Fear and trembling grip me; horror has overwhelmed me. I said, "If only I had wings like a dove! I would fly away and find rest." (Psalm 55:4 -6)

Nikki, Ellen Bennett: ❤️

12:07:03 From christine umthun to Everyone:

Replying to "Some levels of dissociation common with trauma, pa...":
I wish I had known this 2+ years ago! May have saved someone's life. 🙏

12:07:10 From Jolene Underwood to Everyone:

Replying to "QUESTION: What's a good resource for learning about...":
IFS is the most commonly known training that I'm aware of. I'll look for actual sources.

I tend to lean into parts work as the different states we experience, like "part of me (tells me what I should know and believe" and "part of me is scared (or angry, etc.)

Dawn Jones, Debra Scales: ❤️

12:07:16 From Tabitha Westbrook to Everyone:

Replying to "Would DID be the reason that children from orphanage...":

Sometimes that is just a way of coping due to trauma. DID is truly distinct, other personalities.

Nikki, Ellen Bennett: 👍

12:07:50 From Kendra Thurman to Everyone:

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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.

12:07:59 From Mirelle Chateigne to Everyone:

Replying to "QUESTION: What's a good resource for learning about...":

I like this book: *Altogether You: Experiencing personal and spiritual transformation with Internal Family Systems therapy*: Riemersma, Jenna, Schwartz, Dr. Richard: 9781734958409: Amazon.com: Books

Dawn Jones, Jolene Underwood: ❤️

12:08:19 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.

12:08:12 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: What's a good resource for learning about...":

@Mirelle Chateigne Yes, excellent book!

Dawn Jones, Mirelle Chateigne, Jolene Underwood: ❤️

12:08:46 From Sharon Flynn to Everyone:

People with ADD will zone out too.

Joy Forrest, Jolene Underwood: 👍

Nikki: 🙏

12:09:34 From Amy Marcum to Everyone:

Yes. That's how I feel. And not I know I wouldn't do it because of my kids. But I'm exhausted and can't see a future... or care about a future.

judy beachy: ❤️ 🍷

Kim Brown: 🙏

Nikki: 🙏

12:10:31 From Amy Marcum to Everyone:

This is a good description.

Maria M: 🙏

12:10:37 From Jolene Underwood to Everyone:

Parts work resources:

Boundaries for Your Soul by Dr. Alison Cook & Kim Miller

And

Altogether You is the resource I was referred to and haven't read yet.

Dawn Jones, Joy Forrest, Helenmary Brown: ❤️

Heather Martin, Tracy Zimmerman, Kim Brown: 👍

12:10:58 From Amy Marcum to Everyone:

I mean... I'm more just struggling.

judy beachy, Kim Brown, Amy Marcum: 🙏

12:11:12 From Jolene Underwood to Everyone:

Replying to "QUESTION: What's a good resource for learning about...":

That's the one I was thinking of! That one and Boundaries for Your Soul.

Dawn Jones: ❤️

12:11:20 From Anna Jacobs to Everyone:

QUESTION: Tabitha, do you recommend telling them what you're doing?

12:12:16 From Kendra Thurman to Everyone:

If an advocacy client mentions suicidal thoughts:

1) don't panic

2) ask more questions

3) notice if they're getting rid of personal items/writing notes to friends;

notice if they're suddenly super chill/happy

4) do they have plan and means to carry it out

5) if so, call professionals for help or get them to the hospital

6) reach out to Advocate support team

(summary of Tabi's advice)

Nikki, Anna Jacobs, Velvette Suteau, Helenmary Brown: ❤️

12:12:42 From Nathalie Perkins to Everyone:

Replying to "QUESTION: What's a good resource for learning about...":

I just found my book... I was going to recommend Boundaries for Your Soul by Allison Cook/Kimberly Miller

Dawn Jones, Jolene Underwood: ❤️

12:13:00 From Joy Forrest to Everyone:

Replying to "Parts work resources: Boundaries for Your Soul by...":

And The Immanuel Approach prayer ministry has been helpful to several of my friends with DID.

Dawn Jones, Julie Wallace, Jolene Underwood, Helenmary Brown: ❤️

12:13:06 From Anna Jacobs to Everyone:

thanks Tabi!

12:13:32 From Lynna Sutherland to Everyone:

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

Melissa Parker, Helenmary Brown: 🙌

12:13:48 From Joy Forrest to Everyone:

Replying to "Parts work resources: Boundaries for Your Soul by...":

Formulated by psychiatrist, Karl Lehmann, who talks about the brain science behind it.

12:14:00 From Nathalie Perkins to Everyone:

Replying to "QUESTION: What's a good resource for learning about...":

Introduction to Internal Family Systems by Richard Schwartz was a good start for me

Dawn Jones: ❤️

12:14:19 From Jolene Underwood to Everyone:

Replying to "Parts work resources: Boundaries for Your Soul by...":

Good to know! Thanks, Joy.

12:14:45 From Kendra Thurman to Everyone:

Suicide Hotline: call or text 988

12:15:45 From Joy Forrest to Everyone:

Replying to "Parts work resources: Boundaries for Your Soul by...":

@Jolene Underwood He spoke at AACCC a few years ago, but he's not a great speaker and his book is huge. There are free videos on his website that are more helpful.

Jolene Underwood: ❤️

12:16:03 From Kendra Thurman to Everyone:

Suicide danger:

Method

Motive

Means

Helenmary Brown: 👍

12:15:50 From christine umthun to Everyone:

Thanks Tabi. I have had women go ahead and swallow those pills with not a word to me about having a plan. And shortly after that, one who was feeling overwhelmed and mentioned "I just want to die" to her meds manager and ended up waiting for a bed in the ER! I broke her out, took her to my house and LOVED her but did not leave her alone until she was stable enough to be on her own. Best decision I ever made.

12:16:18 From Tabitha Westbrook to Everyone:

Replying to "Suicide danger: Method Motive Means":
means

12:16:37 From christine umthun to Everyone:

Replying to "Thanks Tabi. I have had women go ahead and swallo...":
And the hospital was what her husband[s] did to her!

12:17:01 From Anna Jacobs to Everyone:

QUESTION: If you text 988 and they feel the need to call the police, do they do that?

12:17:32 From Kendra Thurman to Everyone:

"It feels hopeless," vs, "I am hopeless." - Tabi

12:18:47 From Nathalie Perkins to Everyone:

I find that people who want to commit suicide do not want to die, rather they want the pain to end

Nikki: 🤔

12:18:50 From Chantal Young to Everyone:

What if we don't have an address for their location?

Discussed live.

Joy Forrest: 👍

12:19:09 From Nikki to Everyone:

YES. The difference is so important! My abuser used to threaten to kill himself when we were separated. He would tell me things like "tell the kids I love them and remember that I love you too." He would tell me he had the pistol and was going out to the woods. Once, I left a dinner with some girlfriends to rush home because he did that and hung up on me and wouldn't answer the phone. I rushed home in a panic and he was hiding from me. It was the worse feeling of panic and terror. By the time I finally left for good, 7 years after that

incident, that stunt no longer worked for him because I realized he was using it to manipulate and control me.

Helenmary Brown: 😞

12:19:15 From Tabitha Westbrook to Everyone:

Replying to "What if we don't have an address for their locatio...":

I always get that information.

12:20:14 From Alana Vandermaas to Everyone:

Alana van der Maas Grand rapids Michigan

12:20:23 From Bonnie King to Everyone:

Tabby can you please post those questions? Thanks.

Chantal Young: 👍

12:20:39 From Nikki to Everyone:

On the other hand, when I was legitimately suicidal years ago, I did not tell anyone. I didn't want anyone to know. Thank God for bringing me out of that. It used to be a regular battle for me to fight off suicidal thoughts and desires.

Ellen Bennett, Nathalie Perkins: ❤️

Dr. Jessica Evans, judy beachy, jane latta, Christi Lile: ❤️ 🩹

Jolene Underwood: ❤️

Kendra Thurman, Velvette Suteau, Maria M, Helenmary Brown: 🤔

12:21:22 From Maria M to Everyone:

Thank you for going over this in more detail!

Tabitha Westbrook: ❤️

12:22:09 From Kendra Thurman to Everyone:

Betrayal Trauma occurs when the people or institutions on which a person depends for survival significantly violate that person's trust or well-being (Freyd, 2008).

Helenmary Brown: 👍

12:21:57 From Joy Forrest to Everyone:

Yes, and I have a friend like that. She had a great therapist who figured it out, but it's very scary.

Nikki: 🤔

12:22:09 From Tabitha Westbrook to Everyone:

Replying to "On the other hand, when I was legitimately suicida...":

That happens! Hopefully we can help folks feel there is hope and give God space to do that same work for them!

Jolene Underwood, jane latta: ❤️

12:25:33 From Nikki to Everyone:

Yes. Law enforcement betrayal is the worst. :(

12:25:46 From Maria M to Everyone:

100%

Joy Forrest: ❤️

12:27:47 From christine umthun to Everyone:

Yup. Explains me now - thanks for opening this up to me.

12:28:10 From Linda Schreuders to Everyone:

Wade Mullen's book Something's Not Right helped me with identifying corporate/organization abuse

Joy Forrest, Kim Brown: 👍

judy beachy: 👍

Jolene Underwood: ❤️

12:29:02 From Nikki to Everyone:

This is hitting so hard today. There is so much betrayal trauma in my history and even in my life currently. This all makes so much sense.

Jolene Underwood: ❤️

christine umthun, Ellen Bennett: 😞

Linda Schreuders: 😊

judy beachy, Joy Forrest, Anna Jacobs: 🤔

12:29:24 From christine umthun to Everyone:

Replying to "This is hitting so hard today. There is so much be...":
me too, Nikki.

judy beachy, Nikki: 🤔

12:29:53 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.

judy beachy: ❤️

Nikki: ❤️

Tricia Foster: 👍

Beth Burke: 👍

12:29:52 From Ellen Bennett to Everyone:

Me too Nikki

Nikki: 😞

Nikki, judy beachy: 🤔

12:29:58 From Linda Schreuders to Everyone:

Replying to "This is hitting so hard today. There is so much be...":
me as well
Nikki, judy beachy:👍

12:31:06 From Kendra Thurman to Everyone:

DARVO:
deny
attack
reverse
victim &
offender
Nikki: ❤️

12:31:09 From Anna Jacobs to Everyone:

I've watched non-Coercive Control informed institutions (churches, counselors, etc) push to get answers from survivors so that they can judge the situation. When the survivor may not even be able to recall most of it. Crazy making. And exacerbates the situation.
Nikki: 🤔

12:31:14 From Jolene Underwood to Everyone:

Replying to "This is hitting so hard today. There is so much be...":
Ahhhh....I'm taking a deep breath as I think of all you've been holding. I hope you feel held today and can breathe a little more.
jane latta: ❤️

12:31:27 From Ellen Bennett to Everyone:

Last week and this week have been rough
jane latta: ❤️ 🍷
Nikki, Linda Schreuders: 😞
Nikki, judy beachy, Helenmary Brown:👍

12:32:08 From Jolene Underwood to Everyone:

Replying to "I've watched non-Coercive Control informed institu...":
Definitely exacerbating! And frustrating. One more reason we need more and more voices in this field.
Nikki, jane latta: ❤️
Joy Forrest: 👍
Anna Jacobs: 🙌

12:32:43 From christine umthun to Everyone:

We also need to be TRUSTWORTHY and do what we say we will, speak truth in love.
Tabitha Westbrook, Judy Vader: ❤️
Jolene Underwood: ❤️
Joy Forrest: 👍

Nikki: 🙌

12:33:09 From Nikki to Everyone:

Yes. This. 🙌

12:33:50 From Linda Schreuders to Everyone:

Replying to "This is hitting so hard today. There is so much be...":

So very thankful for all of you on the team!

jane latta, Joy Forrest: ❤️

Jolene Underwood: ❤️

12:33:54 From Joy Forrest to Everyone:

Replying to "I've watched non-Coercive Control informed institu...":

Yes, it's hard and sad. I have been encouraged to see that beginning to change with more and more churches.

Anna Jacobs, Jolene Underwood, Helenmary Brown: ❤️

12:35:42 From Kendra Thurman to Everyone:

Replying to "I've watched non-Coercive Control informed institu...":

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

for help talking to churches

or

for churches who want training/consultation

Anna Jacobs, Joy Forrest: ❤️

Tricia Foster: 👍

12:35:59 From Lynn Loscar to Everyone:

top three ways to do that?

12:36:12 From Lynn Loscar to Everyone:

get comfortable with who you are

Joy Forrest: ❤️

Jolene Underwood: ❤️

12:37:59 From Dr. Jessica Evans to Everyone:

Over 90% of IPV survivors have injuries to the head, neck, and face (Banks, 2007).

Debra Scales: 👍

Nikki: 😞

Joy Forrest: 😞

Tricia Foster: 🤔

12:38:49 From Dr. Jessica Evans to Everyone:

These are those stats:

To give you a small example of how common it is, The Ohio Domestic Violence Network ODVN conducted a study in partnership with Ohio State University

Study asked 49 survivors "have you ever been hit or hurt in the head"?

86% Yes

14% Never

10% Once

27% A few times

49% Too many times to remember

Study asked 49 survivors "have you ever been choked or strangled?"

83% Yes

16% Never

12% Once

51% A few times

20% Too many times to remember

Nikki, Kendra Thurman, Anna Jacobs: 😞

12:39:43 From Jolene Underwood to Everyone:

Replying to "top three ways to do that?":

Hi, Lynn, are you referring to getting comfortable with who you are?

There are several aspects to this, perhaps one that is helpful is to start simply naming and noticing parts of you that belong to you - without judgment. Noticing and naming as information. When you notice a judgment or critical voice entering, noticing it is a judgment.

I work with members in my membership group on different ways of moving through a Growth Path so they can move from awareness into paths of personal growth - as the person they're designed to be. I may have a video that helps regarding this question (if I understood you correctly.)

12:40:42 From Ellen Bennett to Everyone:

Never thought about this! He banged my head into the floor!

Helenmary Brown: 😞

Anna Jacobs, Nikki, judy beachy, Kendra Thurman: 🤔

12:40:58 From Meg Avey to Everyone:

Wow!! Amazing information! What a great study.

12:41:06 From Heather Yaxley to Everyone:

I just attended a webinar last week on BI/IPV by The Cridge Family Centre in Victoria BC Canada. They are the only organization in Canada offering both BI and IPV services and

are experts in the research. Here's a link to the webinar. There is a lot of research on this going on in Canada.

Velvette Suteau: ❤️

12:41:11 From Michele Daniels to Everyone:

Replying to "top three ways to do that?":
I would like that video

12:41:14 From Heather Yaxley to Everyone:

Replying to "top three ways to do that?":
<https://avatraining.ca/category/past-events/>

12:41:27 From Joy Forrest to Everyone:

Replying to "Never thought about this! He banged my head into t...":
Mine was to a steering wheel in the car.

Helenmary Brown: 😞

Nikki, Kendra Thurman, Ellen Bennett, Judy Vader, Anna Jacobs: 🙏

12:41:45 From Heather Yaxley to Everyone:

Here's the link to the Cridge's webinar ... <https://avatraining.ca/category/past-events/>

Velvette Suteau: 👍

judy beachy, Michele Daniels, Jolene Underwood: 👍

12:43:44 From Rhonda Burdett to Everyone:

My stroke was a brain injury

12:44:03 From Nikki to Everyone:

Some friends of ours would always hit their kids in the head when they got mad. Once they hit their teenage son (now my son-in-law) in the head so hard that I could feel it in my feet standing on the floor nearby. I say it's child abuse, but people defend their actions, and they think it's "normal!"

Helenmary Brown: 😞

Jolene Underwood: 🙏

12:44:08 From Jolene Underwood to Everyone:

Replying to "top three ways to do that?":

Here is a video that begins the discussion developing a healthy sense of self. I dive into it deeper in the Growing You community.

<https://youtu.be/exCTn1KtHyY>

This video is called, "What does it Mean to experience LIFE with God?" Which I think is helpful for this conversation as well. It's about moving from living out of duty into living by God's design - including who you are.

<https://youtu.be/trnOGCptXTg>

Joy Forrest, Helenmary Brown: ❤️

12:44:27 From Tabitha Westbrook to Everyone:

Replying to "Some friends of ours would always hit their kids i...":

I also would call that child abuse.

Joy Forrest, Ellen Bennett, Helenmary Brown, jane latta: 👍

Nikki: 🙌

judy beachy, Chantal Young, Heather Martin, Rebecca Johnson, Debra Scales, Nikki, Nathalie Perkins, Anna Jacobs, Ellen Bennett: 🙌

12:44:47 From Nathalie Perkins to Everyone:

Replying to "Some friends of ours would always hit their kids i...":

Yes!

Helenmary Brown: 👍

Nikki: 🙌

12:45:57 From Lisa Meister to Everyone:

What is the strangulation institute?

12:46:03 From Tabitha Westbrook to Everyone:

Strangulation Institute has fantastic resources. But BRING YOUR GROUNDING SKILLS!

Tricia Foster, Melissa Greydanus, Joy Forrest, Anna Jacobs, Nikki, jane latta: 👍

12:46:34 From Lisa Meister to Everyone:

Is that what it is called, "Strangulation Institute?"

12:46:45 From Tabitha Westbrook to Everyone:

Replying to "Is that what it is called, "Strangulation Institut...":

<https://www.allianceforhope.org/training-institute-on-strangulation-prevention>

12:46:51 From Lisa Meister to Everyone:

Replying to "Is that what it is called, "Strangulation Institut...":

Thank you!

12:47:56 From Deborah Stahl Waters to Everyone:

Yes Dr Amen has done extensive TBI tests via brain scans. I went there & they confirmed a moderate TBI. Lysa Turquerst went there as well.

Kim Brown, Linda Schreuders, Ellen Bennett: 👍

Maria M:👍

12:48:41 From Kendra Thurman to Everyone:

Shifting the language:

It's "strangulation," not "choking."

Strangulation is intentionally stopping oxygen/blood flow by another person with intent to cause harm.

Choking happens when food or liquid is swallowed, but goes down the wrong tube.

Tricia Foster, Joy Forrest: 👍

12:48:30 From Nikki to Everyone:

IT IS HORRIBLE. I would NEVER hit my kids like that. My mother would hit me frequently when I was growing up, but she always slapped me in the face with an open hand. She once pounded me with her fists until I fell into the floor. I was raised that this was "discipline," but I committed to NEVER hit my children, and I never did.

Joy Forrest: 😞

Helenmary Brown, jane latta: 😞

Ellen Bennett:👍

12:48:32 From Nathalie Perkins to Everyone:

It does not take much... I have been working with a client for 1 year whose trunk cam down on her and hit her in the head. She is now finally getting better...

Joy Forrest: ❤️

Nikki: 😞

12:48:39 From Lynn Loscar to Everyone:

being slapped in the face as a child repeatedly

Nikki: 🙏

Joy Forrest: 😞

12:48:45 From Michele Daniels to Everyone:

QUESTION: so how similar is the injury impact on brain when its only emotional abuse verses physical ?

Nikki: 👍

12:48:47 From Dr. Jessica Evans to Everyone:


There are of course other causes of TBI, like Falls, Motor Vehicle Accidents, Sports/Recreation Injuries, Workplace Injuries, Military Actions (Blast Injury) (that last slide was not exhaustive)

Chantal Young, Deborah Stahl Waters: 👍

12:50:07 From Jolene Underwood to Everyone:

Replying to "Shifting the language: It's "strangulation," not "...":

Thanks for the clarifying reminder in the chat, Kendra!

Kendra Thurman: 

12:51:09 From Joy Forrest to Everyone:

Replying to "QUESTION: so how similar is the injury impact on b...":


I'd say the impacts of emotional, etc. are C-PTSD symptoms vs. physical symptoms.

12:51:15 From Tabitha Westbrook to Everyone:

Replying to "Shifting the language: It's "strangulation," not "...":

Choking is what I do when chicken goes down the wrong pipe.

Strangulation is when someone restricts my ability to breathe in any way (including pressing on your body, covering airways, etc.). Can be more than just hands on neck.

Joy Forrest, Helenmary Brown: 


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

Replying to "QUESTION: so how similar is the injury impact on b...":

This is a big question! There is a lot of research out there you can explore.

I can say that there are studies using MRI imaging showing that emotionally abused children often have similar patterns of brain damage as those with TBI or physically abused individuals.

Joy Forrest, Jolene Underwood, Michele Daniels: 

Nikki: 

12:52:05 From Joy Forrest to Everyone:

Replying to "QUESTION: so how similar is the injury impact on b...":

True

12:52:09 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: so how similar is the injury impact on b...":

Your brain is in your body and while emotional abuse doesn't rattle the noodle like a hit, it does dump all kinds of neurochemicals that get dumped in. You are essentially pickled in your own juices.

Anna Jacobs, Michele Daniels: 

Kendra Thurman, Nikki: 

12:52:39 From Amy Marcum to Everyone:

I banged my own head against hard objects. Felt better than the emotional abuse/crazymaking

Rebecca Johnson: 

Nikki, Jane Grimm, Kim Brown, Kendra Thurman: 

12:52:46 From Linda Schreuders to Everyone:

QUESTION: I know it has been given before, but I am not sure where to find it: our advocate contacts/help email addresses? Dianthe and ?

12:53:12 From Kendra Thurman to Everyone:

Replying to "QUESTION: I know it has been given before, but I ...":

dianthe@calledtopeace.org

12:53:22 From Kendra Thurman to Everyone:

Replying to "QUESTION: I know it has been given before, but I ...":

naomi@calledtopeace.org

12:53:20 From Joy Forrest to Everyone:

Replying to "QUESTION: I know it has been given before, but I ...":

Check in the band group.

12:53:45 From Linda Schreuders to Everyone:

Replying to "QUESTION: I know it has been given before, but I ...":

@Joy Forrest I am not in the band group yet

12:54:25 From Joy Forrest to Everyone:

Replying to "QUESTION: I know it has been given before, but I ...":

@Linda Schreuders ah! Thankfully, Kendra gave you the info you need.

12:54:44 From Linda Schreuders to Everyone:

Replying to "QUESTION: I know it has been given before, but I ...":



12:55:26 From Tabitha Westbrook to Everyone:

Replying to "I banged my own head against hard objects. Felt be...":

Non-suicidal self injury is not uncommon when people are trying to cope with pain.

Rebecca Johnson, jane latta: 🙏

12:57:14 From Kendra Thurman to Everyone:

For even a "mild concussion," consider it a "brain bruise." It's typical to recommend total "brain rest" for a time, including avoiding light, sound, screens, reading, making important decisions, unnecessary physical activity, etc.

Jolene Underwood, Nikki, Kim Brown, jane latta: 👍

Ellen Bennett: 🙏

12:57:02 From Tabitha Westbrook to Everyone:

All abuse is physical abuse because unless you can take your brain out of your head and stick it in a jar, it is in your physical body. And there is a physical manifestation of emotional distress.

Heather Martin, Abigail Meade, Kim Brown: 👍

Nikki, Ellen Bennett: 🙌

Kendra Thurman, Rebecca Johnson, Anna Jacobs: 🙌

12:48:31 From Denise Webster to Everyone:

QUESTION: TBI from DV/CC, "other symptoms" is there treatment other than trauma therapy, EMDR. non impact

Neurological and Cognitive Rehabilitation

Medical Management

Physical and Vestibular Therapy

Integrative and Holistic Approaches

12:59:24 From Rebecca Johnson to Everyone:

Replying to "For even a "mild concussion," consider it a "brain...":

After a snowboarding accident resulting in concussion, my daughter was told to stay off screens for like 2 weeks!

Joy Forrest, jane latta: 👍

Kendra Thurman: 💜

12:59:43 From Kendra Thurman to Everyone:

Neuroplasticity! 🙌

Tabitha Westbrook, Jolene Underwood: ❤️

Joy Forrest, Anna Jacobs, Nathalie Perkins, Rebecca Johnson, Heather Martin, Nikki: ❤️

13:00:37 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.

Tabitha Westbrook, Jolene Underwood, Heather Martin: ❤️

13:00:50 From Tabitha Westbrook to Everyone:

Replying to "Remember to take good care of yourself - if you ar...":

You are the only you that you have!!

Melissa Greydanus, Heather Martin, jane latta: 💜

13:01:11 From Nikki to Everyone:

This is so crucial for these women to understand who see strangulation as some kind of sexual activity.

Joy Forrest, Ellen Bennett: 👍

Anna Jacobs: 🙌

13:01:46 From Kendra Thurman to Everyone:

<https://www.houseofpeacepubs.com/intimate-partner-sexual-violence/>

13:01:56 From Tabitha Westbrook to Everyone:

Replying to "This is so crucial for these women to understand w...":

I have STRONG feelings on that. It isn't normal. At all. Even in the BDSM community, it's called. "Edge play" and NOT recommended. When secular folks are like, "This is a bad idea" how much more so should us Christians feel that way?!

Anna Jacobs, jane latta: ❤️

Joy Forrest: 👍

judy beachy, Kendra Thurman, Nikki: 🙏

13:02:20 From Kendra Thurman to Everyone:

Replying to "https://www.houseofpeacepubs.com/intimate-partner-...":

Advanced course, available from Dr. Debra.

13:02:20 From Tabitha Westbrook to Everyone:

Replying to "This is so crucial for these women to understand w...":

I talk about that at length in the IPSV course Kendra linked.

13:03:32 From Tabitha Westbrook to Everyone:

Replying to "This is so crucial for these women to understand w...":

I also talk about this in Body & Soul, Healed & Whole. There is NO context in a healthy, biblical sexual ethic where BDSM (dominance or submission) is wise.

Nikki, Anna Jacobs: 🙏

13:04:55 From Nikki to Everyone:

Yes, @Tabitha Westbrook I loved your book!!

Ellen Bennett, Tabitha Westbrook, jane latta: ❤️

13:05:15 From Kendra Thurman to Everyone:

Women who survive strangulation by their partner are 7 times more likely to be the victim of an attempted homicide, and 8 times more likely to be a victim of homicide (Glass et al., 2008).

Nikki, Rebecca Johnson: 😞

13:05:04 From Tabitha Westbrook to Everyone:

Replying to "Yes, @Tabitha Westbrook I loved your book!!":

Thank you!!

Nikki: ❤️

13:05:15 From Jolene Underwood to Everyone:

Replying to "Yes, @Tabitha Westbrook I loved your book!!":

It's so good! I loved hearing her in audio too.

Tabitha Westbrook, jane latta: ❤️

Nikki: ❤️

Kendra Thurman, Anna Jacobs: 🙏

13:05:28 From Tabitha Westbrook to Everyone:

Replying to "Yes, @Tabitha Westbrook I loved your book!!":

@Jolene Underwood Thank you!!!!

Nikki: ❤️

13:05:43 From Kendra Thurman to Everyone:

Replying to "Yes, @Tabitha Westbrook I loved your book!!":

Same, @Jolene Underwood!

Nikki: ❤️

Jolene Underwood: ❤️

13:05:38 From Nikki to Everyone:

The audio was my favorite! I did both! Hearing your soothing voice reading it was phenomenal!

Tabitha Westbrook, jane latta: ❤️

Joy Forrest, Rebecca Johnson: ❤️

Jolene Underwood, Ellen Bennett: ❤️

13:06:01 From Renee Landa to Everyone:

Is there a timeline relation? If the strangulation was once years ago, does lethality remain a primary issue?

I don't think we know enough to give you a simple answer here. This would depend on many factors and we don't have relationship/CC history etc.

Of note- Non-fatal strangulation is one of the strongest predictors of future homicide in DV cases. You can take a lethality assessment on your own which will tell you more about risk level. But also, even if the strangulation was years ago, lethality risk may still be elevated if (not exhaustive):

- *The abuser remains in the survivor's life (even indirectly)*
- *There's a history of coercive control, threats, stalking, or escalating violence*
- *The survivor is considering or has left the relationship*

13:06:03 From Rebecca Johnson to Everyone:

Using the word "strangle" vs "choke" helps the victim understand the severity of it. There's power in using the right words.

jane latta: 👍

Nikki: 🙌

Kendra Thurman: 🙌

13:06:26 From Kendra Thurman to Everyone:

It can take less than 10 seconds for a person to lose consciousness as a result of strangulation, and death can occur in under 5 minutes.

<https://www.strangulationtraininginstitute.com>

Nikki: 😊

13:06:21 From Tabitha Westbrook to Everyone:

Replying to "The audio was my favorite! I did both! Hearing you...":

Aw yay!!! I wanted it to be like I was hanging out with you and talking about it!!

Anna Jacobs: ❤️

13:06:32 From Tabitha Westbrook to Everyone:

Replying to "Is there a timeline relation? If the strangulation...":

Yes.

13:06:49 From Dr. Jessica Evans to Everyone:

Law enforcement officers are trained on how to save themselves should an assailant try to choke or strangle them. These tips can be applied to survivors of domestic violence as well. If you're being strangled:

- o Try to stay calm.
 - o Protect your airway. If possible, try something called the "turtle shell technique" where you tuck your chin down and raise your shoulders up to help support your neck.
 - o Try to escape and call 911 before a second attempt is made.
 - o As a last resort, you can try collapsing and going limp, giving the impression your abuser succeeded, in order to hopefully release their grip.
 - o It is critical to always seek medical attention after a strangulation attempt, even if someone feels like they haven't suffered any lasting effects.
- There may be internal injuries that aren't visible. We're going to talk more about that after our much needed grounding break here

Nikki: 👍

13:06:51 From Michele Daniels to Everyone:

Replying to "The audio was my favorite! I did both! Hearing you...":

I was just wondering that, I can't focus to read but I devour audio books

13:07:49 From Kendra Thurman to Everyone:

Replying to "Yes, @Tabitha Westbrook I loved your book!!":

Tabi's book:

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

<https://a.co/d/4ESW3Jn>

Tabitha Westbrook: ❤️

Anna Jacobs: ❤️

13:08:21 From jane latta to Everyone:

Thank you Tabi!

Tabitha Westbrook: ❤️

Kimberly VanKlompberg: ❤️

13:09:14 From Abigail Meade to Everyone:

FYI my little boys are around but they can't hear the class/discussion... Got AirPods in. ❤️

Beth Burke: ❤️

13:10:06 From Kendra Thurman to Everyone:

Replying to "Is there a timeline relation? If the strangulatio...":

The threat of it happening again is still there to influence (coerce) her compliance to what's being asked of her.

13:11:15 From Dr. Jessica Evans to Everyone:

FYI- Spotting strangulation is not easy. Neck lesions like in this picture are not always present.

Nikki, christine umthun: 👍

13:11:53 From Tabitha Westbrook to Everyone:

Replying to "FYI- Spotting strangulation is not easy. Neck lesi...":

And the darker the skin the harder to see even if there are bruises.

jane latta: ❤️

13:12:10 From Anna Jacobs to Everyone:

heavy QUESTION: Will we talk about how to discuss a survivor's child/teen practicing self-strangulation?

Nikki: 😞

13:12:12 From Joy Forrest to Everyone:

Yes, when my husband strangled me there were no bruises, but I couldn't speak for days afterwards.

Nikki, Heather Martin, Ellen Bennett, Maria M: 😞

13:13:56 From Tabitha Westbrook to Everyone:

Replying to "heavy QUESTION: Will we talk about how to discuss ...":

All these facts would be the same. I would have questions about they why and what else is going on. This is common because of porn use and normalization.

Nikki: 😞

13:14:22 From Tabitha Westbrook to Everyone:

Replying to "heavy QUESTION: Will we talk about how to discuss ...":

I'd encourage the survivor to get the kiddo evaluated and then possibly counseling.

Anna Jacobs: 👍

13:14:31 From Helenmary Brown to Everyone:

Super heavy session, but so important and well done. Thank you all as always.

Joy Forrest, Nikki, Heather Martin, Rebecca Johnson: ❤️

Tricia Foster: 👍

13:14:53 From Rebecca Johnson to Everyone:

Replying to "heavy QUESTION: Will we talk about how to discuss ...":

It can become fatal, especially if they practice it when alone.