

Video Replay: <https://vimeo.com/1096085944/ca2ea052da?share=copy>

11:28:04 From Heather Martin to Everyone:
Good morning from Shippensburg, PA.

11:28:09 From Julie Wallace to Everyone:
Hello from Middleburg, FL

11:28:10 From Michelle Colston to Everyone:
Michelle Colston, South Texas

11:28:36 From Dr. Jessica Evans to Everyone:
Hi all, Jessica, Columbus OH area

11:28:42 From Deb Reece to Everyone:
Deb from Zimmerman, MN

11:28:51 From Rose R to Everyone:
Rose in GA

11:28:53 From Lisa Kiser to Everyone:
Lisa Kiser in Flagstaff, AZ

11:28:57 From Valerie White to Everyone:
Valerie white Indiana

11:29:05 From Lisa Meister to Everyone:
Hello everyone! Lisa Meister from Indianapolis.

11:29:07 From Beth Burke to Everyone:
Good morning from Beth in Burlington

11:30:03 From Julie Burns to Everyone:
Question: Who got bat bites?

11:30:20 From Julie Burns to Everyone:
Julie Burns, Midlothian, TX

11:30:28 From LEANNE Parsons to Everyone:
Praying Joy!!

11:30:38 From Lynn Loscar to Everyone:
Good Morning, from Inyokern, CA

11:30:48 From Julie Burns to Everyone:
When it rains, it pours. So sorry.

11:30:58 From KAMILLA to Everyone:
We will not be meeting for class next week (July 1) taking a break for the July 4th holiday. The next class will be in two weeks – July 8.

11:31:14 From Wendi Andrews to Everyone:
Wendi Andrews - Cedar Point, NC

11:31:18 From Melissa Greydanus to Everyone:
Good morning, from Melissa Greydanus with My House Ministry in Holland, MI

11:31:24 From Rose R to Everyone:
I'm sorry Joy. The old saying "When it rains it pours" comes to mind...so true

11:31:28 From Angi Beery to Everyone:
Angi Beery, Goshen, IN

11:31:29 From Christi Lile to Everyone:
Good morning! thank you for sharing about the conference in Plano, I registered for it and am SO excited!
Joy Forrest: ❤️

11:31:41 From Tina Conti to Everyone:
Tina from Livonia MI here

11:31:55 From LEANNE Parsons to Everyone:
Can you put the info here for it please?

11:32:12 From Karen Stinchcomb to Everyone:
Greetings from Fort Worth, and yes, it is too hot! Karen 🙋

11:32:19 From Kim Bobe to Everyone:
Good morning! from Kim in Georgia today

11:32:28 From Perla Diaz to Everyone:
Perla Diaz, SA

11:32:21 From Darlene Hills-Clinkscale to Everyone:
Good morning Blessings, Everyone. Darlene Hills--Clinkscale from Columbus, Ohio.

11:32:32 From Perla Diaz to Everyone:
Texas

11:32:38 From Melissa Knoll to Everyone:
where in Texas is it

11:32:39 From Keri Drowatzky to Everyone:
Keri Drowatzky here

11:32:54 From Beth Burke to Everyone:
Plano

11:33:38 From Tabitha Westbrook to Everyone:
Female Survivors of Violence Conference
Plano, TX
28-29 July 2025
<https://www.traumasupportservices.org/event-details/2025fsvcon-tx>
Perla Diaz, Deborah Stahl Waters: ❤️
Christi Lile: 👍

11:33:44 From Maria M to Everyone:
Maria M in NC

11:33:52 From Suzanne Neald to Everyone:
Suzanne Neald IE

11:33:56 From Linda Schreuders to Everyone:
Hello from Winnipeg MB Canada

11:33:59 From Heather Ives to Everyone:
☀️ ❤️ Good morning! Heather from Columbia, SC

11:34:00 From KAMILLA to Everyone:
REMINDER: If you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

If your QUESTION is not answered live, remember that the team will go back thru the chats and respond to any unanswered questions before the replay is sent later this week.

11:34:16 From Tabitha Westbrook to Everyone:
Replying to "Female Survivors of Violence Conference Plano, TX ...":
Advocates, Therapists, and Law Enforcement are all welcome. (You do not have to be an affiliated advocate.)

11:34:18 From Kimberly VanKlompberg to Everyone:
Greetings! Kimberly VanKlompberg, My House Ministry, Holland MI

11:34:28 From sylvia gelderman to Everyone:
Hello from Abbotsford, BC, Canada

11:34:38 From Deborah Stahl Waters to Everyone:
Good Morning, Deborah Stahl Waters - TN

11:35:08 From Kendra Thurman to Everyone:
Kendra from Ohio
Joy Forrest: ❤️

11:34:56 From Jennifer Stohler to Everyone:
Hello from Holland mi

11:34:57 From Kim Brown to Everyone:
Good Morning From North TX. Kim Brown

11:35:01 From Stacy Hammon to Everyone:
Stacy Cleveland Ohio

11:35:20 From Judy Vader to Everyone:
Hello from Judy Vader in Michigan's beautiful Upper Peninsula.
Beth Burke, Joy Forrest: ❤️

11:35:33 From Jane Davies to Everyone:
Hi, Jane Davies from UK

11:35:50 From Abigail Meade to Everyone:
Abigail, Chino Valley AZ
Beth Burke: ❤️
Beth Burke: 😊

11:36:06 From Melissa Parker to Everyone:
Melissa from Columbia, SC

11:36:12 From Meg Avey to Everyone:
Meg from Charlotte, NC

11:36:13 From Chantal Young to Everyone:
Hello from sunny, humid Oklahoma 😊

11:36:17 From Joy Forrest to Everyone:
Replying to "where in Texas is it":
Plano

11:36:20 From Chris Scrima to Everyone:
Chris Scrima from Kalispell Montana

11:36:23 From Joy Forrest to Everyone:
Replying to "where in Texas is it":
DFW area

11:36:41 From Tabitha Westbrook to Everyone:
Replying to "where in Texas is it":
I put the info in the chat above - links and all.

11:36:52 From A M to Everyone:
Alisha-GA

11:36:58 From Lisa Kiser to Everyone:
Replying to "Abigail, Chino Valley AZ":
I just moved to Flagstaff!
Abigail Meade: ❤️

11:36:59 From Barb Shober to Everyone:
Barb from Wyoming

11:37:34 From Emily Vasquez to Everyone:
QUESTION: are these primarily short-term symptoms, or do you see any of these
show up long-term?
Discussed live

11:38:09 From Wibke Rees to Everyone:
Wibke Rees, Holland, MI

11:39:23 From Abigail Meade to Everyone:
Replying to "Abigail, Chino Valley AZ":
Glad you made it! Was just thinking of you last night! We should connect and meet
up in person! 🥰 flagstaff is just about an hour and a half from us!
Lisa Kiser: ❤️
Lisa Kiser: 👍

11:39:48 From Joy Parks to Everyone:
Joy Parks in Salt Lake City UT this week - normally Great Falls, SC. Any advocates
and trainees in Salt Lake City?

Joy Forrest: ❤️

Kendra Thurman: 💜

11:39:51 From Gwen Hertzler to Everyone:
Gwen of New Song Sanctuary, Oklahoma

11:41:12 From Joy Forrest to Everyone:
Replying to "QUESTION: are these primarily short-term symptoms,...":
I think it depends on the injury and the person.
Emily Vasquez: 👍

11:42:12 From Heather Yaxley to Everyone:
Good morning from Heather Yaxley, Victoria BC, Canada.

11:42:29 From Christie Crandall to Everyone:
Christie crandall in florida

11:42:35 From Keri Drowatzky to Everyone:
Bell's palsy and stroke caused by strangulation.

11:42:39 From Joy Forrest to Everyone:
Replying to "Joy Parks in Salt Lake City UT this week - normall...":
We have a sister ministry there with several of our trained advocates. Ashes for Beauty is the name. Deb Mylar launched it.
Joy Parks: ❤️

11:42:45 From Bonnie King to Everyone:
Just saw an article by Domestic Shelter on Strangulation, but haven't had a chance to read it yet.

This is a link to the articles on strangulation on their website-
<https://www.domesticshelters.org/articles/search?q=strangulation#gsc.tab=0&gsc.q=strangulation&gsc.page=1>

11:43:05 From Jennifer Walchle to Everyone:
Jennifer Walchle, Montrose, Co
Lisa Kiser: ❤️

11:43:13 From Tabitha Westbrook to Everyone:
Replying to "QUESTION: are these primarily short-term symptoms,...":
As Dr. Jess just noted, this can be short or long-term.
Emily Vasquez: 👍

11:43:47 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.

11:43:28 From Sharon Flynn to Everyone:

Hello from SHARON FLYNN in Swansboro, NC

11:43:33 From Judy Vader to Everyone:

So much new info for me....I am so thankful to be learning, as hard as it is.

11:44:01 From Tabitha Westbrook to Everyone:

It depends on severity, how many times has strangulation/asphyxia occurred, etc.

Judy Vader: 👍

11:44:24 From Cathleen Karbach to Everyone:

Cathleen Karbach from Virginia

11:44:39 From KAMILLA to Everyone:

Here is where you find a list of state statutes of strangulation legislation:

<https://www.allianceforhope.org/strangulation-legislation>

Keyword search: Strangulation Statutes (State Name)

Dr. Jessica Evans: 👍

11:45:45 From Amy Marcum to Everyone:

Morning! Amy marcum , louisville, KY

Christie Crandall: 😊

11:46:16 From Suzanne Neald to Everyone:

What if timeline was 10 years ago big one then lots of little. Are you saying that seeking medical advise, it can be looked into to see if it's had damage ?

Perla Diaz: ❤️

Discussed live

11:46:26 From charlotte rennekamp to Everyone:

Hello! Charlotte from Ohio.

11:46:37 From Suzanne Neald to Everyone:

Question 📌

11:47:09 From Tabitha Westbrook to Everyone:

Replying to "What if timeline was 10 years ago big one then lot...":

Yes, a neurological exam could be helpful in verifying any lasting issues.

11:47:25 From Suzanne Neald to Everyone:
Yes symptoms

11:47:42 From Suzanne Neald to Everyone:
Thanks!

11:47:44 From KAMILLA to Everyone:
You can reach out to Dr. Debra and Dr. Jess at: faith.advocacy8@gmail.com

11:48:26 From Pamela Brandenburg to Everyone:
Good Morning from GA

11:48:41 From Maria M to Everyone:
I had no idea that he could get in trouble for what he did... Unbelievable that he could have gotten a felony.
Kim Brown:🙄

11:51:35 From Joy Parks to Everyone:
@Joy Forrest - this is the ministry that Google yielded- is this correct?

<https://beautyfromashesministries.org/>

11:52:24 From Joy Forrest to Everyone:
Replying to "@Joy Forrest - this is the ministry that Google yi...":
Yes, that's it!
Joy Parks:❤️

11:53:02 From Kendra Thurman to Everyone:
Another potential injury, especially if her head may have been banged against the floor/wall/other surface: fracture of C1-C2 (upper neck), specifically the odontoid process (also called the dens). If this is fractured, it is "up-stream" of the nerve roots that power the diaphragm/breathing ability. She should request an "open-mouth" X-Ray, as the teeth are in the way of being able to see this injury in a typical neck X-Ray series.
(This should also be done in the event of a "whiplash" injury from an auto accident or other cause.)
Joy Parks, Kim Brown:👍

11:52:47 From A M to Everyone:
Sorry I was kicked out so I had to rejoin
Perla Diaz:😞


11:53:04 From Rose R to Everyone:

QUESTION; had to step away...what statement did Dr. Jess say was the suggested way to approach about having/not having a TBI?


11:54:49 From Tabitha Westbrook to Everyone:

Replying to "QUESTION; had to step away...what statement did Dr. ...":

This slide can super help!

Rose R: 

11:55:02 From Alana Van der maas to Everyone:

Alana van der Maas from Grand Rapids 

11:55:21 From Tabitha Westbrook to Everyone:

Replying to "QUESTION; had to step away...what statement did Dr. ...":

(Slide 62)

11:57:28 From Kendra Thurman to Everyone:

CHATS Acronym:

"Choke" (= strangulation)

Hit/hurt in the head

After - feel dazed/confused, etc

Trouble - with any in list of symptoms

See Dr. or Counselor

11:57:32 From Dr. Jessica Evans to Everyone:

CHATS Advocate Guide- has questions to ask

<https://www.odvn.org/wp-content/uploads/2020/08/CHATSAdvocateGuide.pdf>

11:58:15 From Kendra Thurman to Everyone:

God will redeem our afflictions • You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. (Genesis 50:20)

11:58:50 From Kendra Thurman to Everyone:

Replying to "God will redeem our afflictions • You intended to ...":

• He rescues me unharmed from the battle waged against me, even though many oppose me. (Psalm 55:18)

11:59:42 From Kendra Thurman to Everyone:

Replying to "God will redeem our afflictions • You intended to ...":

• I called on your name, LORD, from the depths of the pit. You heard my plea: "Do not close your ears to my cry for relief." You came near when I called you, and you said, "Do not fear." You, Lord, took up my case; you redeemed my life. (Lamentations 3:55- 58)

12:00:12 From LEANNE Parsons to Everyone:

Can I just pause and say how grateful I am for this program and you amazing humans here... 🌻

Tabitha Westbrook: ❤️

Joy Forrest, Maria M, Lisa Kiser, Heather Martin, Dawn Jones, Joy Parks, Meg Avey: ❤️

Kim Brown: 💙

Kendra Thurman: 💜

Beth Burke: 😊

12:00:23 From Melissa Greydanus to Everyone:

Replying to "CHATS Advocate Guide- has questions to ask https...":
This will not open for me

*It works when I try it but you can also find it on the course webpage-
<https://www.houseofpeacepubs.com/advocacy-courses/trauma-issues/>*

12:00:52 From LEANNE Parsons to Everyone:

Glory to glory is always happening! 🌻

Kim Brown: 💙

12:01:38 From Kendra Thurman to Everyone:

Post-traumatic growth = redemption! - Joy

Tabitha Westbrook, Heather Martin, LEANNE Parsons: ❤️

12:01:20 From Melissa Greydanus to Everyone:

Replying to "CHATS Advocate Guide- has questions to ask https...":
Found it through another source

12:01:22 From Judy Vader to Everyone:

Leanne., I agree! My second time going through this and I am learning so much as meet locally with precious women.

Tabitha Westbrook, LEANNE Parsons: ❤️

12:01:45 From LEANNE Parsons to Everyone:

My life is a living testimony of these truths.

Tabitha Westbrook: ❤️

12:01:46 From Cathleen Karbach to Everyone:

Replying to "God will redeem our afflictions • You intended to ...":

Our pastor on Sunday was preaching from Philipians. He actually said that anxiety is sin. 🤔

Lisa Kiser: 😞

Maria M: 🤔

12:01:54 From Melissa Parker to Everyone:

BibleProject podcast is currently doing a series/word study on Redemption in the Bible and it is excellent!

Tabitha Westbrook: ❤️

Joy Forrest: ❤️

12:02:31 From Debra Scales to Everyone:

🙏 Amen!!

Tabitha Westbrook: ❤️

12:03:25 From Kendra Thurman to Everyone:

Yes, Tabi - creative pursuits are so healing for many people!

Tabitha Westbrook, LEANNE Parsons: ❤️

Kim Brown: 💙

12:03:08 From Sharon Flynn to Everyone:

Also John 5:17-“ My Father is always at His work to this very day , and I too am working.”

Tabitha Westbrook: ❤️

Emily Vasquez: ❤️

12:03:49 From Joy Forrest to Everyone:

Replying to "BibleProject podcast is currently doing a series/w...":

I love their stuff. Will have to check it out.

Melissa Parker: ❤️

12:04:15 From Tabitha Westbrook to Everyone:

Replying to "God will redeem our afflictions • You intended to ...":

FOR THE LOVE. Anxiety is not sin. I feel another white paper coming on...

12:04:41 From Judy Vader to Everyone:

Replying to "God will redeem our afflictions • You intended to ...":

Anxiety can be a sin depending on the "why". I actually approached my pastor about a statement he made similar and explained to him what happens in an abusive relationship. The very next Sunday he came back in his sermon and acknowledged that survivors of abuse are not "at fault" for the anxiety they are experiencing.

12:05:13 From Merrilee Carlson SGL to Everyone:

Psalm 126 talks about sowing in tears and that is what we do as advocates and SGL . The tears from our own abuse is what waters the soil as we work with women just starting toward healing.

Tabitha Westbrook: ❤️

Deborah Stahl Waters, Joy Forrest, Chantal Young, LEANNE Parsons: ❤️

Kim Brown: 💙

12:05:17 From Chantal Young to Everyone:

I know of someone who makes jewelry. It has been great outlet for her!

Tabitha Westbrook, LEANNE Parsons: ❤️

12:06:15 From Kim Brown to Everyone:

Replying to "Yes, Tabi - creative pursuits are so healing for m...":

I agree! I started Embroidery this past year as a creative outlet. I learned basics 50 years ago with my Grandma, so now I am in a group with others and learning so much and it is so relaxing. This and being outdoors is so calming to me.

Tabitha Westbrook: ❤️

Kendra Thurman: 💜

12:06:55 From LEANNE Parsons to Everyone:

Yes! I am writing my book- as I stand in His power.

Joy Parks, Dr. Jessica Evans: ❤️

Kim Brown: 💙

Karen Stinchcomb: 💜

12:07:03 From Chantal Young to Everyone:

Oh Yes! I remember that song!!

12:07:07 From Julie Wallace to Everyone:

I listen to it today

12:07:13 From Melissa Knoll to Everyone:

I love that song!

12:07:14 From Cathleen Karbach to Everyone:

Yes, great song!

12:08:08 From Deb Reece to Everyone:

Replying to "Psalm 126 talks about sowing in tears and that is ...":

Beautiful words describing my hope. Thank you, Merrilee!

12:08:09 From Deborah Stahl Waters to Everyone:

Yes, Twila song, I remember Joy! 🎵

Joy Forrest: ❤️

Karen Stinchcomb: 💜

12:08:44 From Heather Martin to Everyone:

And our Father's thoughts towards us are endless!!!

12:09:16 From Kendra Thurman to Everyone:

We have different gifts, according to the grace given to each of us... (Romans 12:6–8)

12:09:33 From Kendra Thurman to Everyone:

Replying to "We have different gifts, according to the grace gi...":

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. (1 Peter 4:10)

12:09:32 From sylvia gelderman to Everyone:

A comfort-filled slide! Thank you!

Joy Forrest: ❤️

12:09:54 From Kendra Thurman to Everyone:

Replying to "We have different gifts, according to the grace gi...":

And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. (2 Cor. 12:9)

12:10:17 From Kendra Thurman to Everyone:

Replying to "We have different gifts, according to the grace gi...":

"We are not the Savior, but we can point people to Him!" - Tabi

Angi Beery: 💜

12:11:43 From Melissa Spann to Everyone:

Melissa Spann SC

12:12:37 From Julie Burns to Everyone:

QUESTION: As a chaplain I also feel like this is the path forward. Even though I am not a therapist. Would you affirm that, or adjust it in some way?

12:13:00 From Kendra Thurman to Everyone:

Replying to "We have different gifts, according to the grace gi...":

"The dumpster fire of earth is not the end of the story!" - Tabi

(May need to go on a t-shirt or coffee mug.)

Karen Stinchcomb: 👍

12:12:58 From Tabitha Westbrook to Everyone:

Great question, "What does trauma informed/trained mean to you?" "When you say you understand abuse, what does that mean?" "How and where did you get training in abuse/coercive control dynamics?"


Abigail Meade, Judy Vader, Deborah Stahl Waters, Heather Martin, Dawn Jones, Debra Scales: ❤️

Kendra Thurman: 💜

12:13:18 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: As a chaplain I also feel like this is ...":


YES! Chaplains are so wonderful in this space!!

Lisa Kiser: 

12:13:52 From Lisa Kiser to Everyone:

Replying to "QUESTION: As a chaplain I also feel like this is ...":

@Tabitha Westbrook My niece is a chaplain in a prison in New York!

Tabitha Westbrook: 

12:14:22 From Julie Burns to Everyone:

Replying to "QUESTION: As a chaplain I also feel like this is ...":

QUESTION: My supervisor at the DV agency is struggling thinking that I am out of my lane....not sure how to help her understand the overlap w advocacy and w therapy. Suggestions?

12:16:10 From KAMILLA to Everyone:

3 E's/Tenants Of Advocacy:

EDUCATION

EMPOWERMENT/Equipping

EMOTIONAL SUPPORT/Encouragement

12:17:11 From Kendra Thurman to Everyone:

He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners. (Isaiah 61:1)

12:19:31 From Ellen Bennett to Everyone:

Ellen in ATL. Sorry I'm late. Had PT this AM

Dr. Jessica Evans: 

12:19:49 From Julie Burns to Everyone:

Question: I would love a list of those trauma-informed Biblical counselors in the DFW area!

Kim Brown: 

Tabi answers below

12:19:56 From Ellen Bennett to Everyone:

Amen Tabi!

12:20:29 From Heather Martin to Everyone:

Amen, thank you for sharing on Trauma informed Biblical counselor Tabi!!

12:20:51 From Kendra Thurman to Everyone:

Beth Broom, et al, offer additional training - for licensed &/or Biblical counselors -
<https://christiantraumahealingnetwork.org>

12:20:34 From Dr. Jessica Evans to Everyone:

We need to replicate Tabi and her practice all over!

Heather Martin, Deb Reece, Debra Scales, Dawn Jones, Heather Ives: ❤️

Angi Beery, Kendra Thurman: 🙌

12:21:03 From KAMILLA to Everyone:

Christian Trauma Healing Network - Beth Broom

Kendra Thurman: 💜

12:21:38 From Joy Forrest to Everyone:

Chris Moles and Darby Strickland are also biblical counselors and train others

Kendra Thurman: 💜

12:22:28 From Kendra Thurman to Everyone:

soma = body

12:22:17 From Dr. Jessica Evans to Everyone:

Tabi: "Talk therapy isn't sufficient" for healing trauma.

Deborah Stahl Waters: ❤️

Angi Beery: 👍

12:22:53 From Suzanne Neald to Everyone:

Pray this moves over to Ireland. We need counsellors trained in abuse IE 🙏🙏

Perla Diaz, Joy Forrest: ❤️

12:23:04 From KAMILLA to Everyone:

EMDR - Eye Movement Desensitization Reprocessing

Meg Avey: ❤️

12:24:02 From Dr. Jessica Evans to Everyone:

"Hey Tabi" podcast

12:24:41 From Kendra Thurman to Everyone:

Replying to "'Hey Tabi" podcast":

available on Spotify, YouTube Music

12:26:07 From Karen Stinchcomb to Everyone:

🔪 "Tabi, clean up on isle 7!" 😂

Kendra Thurman, Suzanne Neald: 😂

12:26:38 From Deborah Stahl Waters to Everyone:

Tabi can EMDR & Brainspotting be done over the internet vs in person?

12:29:08 From Suzanne Neald to Everyone:

Horses! Sign me up 😄

Lisa Kiser: 😄

12:29:34 From Kendra Thurman to Everyone:

A friend of mine is trained in Equine Gestalt, if you're interested in coming to Ohio:
www.hopesblessings.com

Joy Forrest: ❤️

12:29:51 From Meg Avey to Everyone:

Question Where in NC is the Equine Therapy?

12:29:53 From Bonnie King to Everyone:

Horse therapy is often used with special needs children as well and very successful.

Deborah Stahl Waters, Heather Martin, Angi Beery: ❤️

12:30:07 From Suzanne Neald to Everyone:

Replying to "A friend of mine is trained in Equine Gestalt, if ...":

I'll swim over IEIE 🏊😄

Kendra Thurman: 💜

12:30:08 From Joy Forrest to Everyone:

Replying to "Question Where in NC is the Equine Therapy?":

There are many practices

12:30:26 From Meg Avey to Everyone:

Replying to "Question Where in NC is the Equine Therapy?":

Thanks

12:30:46 From Angi Beery to Everyone:

Donkey training for the destructive dudes!!! Perfect!!! 👊

Linda Schreuders: 👍

Lisa Kiser, Suzanne Neald, Kendra Thurman, Heather Martin: 😄

12:31:02 From Deborah Stahl Waters to Everyone:

Replying to "Horse therapy is often used with special needs chi...":

My. son had such @ Teen Challenge

12:31:08 From Heather Martin to Everyone:

Replying to "Horse therapy is often used with special needs chi...":

Yes, my kids are involved with horses for this very reason and I have seen so much growth in them. ❤️

12:31:23 From Julie Burns to Everyone:

Replying to "Donkey training for the destructive dudes!!! Perfe...":

My neighbor has 3- Jack, Jill, and Baby Jennifer. Never thought to ask to engage them that way! 😂

Angi Beery: 😂

12:32:02 From Suzanne Neald to Everyone:

I was going to be bold and say how about some kick pastors butt therapy 😊

12:32:05 From Keri Drowatzky to Everyone:

More like Mule training for coercive controllers. Hee Haw!!

Angi Beery: 😂

12:32:26 From Kendra Thurman to Everyone:

Mindfulness = taking thoughts captive to notice the present moment

Angi Beery: 💜

12:32:30 From Meg Avey to Everyone:

Replying to "Horse therapy is often used with special needs chi...":



12:33:11 From Ellen Bennett to Everyone:

QUESTION How do you feel about DBT?

12:33:21 From Suzanne Neald to Everyone:

Replying to "A friend of mine is trained in Equine Gestalt, if ...":

Or get tabbi to collect me in her van 😂

Lisa Kiser, Kendra Thurman: 😂

12:33:40 From Joy Forrest to Everyone:

Replying to "QUESTION How do you feel about DBT?":

She does it

12:34:05 From Nikki Walls to Everyone:

I've had to do a LOT of (and continue to do) "what's actually underneath this?" work. After years of CBT, CPT and EMDR, I've learned a lot of skills, but I still find this to be one of the most challenging aspects of my every day life.

Joy Forrest: ❤️

12:34:30 From Kendra Thurman to Everyone:

Remember (or review) all the things we talked about last week regarding the Vagus nerve regulating methods - involving slow, deep breaths.

12:34:31 From Julie Burns to Everyone:

QUESTION: JESus Storybook Bible or ??? What was the second one.

12:34:57 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: As a chaplain I also feel like this is ...":

The three tents of advocacy can be so helpful. That helps separate the "lanes" and spiritual support is a known resource for trauma survivors.

12:35:26 From Julie Burns to Everyone:


Replying to "QUESTION: As a chaplain I also feel like this is ...":

@Tabitha Westbrook thanks.

12:35:57 From Tabitha Westbrook to Everyone:

Replying to "Question: I would love a list of those trauma-info...":

Jacque Escue (jacque@thejourneyandtheprocess.com) (based in Flower Mound),
Christie Lacy (based in Houston. but does virtual)

Karen Stinchcomb: 

12:36:04 From KAMILLA to Everyone:

Replying to "QUESTION: As a chaplain I also feel like this is ...":

3 E's/Tenants Of Advocacy:

EDUCATION


EMPOWERMENT/Equipping

EMOTIONAL SUPPORT/Encouragement

12:36:19 From Tabitha Westbrook to Everyone:

Replying to "We need to replicate Tabi and her practice all ove...":

We are trying!!! We want to educate all the humans!!

Kendra Thurman: 

12:36:40 From Rose R to Everyone:

Search "Holy Yoga".....in my experience the stretches were exercised to christian music. And no eastern affiliation whatsoever.

12:36:48 From Tabitha Westbrook to Everyone:

Replying to "Pray this moves over to Ireland. We need counsello...":

We are trying!!

12:37:04 From Tabitha Westbrook to Everyone:

Replying to "'Hey Tabi" podcast":

And all the podcast platforms!!

12:37:10 From Chantal Young to Everyone:

Replying to "Pray this moves over to Ireland. We need counsello...":

Tabi where are your practices located again?

12:37:14 From Tabitha Westbrook to Everyone:

Replying to "Tabi can EMDR & Brainspotting be done over the int...":

Yes!! Both can be done virtually!

Deborah Stahl Waters: ❤️

12:37:17 From charlotte rennekamp to Everyone:

Replying to "QUESTION: JEsus Storybook Bible or ??? What was th...":

Promises of God children's Bible

12:37:36 From Tabitha Westbrook to Everyone:

Replying to "Question Where in NC is the Equine Therapy?":

We partner with Arise Ranch in Wake Forest. They are AMAZING.

12:37:36 From Deborah Stahl Waters to Everyone:

Yes Joy dobitting @ The Wall Jerusalem♡!

Joy Forrest, sylvia gelderman: ❤️

12:37:52 From Beth Burke to Everyone:

Some people act like breathing is new age.... I say go ahead and keep not doing that



Lisa Kiser, Abigail Meade: 😂

12:38:43 From Tabitha Westbrook to Everyone:

Replying to "A friend of mine is trained in Equine Gestalt, if ...":

The van does not swim. But I'd love to see Ireland!

Joy Forrest: 😂

12:38:50 From Meg Avey to Everyone:

Replying to "Question Where in NC is the Equine Therapy?":



12:39:13 From Kendra Thurman to Everyone:

Replying to "QUESTION: JEsus Storybook Bible or ??? What was th...":

<https://www.amazon.com/Jesus-Storybook-Bible-Every-Whispers/dp/0310708257>

12:39:05 From Tabitha Westbrook to Everyone:

Replying to "QUESTION How do you feel about DBT?":

I LOVE DBT!!! I wrote a whole faith-based course on it!!

Perla Diaz: ❤️

Kim Brown: 💙

12:39:30 From Heather Martin to Everyone:

Question about those body based tools, can't that open up doors for the enemy to enter in? We are in a spiritual battle.

12:39:32 From Tabitha Westbrook to Everyone:

Replying to "I've had to do a LOT of (and continue to do) "what...":

I think that is a never-ending thing. No matter who we are!

Nikki Walls: ❤️

12:39:41 From Cathleen Karbach to Everyone:

Tabi, can therapists in your practice, work online with clients who live outside states where the therapists are licensed?

12:39:49 From Ellen Bennett to Everyone:

Replying to "QUESTION How do you feel about DBT?":

How can I get a copy of that?

12:39:56 From Karen Stinchcomb to Everyone:

Replying to "Pray this moves over to Ireland. We need counsello...":

I am learning and healing, and I would love to live in Ireland (Northern?). I was born in England and have thought to pursue dual citizenship. 💜

12:40:12 From Julie Burns to Everyone:

Replying to "QUESTION: JEsus Storybook Bible or ??? What was th...":

Thanks!

12:40:17 From Joy Forrest to Everyone:

Replying to "Question Where in NC is the Equine Therapy?":

And Hope Reins in Raleigh

12:41:35 From Lisa Kiser to Everyone:

Replying to "Question Where in NC is the Equine Therapy?":

@Joy Forrest What a cutie you have there!

12:42:12 From Lynn Loscar to Everyone:

???Promises of god- is it an adult or children's version?

12:43:26 From Mirelle Chateigne to Everyone:

Replying to "Pray this moves over to Ireland. We need counsello...":

@Chantal Young Trauma Therapy in Wake Forest and Flower Mound - Our Offices -
Tabitha Westbrook

12:43:46 From Lynn Loscar to Everyone:

Replying to "???Promises of god- is it an adult or children's v...":

or maybe author's name

12:44:12 From Suzanne Neald to Everyone:

Question-Is Trauma counselling out there for traumatised children/young adults?
What's your thoughts on this ? Maybe this is for another time. If we are so traumatised then our kids are

Perla Diaz: ❤️

12:44:19 From Keri Drowatzky to Everyone:

I'm in great need of massage so no relaxing.

12:45:03 From Kendra Thurman to Everyone:

I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word. Be good to your servant while I live, that I may obey your word. Open my eyes that I may see wonderful things in your law. (Psalms 119:15- 18)

12:45:10 From Tabitha Westbrook to Everyone:

Replying to "Question about those body based tools, can't that ...":

Yes if they are not done correctly or with understanding that we don't fight against flesh and blood. Good therapists & biblical counselors are not inviting in anything other than Jesus!!

Joy Forrest, Heather Martin: ❤️

12:45:13 From Joy Forrest to Everyone:

Replying to "Question about those body based tools, can't that ...":

I think if there's a danger it's more about what we let in our minds

Heather Martin: ❤️

Rose R: 👍

12:45:44 From Linda Schreuders to Everyone:

Replying to "Question-Is Trauma counselling out there for traum...":

I have a biblical counselor in my church who specifically deals with children affected by abuse/c.c. So they are definitely out there.

12:46:06 From Joy Forrest to Everyone:

Replying to "Question about those body based tools, can't that ...":

And emptying them to allow for the wrong things, rather than filling them with truth.

Heather Martin: ❤️

Rose R: 👍

12:46:09 From Tabitha Westbrook to Everyone:

Replying to "Tabi, can therapists in your practice, work online...":

Our biblical counselor can, but our licensed folks cannot conduct therapy across state lines unless they are licensed. We do have coaching options, which are NOT therapy

and can be helpful. Reach out to info@thejoureyandtheprocess.com and we can see what might be most appropriate for folks.

12:46:17 From Heather Martin to Everyone:

Replying to "Question about those body based tools, can't that ...":

Thank you ladies!

12:46:36 From Kim Brown to Everyone:

Question: I am still trying to figure out how to get "unstuck" during a yawn. The yawn starts - I feel like I can't fully inhale - and then it won't fully complete. I know it sounds weird...and anxiety/trauma triggers definitely worsen this experience I have had going on for years now.

Some thoughts-

Medical eval

Tabi brought up asking a doc about option of Glutathione supplement

Vagal Nerve Stimulation

Acupuncture, chiro, massage, some variety of PT

Basics- are you getting exercise, good sleep, healthy balanced diet?

Breathing and grounding exercises that help the body relax

A trauma-informed therapist (especially with somatic or body-based training)

Somatic Practices (Trauma-Informed)- Somatic Experiencing, TRE (Tension & Trauma Releasing Exercises), or yoga

12:47:24 From Suzanne Neald to Everyone:

Replying to "Question-Is Trauma counselling out there for traum...":

My young adult daughter has one from the team that I'm using and it's brilliant. Big help

12:47:33 From charlotte rennekamp to Everyone:

Replying to "???Promises of god- is it an adult or children's v...":

<https://www.amazon.com/Promises-God-Storybook-Bible-Unstoppable/dp/1535928328>

12:47:48 From Joy Forrest to Everyone:

Replying to "Question about those body based tools, can't that ...":

Of course, I was definitely involved in those dangerous practices before I became a believer and it lead to a lot of fear. I would never go back.

12:47:52 From Lynn Loscar to Everyone:

Replying to "???Promises of god- is it an adult or children's v...":

ty

charlotte rennekamp: 👍

12:48:03 From Tabitha Westbrook to Everyone:

Replying to "QUESTION How do you feel about DBT?":

My DBT course - <https://taking-every-thought-captive.teachable.com/p/full-taking-every-thought-captive-course>

I offer a massive discount to advocates. Use code ADVOCATE to get 80% off.

Perla Diaz: ❤️

Lisa Kiser: 💜

12:48:13 From Dr. Jessica Evans to Everyone:

Replying to "Question-Is Trauma counselling out there for traum...":

Yes there are good trauma therapists who work with kiddos and adolescents

Perla Diaz, Suzanne Neald: ❤️

12:49:08 From Suzanne Neald to Everyone:

Replying to "Question-Is Trauma counselling out there for traum...":

Ireland has none. We get our help from Canada.

Karen Stinchcomb: 🙏

12:49:24 From Suzanne Neald to Everyone:

Replying to "Question-Is Trauma counselling out there for traum...":

Praying for change.

12:49:31 From Tabitha Westbrook to Everyone:

Replying to "Question-Is Trauma counselling out there for traum...":

Yes, trauma therapy can be for any age!

12:50:33 From Lisa Kiser to Everyone:

Replying to "QUESTION How do you feel about DBT?":

@Tabitha Westbrook I would love to take that faith-based DBT course of yours!

12:50:49 From Suzanne Neald to Everyone:

Replying to "Question-Is Trauma counselling out there for traum...":

Clone Tabitha 😊

12:51:24 From Kendra Thurman to Everyone:

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. (Psalm 55:20)

12:51:18 From Tabitha Westbrook to Everyone:

Replying to "QUESTION How do you feel about DBT?":

It's all online and a full DBT skills course. If I ever have enough interest, I'd be willing to run live groups. I used to do them all the time and I LOVE THEM.

Joy Forrest: ❤️

Lisa Kiser: 

12:51:22 From Perla Diaz to Everyone:

Replying to "Pray this moves over to Ireland. We need counsellor...":

I want to trained counselor certified in Ireland. I wish but I'm in USA. Maybe on zoom?

12:51:46 From Kendra Thurman to Everyone:

Replying to "Cast your cares on the Lord and he will sustain yo...":

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28)


12:52:06 From Kendra Thurman to Everyone:

Replying to "Cast your cares on the Lord and he will sustain yo...":

For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future. (Jeremiah 29:11)

12:53:22 From Bonnie King to Everyone:

His steadfast love endures forever! - repeated throughout the Psalms and other areas of OT.

Kendra Thurman: 

12:53:28 From Perla Diaz to Everyone:

Replying to "Pray this moves over to Ireland. We need counsellor...":

I'm sorry I do not have a counselor certification but I tried to do my best. I will take up for DV counselor unless if I make a promise. I work hard. I won't give up. I'm deaf. I believe in myself I can do it. God will lead them or send someone could to counsellor them. I did, went to domestic violence sexual abuse counselor. My biblical counseling taught me about sex abuse. If they need to talk. Free contact me. I don't want they pay me. God bless them. I can be volunteer counsellor but if God wanted. Ask God what lead us.

12:53:55 From Kendra Thurman to Everyone:

Replying to "Cast your cares on the Lord and he will sustain yo...":

For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. - Romans 8:20-21

12:53:56 From Perla Diaz to Everyone:

Replying to "Pray this moves over to Ireland. We need counsellor...":

I'm willing to hear listener. I meet many women who had experienced sexual abuse.

Joy Forrest: 

12:54:08 From Keri Drowatzky to Everyone:

Also, this does apply to those caught in a deep sin who can, not get out themselves and those caught in oppression not able to get out.

12:54:34 From Linda Schreuders to Everyone:

At first I thought the circle on the slide was a cookie! LOL

Beth Burke, Karen Stinchcomb: 🙌

12:55:04 From Kendra Thurman to Everyone:

Replying to "Cast your cares on the Lord and he will sustain yo...":

O Lord, if you heal me I will truly be healed; if you save me, I will be truly saved. My praises are for you alone. Jeremiah 17:14

12:54:51 From Tabitha Westbrook to Everyone:

Replying to "At first I thought the circle on the slide was a c...":

Oh cookies. Yes.

12:55:50 From Kendra Thurman to Everyone:

Replying to "Cast your cares on the Lord and he will sustain yo...":

(The above verse was from slide 71.)

12:56:04 From A M to Everyone:

Replying to "QUESTION How do you feel about DBT?":

Is it self paced?

12:56:55 From Tabitha Westbrook to Everyone:

Replying to "QUESTION How do you feel about DBT?":

@A M Yep!

12:57:17 From Tabitha Westbrook to Everyone:

Replying to "QUESTION How do you feel about DBT?":

@Lisa Kiser Link is above!

Lisa Kiser: 👍

12:59:06 From Joy Forrest to Everyone:

Journaling was a huge part of my healing process.

12:59:48 From Joy Forrest to Everyone:

Gratitude is very import and rewires the neural pathways

Chantal Young, Maria M: ❤️

Kendra Thurman, Heather Martin: 🙌

13:01:10 From Tabitha Westbrook to Everyone:

Replying to "Gratitude is very import and rewires the neural pa...":

Research shows it can be MORE effective than antidepressants for anxiety and depression.

Joy Forrest: ❤️

Kendra Thurman, Heather Martin: 💜

13:02:02 From Kendra Thurman to Everyone:

We are hard-pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. II Corinthians 4:8

13:02:07 From Meg Avey to Everyone:

Georgia is so good at what she does! I have been in her Rebuild After Divorce for 4 years and still am learning from her.

Tabitha Westbrook: ❤️

Joy Forrest, Angi Beery: ❤️

<https://georgiashaffer.com>

13:02:35 From Kendra Thurman to Everyone:

Replying to "We are hard-pressed on every side, but not crushed...":

The Lord makes firm the steps of the one who delights in him, though he may stumble, he will not fall, for the Lord upholds him with his hand. (Psalm 37:23-24)

13:02:54 From Tabitha Westbrook to Everyone:

A wonderful book about abuse recovery is Naghmeh Panahi's I Didn't Survive. She is the embodiment of 2 Corinthians 4:8.

Beth Burke, Joy Forrest: ❤️

13:03:18 From Kendra Thurman to Everyone:

Replying to "We are hard-pressed on every side, but not crushed...":

Do not gloat over me, my enemies! For though I fall, I will rise again. Though I sit in darkness, the Lord will be my light. ... But after that, he will take up my case and give me justice for all I have suffered from my enemies. (Micah 7:8)

13:03:42 From Kendra Thurman to Everyone:

Replying to "We are hard-pressed on every side, but not crushed...":

Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. (Philippians 3:13-15)

13:04:01 From Joy Forrest to Everyone:


Replying to "Georgia is so good at what she does! I have been i...":

She's such a wise woman.


13:04:15 From Julie Burns to Everyone:

Replying to "A wonderful book about abuse recovery is Naghmeh P...":
so good!

13:04:42 From charlotte rennekamp to Everyone:

Replying to "Gratitude is very import and rewires the neural pa...":
When I reflect on my day in the evening, I ask myself, "What brought me DELIGHT today" and those are always things I'm thankful for!
Kendra Thurman: 

13:05:24 From Kendra Thurman to Everyone:

Replying to "We are hard-pressed on every side, but not crushed...":
... and the Apostle Paul had endured much by the time he wrote this!
Joy Forrest: 


13:07:59 From Tabitha Westbrook to Everyone:

Replying to "Georgia is so good at what she does! I have been i...":
She is so amazing!

13:09:00 From Kendra Thurman to Everyone:

Well-being elements:
P - positive emotions
E - engagement
R - positive relationships
M - meaning
A - accomplishment

13:08:48 From Chantal Young to Everyone:

I love that Tabi! God doesn't leave anything without Beauty! How very true!
Kendra Thurman: 

13:10:52 From Melissa Parker to Everyone:

I'm a HUGE fan of the VIA Character Strengths survey.

13:11:03 From Dr. Jessica Evans to Everyone:

Theres a whole area of study called Post Traumatic Growth and Id definitely encourage you all to read more about it.
<https://www.scribd.com/document/496462072/Conceptual-Foundations-and-Empirical-Evidence>
Tedeschi & Calhoun are the original theorists behind PTG

13:11:51 From Kendra Thurman to Everyone:

Authentic Happiness <https://www.authentichappiness.sas.upenn.edu/home>

13:12:12 From Kendra Thurman to Everyone:

Replying to "Authentic Happiness <https://www.authentichappiness...>":

VIA Character Strengths <http://www.viacharacter.org/www/Character#>

13:11:57 From KAMILLA to Everyone:

REMINDER: On Saturday, June 28, 12-1 PM EST, is the Q&A for this month's course.

Please bring any advocacy questions you want to ask. See you on Saturday!!


13:12:48 From Kendra Thurman to Everyone:

Replying to "Authentic Happiness <https://www.authentichappiness...>":

Take the Survey <http://www.viacharacter.org/www/Character-StrengthsSurvey>

13:13:28 From KAMILLA to Everyone:

ANNOUNCEMENT: We will not be meeting for class next week (July 1) taking a break for the July 4th holiday. The next class will be in two weeks – July 8.

Heather Martin, Melissa Parker: 

Dr. Jessica Evans: 

Maria M: 

13:14:05 From Kendra Thurman to Everyone:

Trauma-informed perspective of “what has happened to her?” not “what is wrong with her?”

13:14:24 From Kendra Thurman to Everyone:

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. (John 16:33)

Let all who are helpless take heart...I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the Lord listened; he saved me from all my troubles. (Ps 34:2, 4-6)

Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?... No, despite all these things, overwhelming victory is ours through Christ, who loved us. (Romans 8: 35, 37)

13:14:33 From Heather Ives to Everyone:

QUESTION: Does anyone know of any good Tai Chi classes that are available online?

You might look on youtube for videos (ex- Dr. Paul Lam or Taiflow) or read about Tai Chi Foundation- “Offers weekly live online zoom classes across beginner and intermediate levels, including Qigong and sword-form workshops. Flexible schedule, live interaction,

recorded sessions available.” Also Harvard has a self paced class 2 week class too for 29.95- <https://pll.harvard.edu/course/introduction-tai-chi> We don’t have personal experience with these so these are not personal endorsements. We encourage you to do your homework.

13:15:02 From Heather Martin to Everyone:

Amen and Amen!!!

Heather Ives: ❤️

13:15:21 From KAMILLA to Everyone:

REMINDER: On Saturday, June 28, 12-1 PM EST, is the Q&A for this month’s course. Please bring any advocacy questions you want to ask. See you on Saturday!!

ANNOUNCEMENT: We will not be meeting for class next week (July 1) taking a break for the July 4th holiday. The next class will be in two weeks – July 8.

13:15:28 From Lisa Kiser to Everyone:

What a wonderful course as usual!! Thank you to all of our fantastic leaders!!

13:15:30 From Angi Beery to Everyone:

Great reminders!!! Thank you 💜

13:15:33 From Tabitha Westbrook to Everyone:

NO CLASS next Tuesday!!

Angi Beery: 👍

13:15:35 From Chantal Young to Everyone:

Thank you so much you all!

13:15:48 From Julie Burns to Everyone:

So helpful today~ Thanks!

13:15:53 From Tabitha Westbrook to Everyone:

GO party like it’s 1776.

13:15:54 From charlotte rennekamp to Everyone:

Replying to "QUESTION: Does anyone know of any good Tai Chi cla...":
I'd like to know too.

13:15:54 From Nikki Walls to Everyone:

Thank you all SO much! ❤️