

Video Replay: <https://vimeo.com/1092253225/4cf22ea621?share=copy>

11:27:50 From Heather Yaxley to Everyone:  
Hello. Heather Yaxley, Victoria BC

11:28:02 From Kat Nelson to Everyone:  
Hi Kat Nelson near Wheaton Illinois

11:28:09 From Lisa Meister to Everyone:  
Lisa Meister, Indianapolis

11:28:41 From Dawn Jones to Everyone:  
Good Morning! Dawn Jones from Marble Falls, TX

11:28:44 From Heather Martin to Everyone:  
Good morning from Shippensburg, PA!  
Joy Parks: 😊

11:28:48 From Kathy Miller to Everyone:  
Kathy Miller- NE Ohio

11:29:06 From Nikki Walls to Everyone:  
Good morning from Nikki in Jefferson, GA!

11:29:18 From Helenmary Brown to Everyone:  
Helenmary: Good Morning from Collinsville, VA ❤  
Joy Parks: 😊

11:30:01 From Julie Burns to Everyone:  
Julie Burns, MidlothianTX. That story makes me physically sick. I am so very sad, and angry.

11:30:06 From Rose to Everyone:  
Rose in GA

11:30:21 From Wendi Andrews to Everyone:  
Wendi Andrews Cedar Point, NC

11:30:24 From Lisa Meister to Everyone:  
Makes me so angry.

11:30:25 From Tondalayo Royster to Everyone:  
Hello, Tondalayo from Maryland

11:30:26 From Theresa (Tree) Peterson to Everyone:  
good morning from Hartland, WI

11:30:26 From Meg Avey to Everyone:  
Meg from Charlotte, NC  
Joy Parks: 😊

11:30:28 From Lisa Kiser to Everyone:  
Good morning! Lisa Kiser in Montrose, CO

11:30:45 From Erin Greenwood to Everyone:  
Erin Greenwood, Florence, KY

11:30:54 From Karen Stinchcomb to Everyone:  
Good morning! Karen Stinchcomb in Fort Worth, TX. 💜

11:30:57 From Michele Daniels to Everyone:  
hello from kokomo

11:31:07 From Nathalie Perkins to Everyone:  
Replying to "Helenmary: Good Morning from Collinsville, VA ❤️":  
Good morning from VA as well. I am keeping my camera off... just tested positive for  
Covid 🥰  
Helenmary Brown: ☺

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

11:31:13 From Grace Hertzler to Everyone:  
Grace Hertzler from Oklahoma

11:31:17 From Jolene Underwood to Everyone:  
Replying to "Julie Burns, MidlothianTX. That story makes me ph...":  
With you, Julie. So frustrating and saddening.

11:31:35 From Dr. Jessica Evans to Everyone:  
Jess, Columbus OH area

11:31:37 From Freddy Chakkachiro to Everyone:  
Replying to "Helenmary: Good Morning from Collinsville, VA ❤️":  
I'm so sorry Nathalie.

11:31:42 From Julie Burns to Everyone:

The article in Sunday's paper here would quote the leaders as saying that they have put that chapter behind them....the abuse. I am struggling with this in SBC

Joy Forrest: 😞

11:31:45 From charlotte rennekamp to Everyone:

Good morning! Charlotte from Ohio! : )

11:31:51 From Lisa Kiser to Everyone:

I'm so disappointed in my church here in Montrose. They are not open to even meeting about this area!

Joy Forrest: ☺

11:31:55 From Angi Beery to Everyone:

Hello to all of you! Angi Beery, Goshen, IN

11:31:58 From Deborah Stahl Waters to Everyone:

Deborah Stahl Waters - TN

11:32:04 From julianna graybeal to Everyone:

julianna Graybeal Louisville ky

11:32:12 From Karin Engelbrecht to Everyone:

Hi! Karin Engelbrecht from South Africa.

11:32:16 From Michelle Colston to Everyone:

Michelle Colston, south Texas

11:32:18 From Bonnie King to Everyone:

Bonnie King from TN

11:32:24 From Helenmary Brown to Everyone:

Amen! I believe this tragedy and that of the death of the three little girls may help REALLY turn the tide in public awareness.

Kathy Miller: 🙏

Joy Forrest: ☺

11:32:27 From Kim Brown to Everyone:

Kim Brown, North TX

11:32:41 From Kimberly VanKlompenberg to Everyone:

Greetings! Kimberly VanKlompenberg - My House Ministry, Holland MI

11:32:49 From Melissa Greydanus to Everyone:

Good morning. Melissa Greydanus from Holland, Michigan

11:32:52 From Julie Burns to Everyone:

TAbita----ME TOO!

Tabitha Westbrook: 

11:32:52 From Lynna Sutherland to Everyone:

A pastor in my denomination went and left abuse-denier, victim-accusation comments on both Rachael Denhollander and Beth Moore's sweet posts about Jennifer on X and I just ...   

Joy Forrest, Kendra Thurman: 

11:33:08 From Julie Wallace to Everyone:

Julie Wallace Middleburg, FL

11:33:08 From Laurel Poff to Everyone:

Laurel Poff Anchorage Alaska

11:33:09 From Dawn Jones to Everyone:

Yes, Tabi! I agree!

Tabitha Westbrook: 

11:33:21 From Tabitha Westbrook to Everyone:

Replies to "A pastor in my denomination went and left abuse-de...":

Ugh

Lynna Sutherland: 

11:33:15 From Deborah Stahl Waters to Everyone:

Deborah Stahl Waters - Tenn

11:33:39 From Chantal Young to Everyone:

Signing in from Oklahoma

11:33:41 From Vanessa Terlouw to Everyone:

Vanessa Terlouw Niagara ON

11:33:42 From Helenmary Brown to Everyone:

I am with you Tabitha.

Tabitha Westbrook: 

Jolene Underwood: 

11:33:45 From Stacy Hammon to Everyone:

Stacy Hammon, Cleveland Ohio

11:33:49 From Nathalie Perkins to Everyone:

Replying to "Helenmary: Good Morning from Collinsville, VA ❤️":  
@Freddy Chakhachiro Thank you, Freddy

11:33:55 From Emily Vasquez to Everyone:  
Emily Vasquez, Denver, CO

11:34:00 From Dawn Jones to Everyone:  
Thank you all for providing such amazing training and support for all of us. I'm so grateful for this community.

11:34:30 From Gabriela Silva to Everyone:  
Gabriela Silva, Okemos/MI

11:34:32 From Melissa Parker to Everyone:  
Good morning! Melissa from Columbia, SC here

11:34:35 From Julie Burns to Everyone:  
<https://www.dallasnews.com/news/faith/2025/06/05/with-fewer-dissenting-voices-southern-baptists-return-to-dallas-ready-to-move-on/>

11:34:47 From Kim Brown to Everyone:  
This past week has been incredibly sad and disturbing. I am having a hard time finding a church home - been in a church consistently for decades and between my own situation and seeing so much abuse in the churches around me, I just haven't found a safe location to land on. (DFW where the SBC is now!)

Joy Forrest: 

Helenmary Brown: 

11:34:48 From Judy Vader to Everyone:  
Judy Vader so happy to be here after missing in action for a time.

11:34:57 From Lara Faucher to Everyone:  
Lara Faucher, Central Wesleyan Holland Mi

11:35:04 From Christine umthun to Everyone:  
👍 preach it Tabi! Looking forward to seeing you IRL in July in IOWA  
Tabitha Westbrook: 

11:35:13 From Helenmary Brown to Everyone:  
Replying to "Helenmary: Good Morning from Collinsville, VA ❤️":  
@Nathalie Perkins I'm sorry to hear that Nathalie. Take good care! Prayers.  

11:35:15 From Melissa Parker to Everyone:  
Amen, Tabi!

11:35:21 From Lynn Loscar to Everyone:  
Lynn Loscar, Inyokern, CA

11:35:24 From Kat Nelson to Everyone:

After a 33 year marriage, where my churches, over the years gaged and kept me in a destructive marriage, I am free and Called To Peace's church advocacy program, Dan and others help me in my freedom journey

Joy Forrest: 

Kim Brown: 

11:35:29 From Jolene Underwood to Everyone:

We also know God's heart for the oppressed, and anger at injustice and all that isn't righteous or in line with heart. We are not alone in that.

Tabitha Westbrook, Joy Forrest: 

Kendra Thurman: 

11:35:30 From Chantal Young to Everyone:

Complete Truth Tab!!

Tabitha Westbrook: 

11:35:45 From Deb Reece to Everyone:

Deb from Zimmerman, MN

11:35:53 From Kendra Thurman to Everyone:

So good, @Tabitha Westbrook - Hold onto the Cross until your fingers bleed!

Tabitha Westbrook: 

Nikki Walls, Emily Vasquez: 

Jolene Underwood, Nathalie Perkins: 

Kathy Miller: 

11:35:54 From Nathalie Perkins to Everyone:

Replying to "Helenmary: Good Morning from Collinsville, VA ":

@Helenmary Brown thank you!!

Helenmary Brown: 

Helenmary Brown: 

11:36:25 From Nikki Walls to Everyone:

Absolutely heartbreaking!

11:36:50 From sylvia gelderman to Everyone:

Abbotsford, BC

11:37:15 From Rose to Everyone:

yes, I agree....totally Decker Dad's responsibility!

11:37:59 From Ellen Bennett to Everyone:

Ellen from ATL. Good morning 

11:38:16 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.

11:38:21 From Christie Crandall to Everyone:

Christie in Florida

Emily Vasquez: 

11:38:28 From Lense Fikru to Everyone:

Hello

11:38:40 From Lense Fikru to Everyone:

Lense from Ethiopia

11:38:57 From Linda Schreunders to Everyone:

Linda Schreunders from Winnipeg MB Canada

11:38:58 From Helenmary Brown to Everyone:

Joy, do you have an interview this afternoon about your book?

11:39:00 From Meg Avey to Everyone:

Welcome Dan and thank you for your encouragement

11:39:12 From KAMILLA to Everyone:

Executive Director Dan Boeck - [dan@calledtopeace.org](mailto:dan@calledtopeace.org)

Lynna Sutherland: 

11:39:23 From Judy Vader to Everyone:

Dan, bless you for your encouragement.

Lisa Kiser: 

11:39:50 From Joy Forrest to Everyone:

Replies to "This past week has been incredibly sad and disturb...":

It has been. Praying God will help you find the safety and community you need.

Kim Brown:❤️

11:40:30 From Helenmary Brown to Everyone:  
Thank you for your encouragement Dan!

11:40:38 From Sharon Flynn to Everyone:  
Hello from Sharon Flynn in Swansboro, NC

11:40:54 From Wibke Rees to Everyone:  
Wibke Rees in Holland, MI

11:41:07 From Kendra Thurman to Everyone:  
Kendra from Ohio

11:41:25 From Gwen Hertzler to Everyone:  
Gwen from Oklahoma

11:41:26 From Joy Forrest to Everyone:  
Replies to "Helenmary: Good Morning from Collinsville, VA ❤️":  
@Nathalie Perkins Oh man, hope it's mild and quick.  
Helenmary Brown:¶

11:41:28 From Beth Burke to Everyone:  
in nc

11:41:28 From Becky Webb to Everyone:  
Becky - British Columbia CA

11:41:53 From Melissa Spann to Everyone:  
Melissa Spann SC

11:41:54 From Dan Boeck to Everyone:  
Replies to "This past week has been incredibly sad and disturb...":  
I especially resonate with your struggle. **My wife and I are writing a second book to address these types of challenges.** Praying you'll rediscover Jesus in the midst of this.  
Joy Forrest, Lynna Sutherland: ❤️  
Jolene Underwood, Judy Vader: ❤️  
Kim Brown: ❤️  
Kendra Thurman, Lisa Kiser, Joy Parks: ❤️  
Helenmary Brown, Tricia Foster: ¶

11:42:03 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.

Joy Forrest, Joy Parks: 

11:42:18 From Joy Forrest to Everyone:

Replies to "Joy, do you have an interview this afternoon about your book?":

Yes, at 1:30! Thanks for the reminder. Hope I remember to mention it at the end of class.

Helenmary Brown, Jolene Underwood, Judy Vader, Ellen Bennett: 

11:42:55 From Sharon Flynn to Everyone:

Question: My I gets the scripture references again from Tabby?

11:43:13 From Heather Martin to Everyone:

Replies to "Question: My I gets the scripture references again...":

What version too?

11:43:26 From Joy Forrest to Everyone:

Replies to "Question: My I gets the scripture references again...":

The scripture she just read was from **Isaiah 40**.

Jolene Underwood: 

11:43:30 From Jolene Underwood to Everyone:

Replies to "Question: My I gets the scripture references again...":

**CSB**

Joy Forrest: 

11:43:41 From Kendra Thurman to Everyone:

Replies to "Question: My I gets the scripture references again...":

**Gal. 6:9**, I think.

11:43:52 From Becky Webb to Everyone:

Replies to "Question: My I gets the scripture references again...":

Isaiah 40:28 & Galatians 6:9

Joy Forrest, Meg Avey, Sharon Flynn: 

Jolene Underwood, Sharon Flynn: 

Kendra Thurman: 

11:44:28 From Amy Marcum to Everyone:

Amy marcum from louisville Ky

11:46:34 From Kim Brown to Everyone:

Replies to "This past week has been incredibly sad and disturb...":

Thank you all for the encouragement. I am grateful that my constant has been God, knowing He walks this journey with me. I'm also thankful to all of the online communities I am able to be a part of. I have hope that one day I will find an in person community again!

11:47:30 From Dr. Jessica Evans to Everyone:

Tabi: Fawning/appeasing is a behavioral response to a physiological impact/trigger.

Nathalie Perkins: 

11:47:35 From Kendra Thurman to Everyone:

Fawn - "Make the bear a steak so he doesn't eat my foot." - Tabi

Tabitha Westbrook: 

Lynna Sutherland: 

11:47:48 From Lynna Sutherland to Everyone:

Ah. "Making a bear a steak" is not "chopping the bear up into steaks" as I at first thought. That would be a "fight" response. 

Kendra Thurman: 

11:49:23 From Laura Lathrop to Everyone:

Laura Lathrop, West Lafayette, IN - sorry I'm joining late today!

11:49:41 From Jennifer Stohler to Everyone:

Jennifer Stohler, Holland, MI—

11:49:44 From Freddy Chakhachiro to Everyone:

I'm feeling so blessed. I was donated a week at a lake house for my ladies. Seeing them being able to relax knowing they are in a safe space (everyone "gets them" and no masks are needed) is such a blessing. (Location triggered one which is heartbreakingly triggering but we will love her through it.)

Joy Forrest, Judy Vader, Heather Martin: 

Jolene Underwood: 

Kim Brown: 

Kendra Thurman: 

11:50:29 From Joy Forrest to Everyone:

Replies to "I'm feeling so blessed. I was donated a week at a...":

I love that for you, Freddy!

11:50:52 From Jolene Underwood to Everyone:

Replies to "I'm feeling so blessed. I was donated a week at a...":

Oh that's so wonderful, for most of them. I'm glad the one who was triggered also had ladies around her to help her feel loved and have a new experience. Her experience with you all could foster healing for the experiences tied to what triggered her.

11:51:04 From Judy Vader to Everyone:

Replying to "I'm feeling so blessed. I was donated a week at a...":



11:51:18 From Amy Marcum to Everyone:

I'm so pickled. I'm sure a lot of us are

Dr. Jessica Evans:

Kendra Thurman, Tammy Boessenkool:

11:51:24 From Jill Medina to Everyone:

Hello everyone from Missouri! Many blessings!

11:51:48 From Dr. Jessica Evans to Everyone:

Replying to "I'm so pickled. I'm sure a lot of us are":

We can mellow out that pickling with good trauma treatment!

11:51:55 From Beth Burke to Everyone:

I think tabi just said we don't want to become human sour kraut

Joy Parks:

Dr. Jessica Evans, Kendra Thurman, Joy Forrest, Becky Webb, Abigail Meade, Jolene Underwood:

11:52:49 From Chantal Young to Everyone:

**The ministry of presence is important!**

11:52:56 From Renee Landa to Everyone:

Renee Landa, Austin, Tx

11:53:07 From Freddy Chakhachiro to Everyone:

Replying to "I'm feeling so blessed. I was donated a week at a...":

I'm glad she felt safe to come let me know she was not ok.

11:53:25 From Dr. Jessica Evans to Everyone:

Tabi: "Just because someone has a broken leg, it doesn't mean your broken arm doesn't hurt."

Kendra Thurman, Freddy Chakhachiro:

Lynna Sutherland:

11:53:54 From Diane Brinkley to Everyone:

Diane in troutville va. Hello everyone!

Freddy Chakhachiro:

11:54:04 From Freddy Chakhachiro to Everyone:

Replying to "Just because someone has a broken leg, it doesn't...":

I say this to my ladies all the time.

11:54:31 From Dr. Jessica Evans to Everyone:

Healing What's Within: Coming Home to Yourself--and to God--When You're Wounded, Weary, and Wandering Paperback

by Chuck DeGroat

<https://a.co/d/6SJk2WV>

Deborah Stahl Waters, Kimberly VanKlompenberg, Helenmary Brown: 

Kim Brown: 

Melissa Parker: 

11:55:01 From Julie Wallace to Everyone:

Would this be a freeze response? My body gets cold blankets don't warm me up. Then my body gets lethargic I have to lay down. I end up going to sleep for about an hour and a half. Then I wake up and I am fine.

11:55:03 From Melissa Parker to Everyone:

Replying to "Healing What's Within: Coming Home to Yourself--an...":

So thankful for his work!

11:56:03 From Freddy Chakhachiro to Everyone:

Replying to "Would this be a freeze response? My body gets cold...":

I'm guessing that is FLOP

11:56:18 From Judy Vader to Everyone:

I love learning so much about the body remembering....separated somewhat from the brain. I want SO MUCH to teach others in my church. Leadership. "Lord, please lead and guide me."

Ellen Bennett, Joy Forrest: 

11:57:02 From Kendra Thurman to Everyone:

It takes as long as it takes. [Healing]

Ellen Bennett: 

Joy Parks: 

11:57:15 From Julie Wallace to Everyone:

Replying to "Would this be a freeze response? My body gets cold...":

I haven't heard of FLOP until now.

11:57:21 From Tabitha Westbrook to Everyone:

Replying to "Healing What's Within: Coming Home to Yourself--an...":

Here's my interview with him. He's a delight!

<https://podcasts.apple.com/us/podcast/what-if-you-never-get-over-it-chuck-degroat-on-trauma/id1787874485?i=1000709887756>

Helenmary Brown: 

Kendra Thurman, Joy Parks, Jolene Underwood: 

11:57:22 From Lynn Loscar to Everyone:

N=1

Kendra Thurman: 

11:58:54 From Kendra Thurman to Everyone:

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (Psalm 139:14)

12:00:01 From Cathleen Karbach to Everyone:

Cathleen Karbach from Virginia

12:00:09 From Jolene Underwood to Everyone:

Replies to "Would this be a freeze response? My body gets cold...":

For something like this, I'd get a medical checkup. This sounds like there could be more going on than would be beyond just noticing a nervous system response. It could be that therapy would be supportive, but if I were the therapist I would recommend more physical care and evaluation.

12:00:19 From Tabitha Westbrook to Everyone:

Autonomic = automatic

12:00:29 From Tabitha Westbrook to Everyone:

Sympathetic - seeking safety

12:00:36 From Tabitha Westbrook to Everyone:

Parasympathetic - place of peace

Dr. Jessica Evans: 

12:02:33 From Laura Lathrop to Everyone:

What? Guys can do Kegels???

12:02:41 From Kimberly VanKlompenberg to Everyone:

Thank you for these grounding exercises Kendra!!

12:02:42 From Tabitha Westbrook to Everyone:

Replies to "What? Guys can do Kegels???:

THEY CAN!!!

12:02:43 From Laura Lathrop to Everyone:

You learn something new everyday

12:03:07 From Pamela Brandenburg to Everyone:  
Oops forgot to check in ... Hello from GA

12:03:14 From Teresa Wilcox to Everyone:  
OH WOW! Pelvic floor issues! Holy Cow that explains a lot.

12:03:23 From Amy Marcum to Everyone:  
Replies to "Would this be a freeze response? My body gets cold...":  
Thyroid /adrenals get slammed through all of this. I also get lethargic. Been trying to support adrenals and thyroid but my body is exhausted. I take a handful of vitamins and minerals and finally resorted to taking thyroid meds. And hormones....  
Stress just literally changes life out of you.  
Jolene Underwood, Joy Forrest: ❤

12:03:24 From Judy Vader to Everyone:  
I was at that same retreat and remember that presentation! Have shared it with others....in a "fun" way.  
Tabitha Westbrook: ❤

12:04:38 From Laura Lathrop to Everyone:  
I used to reflexively flinch every time anyone touched me.

12:05:08 From Dr. Jessica Evans to Everyone:  
Re: cupping the face, for example, Tabi says, "It can dysregulate you as a survivor, if you're not used to kind touch."

12:05:10 From Ellen Bennett to Everyone:  
Please spell that word... innerbate?

12:05:17 From Tabitha Westbrook to Everyone:  
innervate

12:05:24 From Kendra Thurman to Everyone:  
Replies to "Please spell that word... innerbate?":  
innervate

12:05:44 From Joy Forrest to Everyone:  
Or Inervate?

12:05:50 From Laura Lathrop to Everyone:  
Might be enervate

12:06:08 From Tabitha Westbrook to Everyone:  
Replies to "Re: cupping the face, for example, Tabi says, "It ...":

And it's a great way to work on your healing.

12:06:11 From Laura Lathrop to Everyone:  
skip button on bottom right

12:06:17 From Tabitha Westbrook to Everyone:  
Replies to "Re: cupping the face, for example, Tabi says, "It ...":  
Through practice with self touch

12:06:18 From julianna graybeal to Everyone:  
you can skip it

12:06:21 From Teresa Wilcox to Everyone:  
Okay, getting really word geeky here - enervate is the verb - it's the action of connecting - the word nerve - is a clue  
Tabitha Westbrook, Freddy Chakhachiro: ❤️  
Joy Forrest: ❤️

12:06:48 From Laura Lathrop to Everyone:  
It wouldn't be an advocacy class without technical difficulties  
Dr. Jessica Evans: 😂  
Emily Vasquez, Kendra Thurman: 😂

12:07:01 From Beth Burke to Everyone:  
May help with that bear  
Abigail Meade: 😂  
Joy Forrest: 💡

12:07:28 From Joy Forrest to Everyone:  
Replies to "innervate":  
DING, DING, DING! Looked it up and this is right.

12:07:38 From Alana Vandermaas to Everyone:  
Oh, I forgot to check in also! Alana van der Maas Grand rapids michigan

12:07:39 From Joy Forrest to Everyone:  
Replies to "Might be enervate":  
Tabi was right

12:07:52 From Dr. Jessica Evans to Everyone:  
Link to this video- <https://youtu.be/0zrlKLgnov4?si=42puwGO7WcdmleCC>  
Kimberly VanKlompenberg: 👍

12:08:47 From Teresa Wilcox to Everyone:

Innervate means to activate the nervous system and enervate means to take energy away.

Jolene Underwood: 

12:09:05 From Laura Lathrop to Everyone:

skip button bottom right

12:09:39 From Rose to Everyone:

no worries Dr. Debra, commercials are no problem...

Lisa Kiser: 

Judy Vader: 

12:09:58 From Laura Lathrop to Everyone:

Commercials are my kids' favorite things to watch for some reason; you are all good :)

12:10:08 From Tabitha Westbrook to Everyone:

Replies to "Would this be a freeze response? My body gets cold...":

Agree with Jolene. Always good to get a physical to rule out anything medical. That said, if there isn't anything it can simply be your body needing to rest. Often, survivors sleep more as they recover.

Jolene Underwood, Helenmary Brown, Kendra Thurman: 

12:10:17 From Judy Vader to Everyone:

Replies to "Would this be a freeze response? My body gets cold...":



12:10:25 From Teresa Wilcox to Everyone:

Replies to "Innervate means to activate the nervous system and...":

Both are verbs - both could be correct, depending upon your sentence.

Joy Forrest: 

12:10:54 From Tabitha Westbrook to Everyone:

Replies to "Innervate means to activate the nervous system and...":

I love nerdy language goodness!

12:10:59 From Helenmary Brown to Everyone:

Replies to "Would this be a freeze response? My body gets cold...":

@Tabitha Westbrook

12:11:37 From Teresa Wilcox to Everyone:

Dorsal - think door - shutting a door

12:13:10 From Lara Faucher to Everyone:

Can you share this link?

12:13:18 From Dr. Jessica Evans to Everyone:

Replying to "Can you share this link?":

It is above 😊

12:13:28 From KAMILLA to Everyone:

Replying to "Can you share this link?":

Link to this video- <https://youtu.be/0zrlKLgnov4?si=42puwGO7WcdmleCC>

12:13:35 From Kendra Thurman to Everyone:

Replying to "Can you share this link?":

It's also on the course webpage.

12:14:38 From Linda Schreunders to Everyone:

Boy....am I ever having major aha moments watching this video.

Tabitha Westbrook: ❤️

Joy Forrest: 👍

Jolene Underwood: ❤️

Kendra Thurman: ❤️

12:14:55 From Dr. Jessica Evans to Everyone:

Box breathing helps me so much

Jolene Underwood, Joy Forrest: ❤️

12:15:10 From Teresa Wilcox to Everyone:

QUESTION: Are we more prone to disregulation if the mother was under stress during the pregnancy? Specifically: If the mother underwent trauma, would/could the baby have a higher propensity for anxiety?

12:15:54 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Are we more prone to disregulation if th...":

Yes we are. There are for sure connections. This doesn't mean it's hopeless or anything, it just means there needs to be work done to help increase vagal tone and window of tolerance.

Freddy Chakhachiro, Joy Forrest, Jolene Underwood: ❤️

12:15:55 From Freddy Chakhachiro to Everyone:

Replying to "QUESTION: Are we more prone to disregulation if th...":

I have read that trauma can be passed on to a future baby.

12:16:18 From Joy Forrest to Everyone:

Replying to "QUESTION: Are we more prone to disregulation if th...":

Yes, it can.

12:16:36 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: Are we more prone to disregulation if th...":

It can. And we will cover this in one of our courses on children. Impacts of mom's environment/stress when baby is in utero.

12:16:55 From Linda Schreuders to Everyone:

WOW!!

12:17:34 From Teresa Wilcox to Everyone:

Replying to "QUESTION: Are we more prone to disregulation if th...":

@Tabitha Westbrook @Dr. Jessica Evans @Joy Forrest Thank you

12:17:47 From Kendra Thurman to Everyone:

Replying to "QUESTION: Are we more prone to disregulation if th...":

This study was shared last class session regarding this:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6127768/> (sharing intergenerational trauma)

12:18:01 From Teresa Wilcox to Everyone:

Replying to "QUESTION: Are we more prone to disregulation if th...":

@Freddy Chakhachiro This makes so much sense

12:19:02 From Freddy Chakhachiro to Everyone:

I think when she asks about her responses and why she cannot "stop it"

Jolene Underwood: ❤

12:19:34 From Sharon Flynn to Everyone:

Q: Could we get a copy of his c2nd to last slide with all the techniques or go back to slide?

Judy Vader: 👍

12:19:35 From Dawn Jones to Everyone:

When the timing is right, could you ask them to watch the video before a session and then discuss it together in a session after that?

12:19:35 From Christine umthun to Everyone:

I'm going to share this with my friend who has a whole host of physical symptoms of coercive control - I think it would be helpful for her to see she is not, in fact, "crazy".

12:19:41 From Melissa Parker to Everyone:

Maybe if someone would mention experiencing some sort of response, this would be something to say, "oh! I saw a video that talked about that"

Lynna Sutherland, Christine umthun: ❤

12:19:51 From Julie Burns to Everyone:

Thoughts: not while she is in crisis, but maybe after she has become more self-aware and curious about how to respond to her life and body. When she is becoming aware that she can heal and there is hope. God loves to bring new life---in our brains too!

christine umthun: 

12:20:00 From christine umthun to Everyone:

And also for hope - the co-regulation, the power of others coming around and walking with.

12:20:09 From Alana Vandermaas to Everyone:

Maybe when she is starting to become aware of the responses she is having, like "I've noticed I do this in this situation"

12:20:16 From Freddy Chakhachiro to Everyone:

When she says she feels like she is going crazy because she is reacting  
christine umthun: 

12:20:32 From Tabitha Westbrook to Everyone:

Replies to "Thoughts: not while she is in crisis, but maybe a...":

Neuroplasticity is a glorious thing!

christine umthun: 

Joy Parks: 

12:20:32 From julianna graybeal to Everyone:

I would share it when she was able to process it. I would also be careful about overwhelming her bc info can sometimes be too much. I'd ease her in and explain how it is a deeper explanation about how her body is reacting and that the reaction is normal but just a little broken bc it isn't turning off.

12:20:39 From Deborah Stahl Waters to Everyone:

When sharing w/a survivor...if she mentions shaking, not sleeping, can't catch her breath...introducing this video for her perhaps watch, it would be helpful to see.

12:20:53 From Teresa Wilcox to Everyone:

Replies to "When she says she feels like she is going crazy be...":

@Freddy Chakhachiro - like your dear friend with a black and white dog

Freddy Chakhachiro: 

12:20:59 From Dr. Jessica Evans to Everyone:

Replies to "Q: Could we get a copy of his c2nd to last slide w...":

The slides are available for you on the course webpage-

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

Here is a direct link to the slides and you can print just a page of interest if you want-  
<https://www.houseofpeacepubs.com/wp-content/uploads/2025/06/Trauma-Issues-2025-Slides-update-6-8.pdf>

12:21:09 From Michele Daniels to Everyone:

I think it also might depend on the type of person. the more I could explain things the more in control I felt. Because it meant I wasn't failing to control something I should have.

Joy Forrest: 

12:21:13 From Linda Schreuders to Everyone:

When I paused for 10 secs, tears started to flow

Joy Forrest: 

Jolene Underwood: 

Kendra Thurman: 

12:21:17 From Beth Burke to Everyone:

I think this information is empowering and helps answer a more important "why" for those of us who get stuck wanting answers to things that we may never satisfy

Teresa Wilcox: 

Jolene Underwood: 

Kim Brown: 

12:22:06 From Teresa Wilcox to Everyone:

Replying to "When I paused for 10 secs, tears started to flow":

((((Linda))))

12:22:07 From Cathleen Karbach to Everyone:

When discussing trauma reactions, I could say, "I have experienced similar feelings, and was confused about it." I recently saw a video that helped me to understand what was happening to me. Also, offer to watch it together and stop when she has an "aha moment" and discuss how this relates to her.

Freddy Chakhachiro, Joy Forrest, Beth Burke, Nikki Walls: 

Jolene Underwood: 

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

Tabi: Shaking can be body processing

Judy Caracheo, Joy Forrest: 

12:23:04 From Tabitha Westbrook to Everyone:

What are you noticing after watching this?

Nikki Walls: 

12:23:24 From Freddy Chakhachiro to Everyone:

Ask her to tell you if she sees things she has experienced and stop it and process as you go.

Jolene Underwood: ❤️

12:23:36 From Janis Jelke to Everyone:

I might ask her what she notices is going on in her body. And help her to tie it in to what she is learning from the video.

Jolene Underwood: ❤️

12:23:49 From Julie Burns to Everyone:

I see so many of us feel more shame/blame because we think we should have known. Encouragement that we are having normal reactions to abnormal circumstances. And now that we DO know, we can move forward. With our Abba, it is just never too late.

Nikki Walls, Dawn Jones, Dr. Jessica Evans: ❤️

Kendra Thurman, Heather Martin, Jolene Underwood: 💯

12:24:44 From Renee Landa to Everyone:

This would be good to share with mothers looking to support their kids as they return from difficult possession times by the unsafe parent. Sometimes it is easier to see third person and then internalize it for yourself.

Joy Forrest, Nikki Walls, Jolene Underwood, Heather Martin: ❤️

Linda Schreuders: 👍

Dr. Jessica Evans: 👍

Kendra Thurman: 💯

12:24:54 From Tabitha Westbrook to Everyone:

Replies to "This would be good to share with mothers looking ...":

For sure

12:26:25 From Jolene Underwood to Everyone:

Replies to "When discussing trauma reactions, I could say, 'I...':

Great way to introduce it and give her the choice to decide what's helpful and if she's ready.

12:26:27 From Sharon Flynn to Everyone:

I attended a trauma workshop that taught that victims of serial or extended trauma can present as a borderline personality disorder—why non-trauma informed people view survivors as unstable. [misdiagnosis]

Jolene Underwood: 💯

Kathy Miller: 😊

12:26:34 From Amy Marcum to Everyone:

Standing on your head is one of the best movements for sensory integration .

Laura Lathrop: 😂

12:26:40 From Deborah Stahl Waters to Everyone:

I agree...suggested her rewatching this again & again. Trust this will begin to make sense to her & lessen her being critical/questioning herself.

12:26:45 From Tabitha Westbrook to Everyone:

Replies to "I attended a trauma workshop that taught that victim...":  
Yep that is accurate.

12:27:02 From Tabitha Westbrook to Everyone:

Replies to "Standing on your head is one of the best movements...":  
I would die. But I was SO impressed!!  
Lisa Kiser: 😢

12:27:22 From Amy Marcum to Everyone:

I would put a pillow on floor and have child kick up to the wall (not sure if I could do that).

Now I know why I start cleaning when I get triggered at home.

12:27:41 From Laura Lathrop to Everyone:

Oh, yes, I get SO much done around the house when I am upset!

12:27:42 From Deborah Stahl Waters to Everyone:

3rd Q : It dispels the abusers false accusations.

Joy Forrest: ❤️

Jolene Underwood: 💯

12:27:43 From Tammy Boessenkool to Everyone:

I had a physical trainer who had me do handstands on the wall all the time. She saw studies how it helped with depression and mood

Jolene Underwood: ❤️

12:27:47 From Julianna Graybeal to Everyone:

does her vagal nerve responding to the trauma/stresses in a normal way explain the "going crazy"? like you're not crazy bc your body is reacting to his controlling ways?

12:27:54 From Judy Vader to Everyone:

I ask questions that "hopefully" lead her to truth. often using scripture. What does God have to say, especially in the book of Proverbs.

Joy Forrest: ❤️

12:28:21 From Bonnie King to Everyone:

Help her to see that her body's reaction to the trauma/manipulation is not a normal reaction to life, but the manipulation is causing the reaction. Find ways to help her calm her body.

Jolene Underwood: ❤️

12:28:55 From Dr. Jessica Evans to Everyone:

Replying to "does her vagal nerve responding to the trauma/stre...":

Right, it's dysregulation..she's not crazy. It's a normal reaction to the abnormal of coercive control.

Tricia Foster, Joy Forrest: 👍

12:29:16 From Janis Jelke to Everyone:

Reminding her that these responses are her body trying to PROTECT her. There is nothing crazy about the body caring for itself.

Joy Forrest: 👍

Jolene Underwood: ❤️

Jolene Underwood: 💯

12:29:16 From Melissa Parker to Everyone:

Asking her if she can remember what was happening to her when she experienced those responses.

Lynna Sutherland: ❤️

Joy Forrest: 👍

12:29:35 From Tabitha Westbrook to Everyone:

Replying to "More times than I can count - I sit with a woman w...":

Oh yes. Use this often & it's free on YouTube!

12:29:36 From Dr. Jessica Evans to Everyone:

Replying to "does her vagal nerve responding to the trauma/stre...":

Dr. Debra- "he is activating the vagal nerve."

12:29:46 From Nikki Walls to Everyone:

Ugh. That is such a familiar trap. My ex was a "crazy maker." I think it's so important to help her to see the "energy" behind her reactions. Asking open-ended questions that help her to put the pieces together in her own mind so she can see that she is actually having a normal reaction to a very abnormal situation.

12:30:29 From Jolene Underwood to Everyone:

Replying to "does her vagal nerve responding to the trauma/stre...":

It is activating and causes a significant impact. At the same time, she benefits from noticing her own patterns and what her nervous system needs. This helps her create more internal capacity and essentially improve vagal tone. Thinks like the activities mentioned and opportunities to receive care and support that feel safe enough.

12:30:30 From Julie Burns to Everyone:

QUESTION: I was just recently introduced to IASIS. Is this what IASIS is addressing? She used the chart in simplified form to discuss the modality.

12:31:40 From Kathy Miller to Everyone:

Years ago, a pastor told me he thinks I 'might have BPD, but it just doesn't quite match up'. I have since learned that BPD and CPTSD have very similar symptoms. At the time, I/we did not recognize the CC happening even then. This helps to make all kinds of sense to me now.

Lynna Sutherland, Judy Vader: ❤️

Lynna Sutherland: 😊

Nikki Walls: 😊

12:31:43 From Melissa Parker to Everyone:

QUESTION: Would flop and fawn also be in the yellow zone?

12:32:00 From Dr. Jessica Evans to Everyone:

<https://www.somaticexperiencing.com/about-peter>

12:29:11 From Gloria Arnold to Everyone:

More times than I can count - I sit with a woman watching the 1944 movie "Gaslight." As we watch I have her write down scenes that impact her.

Jolene Underwood: ❤️

Joy Forrest: 👍

12:32:32 From Linda Schreuders to Everyone:

QUESTION: Is it common to fight or turn away from social engagement to not have to address what is going on in the body of a survivor?

12:32:37 From Dr. Jessica Evans to Everyone:

Replying to "Years ago, a pastor told me he thinks I 'might hav...':

We will talk about PTSD/CPTSD in a bit

Kathy Miller: 👍

12:32:43 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: I was just recently introduced to IASIS....":

Can you define IASIS? Not sure of the acronym

Joy Forrest: 👍

12:33:24 From Teresa Wilcox to Everyone:

Interestingly men are physical when women are relational. Guys duke their issues out on the basketball court; girls talk. This relational-ity is why we need to tell someone and

need them to “get it” when we talk when we are disregulated. We need the positive relational connection.

12:33:29 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: Would flop and fawn also be in the yell...":

Tabi says Fawn as behavioral can be in any. Flop would be in red.

12:33:52 From Laura Lathrop to Everyone:

Replying to "Interestingly men are physical when women are rela...":

It seems like men should talk things out, too.

12:34:04 From Tabitha Westbrook to Everyone:

Replying to "Interestingly men are physical when women are rela...":

That's not always true at all.

12:34:07 From Julie Burns to Everyone:

I understand IASIS to be some kind of Microcurrent neurofeedback. Supposedly working miracles for many.

Joy Forrest: 

12:34:15 From Teresa Wilcox to Everyone:

Replying to "Interestingly men are physical when women are rela...":

@Laura Lathrop SHOULD being the operative word.

Laura Lathrop: 

12:34:21 From Joy Forrest to Everyone:

Replying to "QUESTION: Is it common to fight or turn away from ...":

We see a lot of survivors cutting themselves off socially.

Helenmary Brown: 

12:34:22 From Tabitha Westbrook to Everyone:

Replying to "Interestingly men are physical when women are rela...":

Men may be more habituated to body movement, but it's still a shut down.

12:34:34 From Laura Lathrop to Everyone:

Replying to "Interestingly men are physical when women are rela...":

Seems like a numbing strategy.

12:34:47 From Joy Forrest to Everyone:

Replying to "I understand IASIS to be some kind of Microcurrent...":

Will have to check it out.

12:34:53 From Sharon Flynn to Everyone:

Replying to "Q: Could we get a copy of his c2nd to last slide w...":

Q. Where does feeding the bear fit? Does it translate into the Stockholm syndrome?

*"Feeding the bear" = a type of fawning behavior. It's the act of giving the bear (the threat) what it wants in hopes it won't attack — a survival tactic. It is often a short-term survival strategy*

*Stockholm syndrome- a psychological condition where hostages or abuse victims begin to identify with, defend, or even feel affection for their captors or abusers. It typically develops over time through a complex bond based on fear, dependence, and perceived kindness. It is a form of trauma bonding and is a longer-term psychological attachment.*

12:35:12 From Linda Schreuders to Everyone:

Replies to "QUESTION: Is it common to fight or turn away from ...":  
Thank you for answering

12:35:20 From Tabitha Westbrook to Everyone:

Replies to "Interestingly men are physical when women are rela...":  
Men equally need relational connection. Socialization may make some less likely to share emotions, but they have an equal need to do so. We have to be careful not to stereotype men or women - we can do all these things.

12:35:29 From Julie Burns to Everyone:

Replies to "I understand IASIS to be some kind of Microcurrent...":  
Intranasal auricular stimulation and cerebral electroencephalographic recording--- WHEW~!

12:35:30 From julianna graybeal to Everyone:

Replies to "QUESTION: I was just recently introduced to IASIS....":  
I googled it. It says a microcurrent neurofeedback. idk :)

12:35:42 From Teresa Wilcox to Everyone:

Replies to "Interestingly men are physical when women are rela...":  
@Tabitha Westbrook I'm coming from being schooled in educational theory. I'm not stereotyping

12:35:46 From Nathalie Perkins to Everyone:

So, what is our role as advocates when it comes to trauma responses? Information?  
Referring them to a professional?  
Helenmary Brown: 

12:36:32 From Teresa Wilcox to Everyone:

Replies to "Interestingly men are physical when women are rela...":  
I was not saying all men are abusive.

12:36:35 From christine umthun to Everyone:

There are lots of non-abusive men that are just clueless. Which is so different but still difficult sometimes.

12:36:47 From Dr. Jessica Evans to Everyone:

Replies to "QUESTION: I was just recently introduced to IASIS....":

This is new to me as well- <https://microcurrentneurofeedback.com/what-is-neurofeedback-client/>

"In the context of IASIS Micro Current Neurofeedback (IASIS MCN), IASIS is an acronym. It stands for Intranasal Auricular Stimulation and Cerebral Electroencephalographic Recording. This refers to a specific type of brainwave training therapy that uses microcurrents to stimulate the brain."

12:37:03 From Dr. Jessica Evans to Everyone:

Replies to "So, what is our role as advocates when it comes to...":

We actually will get this at the end of this course!

12:37:47 From Tabitha Westbrook to Everyone:

Replies to "Interestingly men are physical when women are rela...":

@Teresa Wilcox I know -we just want to be mindful by saying "men are" one way and "women are" another.

Cathleen Karbach: 

12:37:53 From Lynna Sutherland to Everyone:

QUESTION: Joy can you comment with the name of the book and author?

12:38:13 From Melissa Parker to Everyone:

Job's sequence of losses would have likely been very traumatizing!

12:38:16 From Alana Vandermaas to Everyone:

Replies to "Interestingly men are physical when women are rela...":

I think a lot of the time we can tend to say that men don't have a need to talk things out and women do, but I think that it is often because of how we have been conditioned as men and women in society. At least that is sort of where I've been landing lately. Men are more often told growing up "oh go do something physical." And so maybe their bodies are trained to think that is how they deal with it. But I think the healthiest men and women I know have a balance.

Cathleen Karbach, Maria M: 

12:38:18 From Cathleen Karbach to Everyone:

Replies to "Interestingly men are physical when women are rela...":

@Tabitha Westbrook 

12:38:19 From christine umthun to Everyone:

How can you say you're an atheist and then say God doesn't care?

12:38:27 From Kendra Thurman to Everyone:

Fear and trembling seized me and made all my bones shake. (Job 4:14)

Judy Vader: ❤

12:38:33 From Teresa Wilcox to Everyone:

@Tabitha Westbrook Why Gender Matters - Dr. Leonard Sax - my source

12:38:38 From Nathalie Perkins to Everyone:

Replying to "So, what is our role as advocates when it comes to...":

Thanks

12:38:47 From Jolene Underwood to Everyone:

Replying to "QUESTION: Is it common to fight or turn away from ...":

When the nervous system is overall not feeling safe as a result of trauma, it makes it difficult to reach out for social connection. There needs to be some level of feeling safe to move toward connectedness with others.

There's a longer video by Seth Porges that should be on the course website and I believe it addresses this further.

12:38:56 From Laura Lathrop to Everyone:

Psalm 116 does also reference what feels like a trauma response, feelings of complete inability to trust anyone anymore - "in my alarm I said, "Everyone is a liar!"

christine umthun: 🌟

12:39:15 From Tabitha Westbrook to Everyone:

Replying to "@Tabitha Westbrook Why Gender Matters - Dr. Leonar...":

Gender matters; however, it is not ultimate. We are all come into the world, as Curt Thompson says, looking for someone looking of us.

Alana Vandermaas: 🌟

12:39:25 From Kendra Thurman to Everyone:

Fear and trembling have beset me; horror has overwhelmed me [the NLT says I can't stop shaking.] (Psalm 55:5)

12:39:59 From Kendra Thurman to Everyone:

Even Jeremiah's complaints to God in Lamentations 1:20 and 22, 2:11 and the beginning of chapter 3 talk about the devastation of trauma. • Phrases like "I have been deprived of peace," (Lamentations 3:17) and "My eyes fail from weeping, I am in torment within; my heart is poured out on the ground," (Lamentations 2:11) and others are pictures of how trauma impacts the body.

12:40:04 From Beth Burke to Everyone:  
Comfort in the Ashes by Michelle Keener  
Helenmary Brown: ❤️

12:40:15 From Freddy Chakhachiro to Everyone:  
Comfort in the Ashes: Explorations in the Book of Job to Support Trauma Survivors  
Paperback – January 14, 2025  
by Michelle K. Keener (Author)  
Joy Forrest: ❤️

12:41:09 From KAMILLA to Everyone:  
Gabor Mate - “When the Body Says NO – Exploring the Stress Disease Connection” <https://a.co/d/ihBM7wm>

12:41:36 From Julie Burns to Everyone:  
Question: I started this last week and find the material somewhat confusing. He seems to try to zero in on some certain patterns leading to certain diseases. But then he also makes summary stmts that seem to suggest it is not so clear. Can someone speak to our biggest practical takeaway from Mate?

*Biggest Practical Takeaway: Chronic emotional repression — especially of anger, boundaries, and authentic needs — can contribute to physical illness over time. Healing requires reconnection with the self.*

*Disease is **multifactorial** — genes, environment, social structures, trauma, and behavior all play roles.*  
*The patterns he describes are **not causes**, but **risk factors or contributing dynamics**.*  
***Blame** is not the goal — **awareness and self-compassion** are.*

12:41:42 From Beth Burke to Everyone:  
Replying to "Gabe Mate - “When the Body Says NO – Exploring the...”:  
Gabor Mate

12:43:51 From Sharon Flynn to Everyone:  
Q. Where does feeding the bear fit? Does it translate into the Stockholm syndrome?

See above.

12:43:53 From Tabitha Westbrook to Everyone:  
Replying to "Question: I started this last week and find the m...":  
Sure - Big takeaways are the body does stuff. Trauma is the underlies. Not having an empathic witness is the biggest issue. Our bodies for sure register it.  
Joy Forrest: ❤️

christine umthun: 

12:44:13 From Joy Forrest to Everyone:

Replying to "Comfort in the Ashes: Explorations in the Book of ...":

Thanks Freddy!

Freddy Chakhachiro: 

12:44:28 From Tabitha Westbrook to Everyone:

Replying to "Q. Where does feeding the bear fit? Does it transl...":

Stockholm syndrome would be an old term for what essentially is fawning. Really it's a behavior response to try to keep us safe.

Joy Forrest: 

12:45:05 From Julie Burns to Everyone:

Replying to "Question: I started this last week and find the m...":

I feel like everyone has a target on their back the more he describes parenting and also the child's unique reception of the parenting, etc. Appreciate this conversation a lot.

Joy Forrest: 

12:46:29 From Tabitha Westbrook to Everyone:

Replying to "Question: I started this last week and find the m...":

@Julie Burns Maté also isn't a believer. There is impact to how we parent AND there are things we can't control. An abuse victim can only do what they can do. When we know better, we do better.

Beth Burke: 

12:46:33 From Heather Martin to Everyone:

That quote is powerful!! I can so relate!!

Meg Avey, Maria M: 

12:46:43 From Stephanie Baker to Everyone:

Where can we find that quote? What page?

12:47:25 From sylvia gelderman to Everyone:

Replying to "Question: I started this last week and find the m...":

Anyone heard of "echoism"? I've been seeing it show up lately

*I have not, but looked this up. Echoism is a psychological concept that describes a pattern of extreme self-effacement, emotional suppression, and fear of taking up space or having needs, often rooted in early trauma.*

12:47:27 From Julie Burns to Everyone:

Replying to "Question: I started this last week and find the m...":

Thanks. Jess's quote she read was also helpful- think I haven't gotten to it yet. "Unexamined" and unaddressed.

12:47:34 From Bonnie King to Everyone:

Wow! You just described to a tee, my son who spent the first 2-2/12 years of his life in a Romanian orphanage and is unable to say "no" and today is living in a coercively controlled situation.

Joy Forrest: ❤

Tabitha Westbrook: ❤️

Joy Forrest: ☺

12:48:06 From Emily Vasquez to Everyone:

In Tabi's book - you didn't put the trash on your porch, but you're the one who has to clean it up (poor paraphrase)

Tabitha Westbrook, Diane Brinkley: ❤

12:48:07 From Beth Burke to Everyone:

Mate explains that we can't say healthy "yes" until we learn to set healthy boundaries and say "no" - this is big to me

Tabitha Westbrook: ❤

Freddy Chakhachiro, Jolene Underwood: ❤

Tricia Foster, Chantal Young, Cathleen Karbach: ☺

Kendra Thurman: 💯

12:48:27 From Laura Lathrop to Everyone:

I always tell people - you are the person you are at the time you are that person - you can't choose to be someone else in the past. You have to accept that you were that person, and you were limited that way, and just move forward.

Tabitha Westbrook: ❤

Jolene Underwood: ❤

12:49:08 From Helenmary Brown to Everyone:

Thank you Tabi! YES.

Tabitha Westbrook: ❤

12:49:14 From Pamela Brandenburg to Everyone:

Thank you Tabitha. I needed to hear that

Tabitha Westbrook: ❤

12:49:17 From Dr. Jessica Evans to Everyone:

Replying to "Where can we find that quote? What page?":

Let me find it for you. In the meantime, here is the quote:

o "What I am saying is that through no conscious will of your own, and for perfectly understandable reasons that had to do with your own emotional survival and thus were valid at the time, you have developed a personality style that has turned out to be bad for your health in the long run. The inability to say no, the need to take on other people's problems as your own, the driven need to always be "nice" or "helpful" or "positive" or not "rock the boat", even if that means suppressing one's own emotions – these traits are all responses to early childhood experiences and circumstances, over which the child has no control."

12:49:21 From Dr. Jessica Evans to Everyone:

Replying to "Where can we find that quote? What page?":

...It's not even a conscious choice; it's more of an automatic decision the young self makes in order to stay afloat in stressful emotional waters. Over time, if those patterns get reinforced and become rigid parts of the personality and remain unexamined, they can have detrimental effects on immune system functioning, even to the point of serious illness. They first emerge as responses to stress, but in the long run they themselves are incredibly stressful to body and mind."

12:49:23 From christine umthun to Everyone:

Thanks for the echoism question. I just looked it up. That's me in a nutshell.

12:49:37 From christine umthun to Everyone:

Replying to "Thanks for the echoism question. I just looked it...":  
If I could fit in a nutshell!

12:50:04 From Chantal Young to Everyone:

Replying to "Where can we find that quote? What page?":  
Thanks for taking the time to post the quote!

12:50:37 From Heather Martin to Everyone:

Replying to "Where can we find that quote? What page?":  
Thank you @Dr. Jessica Evans

12:50:41 From KAMILLA to Everyone:

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

<https://a.co/d/ajZ9ajL>

12:51:22 From Tabitha Westbrook to Everyone:

Replying to "Bessel van der Kolk - "The Body Keeps the Score:...":  
And yes, all trauma survivors wish the body would stop keeping score already!

12:51:41 From Kendra Thurman to Everyone:

Can also google (or use other search engine) "Feelings Wheel," and have several options/words to choose from - pick the one(s) that are the most accurate for this situation.

12:51:46 From Linda Schreuders to Everyone:

I want to express deep, deep gratitude to each of the team for studying, learning, and then sharing with us all of what you have experienced, and learned. And also for teaching this heavy, heavy course each week. It's a lot and I am extremely grateful for each of you!

Tabitha Westbrook: ❤

Joy Forrest: ❤

Kendra Thurman, Diane Brinkley: ❤

Cathleen Karbach: ☺

12:48:51 From Gloria Arnold to Everyone:

Thank YOU, Tabitha !!

Tabitha Westbrook: ❤

12:52:21 From Kendra Thurman to Everyone:

Replying to "Can also google (or use other search engine) "Feel...":

Then sit quietly and ask myself where I sense this (unrested state) in my body.

12:52:18 From Maria M to Everyone:

My body shut down on me completely after leaving. I call it "hitting the brick wall".

Beth Burke: 💯

Tricia Foster: ☺

12:52:26 From Alana Vandermaas to Everyone:

This all relates so much to when I did physical therapy. The thing I kept being told over and over again was I needed to slow down and start to recognize what is hurting. I kept being told I need to notice things before I can heal them. It is just an image of this I think. Maybe this is one of the reasons God tells us to be still.

12:52:28 From Julie Burns to Everyone:

This course and so many resources it has brought to my attn have really brought light to me about how bodyspirit we really are. And that has helped me in the last 2 yrs of some pretty huge pain and trauma to learn to catch emotional stuff by reading what my body is telling me, at times when the emotions seem numb and inaccessible. I am so grateful to you all for bringing these truths to my life!

12:52:29 From Tabitha Westbrook to Everyone:

Replying to "Can also google (or use other search engine) "Feel...":

<https://blog.calm.com/blog/the-feelings-wheel>

12:52:37 From Dr. Jessica Evans to Everyone:

Replying to "Where can we find that quote? What page?":

If you visit <https://drgabormate.com/mind-body-health/> and go to FAQs you will see the question "Q. Fine, but by saying that I'm responsible, I don't see how that's different than saying that I caused it, that it's my fault, or my doing. I don't see how to get around that implication in what you're saying."

That quote I shared is from his response.

12:52:44 From Sharon Flynn to Everyone:

A fellow counselor used to say " if our emotions don't come out strait, they will come out crooked, because they will come out,"

Laura Lathrop: 

12:53:04 From Tabitha Westbrook to Everyone:

Replying to "My body shut down on me completely after leaving. ...":

Yes, it said "You are resting!!"

12:53:05 From Jolene Underwood to Everyone:

I've been doing a video series on YouTube related to Emotional Honesty. The next one will offer suggestions for what emotionally honest communication sounds like. If you've held in emotions for a long time, it can be difficult to know how to identify your experiences and emotional experiences. This video series could be helpful.

You start with naming and identifying for yourself and with God. This helps you stay more connected to what's happening, what

Heather Martin: 

Tricia Foster: 

12:53:32 From Jolene Underwood to Everyone:

Oops...and what's helpful/needed so you can move into more calm and living from a healthy core.

12:53:49 From Tabitha Westbrook to Everyone:

Replying to "A fellow counselor used to say " if our emotions d...":

Oh they sure will.

12:54:02 From Laura Lathrop to Everyone:

But this can be twisted, too! Men will say things like she's not attending to my sexual needs

Joy Forrest: 

12:54:49 From Tabitha Westbrook to Everyone:

Replying to "But this can be twisted, too! Men will say things ...":

Sex isn't a need. Connection is. VERY different. Sexual activity is - when done well - is intimate and connecting. It's inherently relational and not physical.

Nikki Walls: 

Lisa Kiser: 

12:55:02 From Nikki Walls to Everyone:

A great counselor that I listen to on a podcast always says "if it's hysterical, it's historical." This means that most of the time, when someone has a reaction to a situation that seems hysterical, the fact is, there's deep history there and pain that has been buried that needs to be healed.

Jolene Underwood: 

Sharon Flynn: 

Beth Burke: 

12:55:20 From Laura Lathrop to Everyone:

Replies to "But this can be twisted, too! Men will say things ...":

How can we present this in a biblically grounded way?

12:55:44 From Laura Lathrop to Everyone:

24 times lol

12:55:46 From Tabitha Westbrook to Everyone:

Replies to "But this can be twisted, too! Men will say things ...":

All of the Bible is inherently relational. And very little is about sex.

12:56:08 From Laura Lathrop to Everyone:

Replies to "But this can be twisted, too! Men will say things ...":

Idk, there are some parts in the OT where I'm like, geez, give it a rest on the who I'm allowed to have sex with

12:56:23 From Christine umthun to Everyone:

Replies to "But this can be twisted, too! Men will say things ...":

@Tabitha Westbrook my hubs has learned from the past to connect sex with connection and can't separate the difference. And he does THINK he needs "it" regularly, when he really is looking for connection in that way.

12:56:28 From Sharon Flynn to Everyone:

Replies to "But this can be twisted, too! Men will say things ...":

Needing sex is also not an emotion

12:56:41 From Christine umthun to Everyone:

Replies to "But this can be twisted, too! Men will say things ...":

TY for that description or clarification is what I'm saying

12:57:02 From Kendra Thurman to Everyone:

Replies to "But this can be twisted, too! Men will say things ...":  
"Adam 'knew' his wife, Eve, and she bore him a son."

12:57:04 From Jolene Underwood to Everyone:

For example, saying "I need you to ...." Is an expectation.

The underlying need may be that the person needs to calm their nervous system.

The need to connect emotionally can be under the surface, but inaccessible so the focus is on trying to find solutions to manage the anxiety.

Joy Forrest: 

12:57:05 From Melissa Parker to Everyone:

I often try to coach women by asking them to think about how they care for their children - sometimes we know they just need a snack or a hug or a nap or a walk outside...women who have denied themselves for years can also need those things and have a hard time identifying those.

12:57:13 From Laura Lathrop to Everyone:

Replies to "But this can be twisted, too! Men will say things ...":  
the Leviticus 18 passage that got me uninvited from my church, for example  
Joy Forrest: 

12:57:31 From Sharon Flynn to Everyone:

Replies to "But this can be twisted, too! Men will say things ...":  
It may lead to an emotion but not an emotion.

12:57:39 From Deborah Stahl Waters to Everyone:

Tabi - Well said re: sex!

12:58:26 From Deborah Stahl Waters to Everyone:

My spouse = sex as love. Uhh

Joy Forrest: 

12:58:53 From KAMILLA to Everyone:

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

<https://a.co/d/ajZ9ajL>

12:59:00 From Tabitha Westbrook to Everyone:

Replies to "My spouse = sex as love. Uhh":  
And that is a very diminished version of love. Love is so much more and rich.  
Joy Forrest: 

12:59:10 From Pamela Brandenburg to Everyone:

What is the name of the book on Job that Joy talked about?

12:59:18 From Jolene Underwood to Everyone:

When you've lived without proper attending to the needs God designed us to have, you build up patterns of protecting yourself or defending against needs. It makes it difficult to allow space to have a need. For some, having the need becomes a miscued sense of not being safe today because it wasn't safe in the past.

christine umthun, Deborah Stahl Waters, Dawn Jones: ❤️

Heather Martin: 💯

12:59:26 From Freddy Chakhachiro to Everyone:

Replies to "What is the name of the book on Job that Joy talked about?":

Comfort in the Ashes: Explorations in the Book of Job to Support Trauma Survivors  
Paperback – January 14, 2025  
by Michelle K. Keener (Author)

13:00:35 From Kendra Thurman to Everyone:

Replies to "Bessel van der Kolk - "The Body Keeps the Score":

"Trauma is not just an event that took place in the past... it is also the imprint left by that experience on mind, brain, and body." - van der Kolk

13:00:31 From Joy Forrest to Everyone:

Replies to "What is the name of the book on Job that Joy talked about?":

It's about general trauma and not specific to DV/CC but so far it's good.

13:01:17 From Pamela Brandenburg to Everyone:

Replies to "What is the name of the book on Job that Joy talked about?":



13:03:09 From Kendra Thurman to Everyone:

Replies to "Bessel van der Kolk - "The Body Keeps the Score":

"The body keeps the score: If the memory of trauma is encoded in the viscera, in heartbreak and gut-wrenching emotions, then the cure must involve the body." - van der Kolk

13:03:33 From Dr. Jessica Evans to Everyone:

Yay!!

13:04:10 From Laura Lathrop to Everyone:

It will smear my makeup!!! 😂

Joy Forrest: 🎉

13:05:11 From Tabitha Westbrook to Everyone:

Replies to "It will smear my makeup!!! 😂":

Not supposed to rub that hard!

13:05:41 From Laura Lathrop to Everyone:

Replies to "It will smear my makeup!!! 😂":

My makeup is delicate!

Tabitha Westbrook: 😊

Freddy Chakhachiro: 😊

13:06:06 From Kendra Thurman to Everyone:

Updated slides # 34, 35, 38 - available on the course webpage.

Debra Scales: 🌟

13:06:40 From Judy Vader to Everyone:

After class today I will be meeting with one of my dear survivors and her husband is facing a life ending illness. Many years of marriage. She is struggling with many bodily issues: this class could not be better timed for me today!

Joy Forrest: ❤️

Tabitha Westbrook: ❤️ 🧽

Jolene Underwood: ❤️

Kendra Thurman: 💜

Julie Burns: 😊

13:07:33 From Jolene Underwood to Everyone:

Replies to "After class today I will be meeting with one of my...":

Oh goodness, I'm taking a deep breath and thinking of you as you meet with this survivor. May you both feel held as you meet.

13:07:57 From Tabitha Westbrook to Everyone:

We do not have to diagnose for private pay clients.

Dr. Jessica Evans: ❤️

Nathalie Perkins, Joy Parks: 🌟

13:08:13 From Judy Vader to Everyone:

Replies to "After class today I will be meeting with one of my...":

❤️

13:10:26 From KAMILLA to Everyone:

DSM-5-TR Diagnostic and Statistical Manual of Mental Disorders  
Fifth Edition, Text Revision

13:12:35 From Alana Vandermaas to Everyone:

Question: can you put in the chat later some more info about trauma from learning about a closer friend or family member?

13:12:55 From Dr. Jessica Evans to Everyone:

Replies to "Updated slides # 34, 35, 38 - available on the cou...":

Updated handouts for slides- <https://www.houseofpeacepubs.com/wp-content/uploads/2025/06/Trauma-Issues-2025-Handouts-update-6-8.pdf>

13:12:55 From Julie Burns to Everyone:

RANDOM QUESTION: Anyone have a good book on spiritual interpretation of dreams?

13:12:59 From Laura Lathrop to Everyone:

I want my therapist to just help me process things, but she keeps getting hung up on the idea that I want her to do something else, like help me figure out who I am or something. I literally told her I just want her to help me process. Is this normal therapist issue?

13:13:38 From Tabitha Westbrook to Everyone:

Replies to "I want my therapist to just help me process things...":

If figuring out who you are is part of processing I could see that. If you know who you are, then she's not really helping you process.

13:13:37 From Laura Lathrop to Everyone:

I just thought maybe therapists don't help you process, they have to have some kind of more concrete goal or whatever.

13:13:52 From Laura Lathrop to Everyone:

Replies to "I want my therapist to just help me process things...":

Right, I definitely know who I am, that's the one thing I'm sure of

13:14:03 From Kendra Thurman to Everyone:

Jesus as a suffering Savior:

He was despised and rejected by men, a man of sorrows and acquainted with grief.

(Isaiah 53:3)

13:14:07 From Joy Forrest to Everyone:

Replies to "RANDOM QUESTION: Anyone have a good book on spiri...":

Not really. Remember Daniel prayed for interpretation. I think that's the safest bet.

Laura Lathrop: ❤

13:14:28 From Joy Forrest to Everyone:

Replies to "RANDOM QUESTION: Anyone have a good book on spiri...":

We may never understand fully too. Some may not have a deeper meaning.

13:14:30 From Chantal Young to Everyone:

Once again thank you so much for all you put into this each week! We really appreciate you all,

13:14:41 From KAMILLA to Everyone:

ANNOUNCEMENT: Join us on our Called To Peace Facebook page for a conversation with Joy Brown Forrest, author of Called to Peace TODAY at 1:30 pm EST for an honest and powerful conversation about her newly revised book and the heart behind it.

Kendra Thurman, Jolene Underwood: 

13:14:42 From Sharon Flynn to Everyone:

Replies to "What is the name of the book on Job that Joy talke...":

Just a reminder: there can be a delay between event or events and appearance of symptoms.

13:15:15 From Maria M to Everyone:

QUESTION: Will the 1:30 meeting be recorded?

13:15:18 From Dr. Jessica Evans to Everyone:

Replies to "Question: can you put in the chat later some more ...":

PTSD can sometimes develop not just from directly experiencing a traumatic event, but also from learning that a close friend or family member experienced trauma — especially if the event was violent, life-threatening, or resulted in serious injury or death. You can let us know if you have more specific questions about this.

13:15:23 From KAMILLA to Everyone:

ANNOUNCEMENT: Join us on our Called To Peace Facebook page for a conversation with Joy Brown Forrest, author of Called to Peace TODAY at 1:30 pm EST for an honest and powerful conversation about her newly revised book and the heart behind it.

13:15:39 From Julie Burns to Everyone:

Replies to "RANDOM QUESTION: Anyone have a good book on spiri...":  
tricky stuff.

13:15:45 From Kendra Thurman to Everyone:

Replies to "QUESTION: Will the 1:30 meeting be recorded?":

Yes

13:16:11 From KAMILLA to Everyone:

Replies to "QUESTION: Will the 1:30 meeting be recorded?":

Yes, it will stay on our Facebook page.

Maria M: 

13:16:13 From Maria M to Everyone:

I had nightmares for years & years too.

13:16:29 From Maria M to Everyone:

Replying to "QUESTION: Will the 1:30 meeting be recorded?":

Thank you!

13:16:36 From Deborah Stahl Waters to Everyone:

Tku Ladies for what you've taught us today! So invaluable & healing. Bless You All!



Heather Martin: ❤

Judy Vader: 🙌

13:16:42 From Kendra Thurman to Everyone:

Replying to "QUESTION: Will the 1:30 meeting be recorded?":

It's usually also posted on our YouTube channel.