

Video Replay: <https://vimeo.com/1089506338/7c198d379b?share=copy>

12:00:14 From Melanie Haymond to Everyone:
Good morning from sunny Montana!

12:00:30 From Deb Reece to Everyone:
Deb from Zimmerman, MN

12:03:55 From Dr. Jessica Evans to Everyone:
Jess, Columbus OH area

12:04:10 From Shelle Mossman to Everyone:
Shelle M, Maryland

12:04:27 From Linda Schreuders to Everyone:
Linda from Winnipeg MB Canada

12:04:47 From Maria M to Everyone:
Maria M. NC

12:04:53 From Shelle Mossman to Everyone:
I was a few minutes late, please let me know what the question was. Thanks

12:04:56 From Kim Brown to Everyone:
Kim B, North TX

12:05:09 From Joy Forrest to Everyone:
Replying to "I was a few minutes late, please let me know what ...":
It's happening now

12:05:22 From Joy Forrest to Everyone:
Replying to "I was a few minutes late, please let me know what ...":
Really just a case question
Shelle Mossman: 👍

12:05:55 From Gabriela Silva to Everyone:
Gabriela Silva from Okemos/MI

12:07:10 From Teresa Wilcox to Everyone:
I was married to a dentist as well

12:08:34 From Lisa Kiser to Everyone:
Lisa in Montrose, CO! I apologize I missed the first part.

12:09:56 From Anna Jacobs to Everyone:
Anna Jacobs in Kearney, MO

12:10:13 From Beth Burke to Everyone:
good morning from beth

12:10:38 From Joy Forrest to Everyone:
Replying to "Lisa in Montrose, CO! I apologize I missed the fi...":
We're just jumping into a case about a woman in a second marriage that isn't going well

12:10:47 From Lisa Kiser to Everyone:
I will be moving to Flagstaff, AZ in 2 weeks. I plan to meet with Judy C for the next steps for being an Advocate!

12:13:22 From Dr. Jessica Evans to Everyone:
I liked the open ended qu, Karen. "How are you dealing with those things?"
Joy Forrest: 👍

12:14:24 From Dr. Jessica Evans to Everyone:
Change closed-ended "Can you tell me more?" to:
What does that look like? (For example)

12:14:58 From Tina Conti to Everyone:
Tina from Livonia MI here

12:15:32 From Nikki (Amber) Walls to Everyone:
Good morning! -Nikki from GA

12:15:32 From Dr. Jessica Evans to Everyone:
Dr. Debra suggests: "How do you feel about that?" instead of "how does that **make you feel?**"

12:17:05 From Dr. Jessica Evans to Everyone:
Lisa's suggestion: "What would you do if you found out there was something more going on...how would you handle that?"

12:18:22 From Teresa Wilcox to Everyone:
QUESTION: Is it appropriate to advocate when you personally know all of the players?
Answered live.

12:21:25 From Chris Peterson to Everyone:

I can role play a survivor base on a current real situation. (Pretend that I a women.)
Judy Vader: 👍

12:21:32 From Dr. Jessica Evans to Everyone:

Joy- suggests equipping with tools as well. Leslie Vernick's book could be helpful. If they decide to stay- help them to be non reactive and stay well (CTPM has a group for this).

12:22:03 From Karen Stinchcomb to Everyone:

Karen from Fort Worth.

12:22:40 From Maria M to Everyone:

I have a question about suicidal ideation.

Joy Forrest: 👍

12:22:53 From Dr. Jessica Evans to Everyone:

"Tell me more about that"

Shelle Mossman: 👍

12:22:58 From Dr. Jessica Evans to Everyone:

Good awareness, Alana.

Shelle Mossman: ❤️

12:24:01 From Karen Stinchcomb to Everyone:

Replying to "Joy- suggests equipping with tools as well. Leslie...":

Leslie's CORE teaching has helped me also.

12:24:25 From Dr. Jessica Evans to Everyone:

Replying to "Joy- suggests equipping with tools as well. Leslie...":

@Joy Forrest how would someone get connected to that group?

12:24:27 From Shelle Mossman to Everyone:

Replying to "Good awareness, Alana.":

Alana, I have to catch myself from asking multiple questions at once too

12:26:20 From Joy Forrest to Everyone:

Replying to "Joy- suggests equipping with tools as well. Leslie...":

I think you could ask Kendra next time she's on

12:26:47 From Joy Forrest to Everyone:

Replying to "Joy- suggests equipping with tools as well. Leslie...":

@Karen Stinchcomb yes to Leslie's book. So much good info in there.

12:27:02 From Joy Forrest to Everyone:

Replying to "Good awareness, Alana.":

@Shelle Mossman we all do!

12:27:04 From Judy Vader to Everyone:

Judy Vader from Gladstone, MI, in Michigan's Upper Peninsula.

12:29:03 From Dr. Jessica Evans to Everyone:

Avoid why questions...

Open Ended Questions & Prompts

What happened when...?

How did you...?

What would happen if...?

What do you think about...?

What would you do...?

Tell me about...

I wonder if...

Shelle Mossman: ❤️

Nikki (Amber) Walls: 👍

12:30:14 From Dr. Jessica Evans to Everyone:

Listen 90%!

Nikki (Amber) Walls: ❤️

12:30:56 From Beth Burke to Everyone:

one that Chris said is "I don't want to cause trouble" how can we respond to that

12:30:57 From Dr. Jessica Evans to Everyone:

Dr. Debra: "Tell me about things that you're fearful of."

12:31:15 From Lisa Kiser to Everyone:

Would you like to share more about that?

12:31:28 From Teresa Wilcox to Everyone:

Help me understand

12:31:41 From Dana Papadopoulos to Everyone:

Maybe say - "Do you feel comfortable sharing more?"

12:32:02 From Dr. Jessica Evans to Everyone:

Replying to "Would you like to share more about that?":

How can we change it from a closed qu?

12:32:06 From Maria M to Everyone:

I had someone do that to me years ago and it felt like they were just digging for information.

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

Replying to "Maybe say - "Do you feel comfortable sharing more?...":

It is a closed (yes/no) qu

Dana Papadopoulos: 👍

12:32:47 From Freddy Chakhachiro to Everyone:

Replying to "I had someone do that to me years ago and it felt ...":

sounds like being nosey

Maria M: 👍

12:33:13 From Anna Jacobs to Everyone:

Same. I've been practicing with my teen daughters.

Lisa Kiser: 💜

12:33:17 From Teresa Wilcox to Everyone:

Because silences are uncomfortable

Lisa Kiser: 👍

12:34:11 From Helenmary Brown to Everyone:

It's good to be comfortable with some silence for reflection. The motive is key.

Joy Forrest: 👍

12:34:42 From Helenmary Brown to Everyone:

Audible white space.

Teresa Wilcox: 👍

12:34:51 From Joy Forrest to Everyone:

Like Tabi's acronyms_ WAIT why am I talking, and WAIST why am I still talking?

Helenmary Brown, Beth Burke, Shelle Mossman, Nikki (Amber) Walls: ❤️

12:35:34 From Joy Forrest to Everyone:

Replying to "Because silences are uncomfortable":

But can be so powerful

12:35:44 From Beth Burke to Everyone:

Replying to "Audible white space.":

scary sometimes 😏

Helenmary Brown: 👍

12:36:00 From Teresa Wilcox to Everyone:

Dr Jess just used an opener - I'm wondering about...

12:36:00 From Anna Jacobs to Everyone:

When Jolene practiced silences with me, it gave me permission for the first time to slow my own thoughts down and process. That was a huge shift for me.

Joy Forrest, Dr. Jessica Evans, Nikki (Amber) Walls: ❤️

Rebecca Johnson: 🙏

12:36:52 From Dr. Jessica Evans to Everyone:

Minimal encouragers- hmm, uh huh, help me understand, tell me more.

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

Clarification:

- asking questions to better understand statements made during contact

Reflection / Empathy / Understanding:

- rephrasing the feelings associated with what has been said
- reinforces listening
- verifies feelings
- "So you feel anxious because..."

Nikki (Amber) Walls: ❤️

12:38:28 From Freddy Chakhachiro to Everyone:

I learn so much watching Dr Debra advocate.

Lisa Kiser, Dr. Jessica Evans, Nikki (Amber) Walls: ❤️

12:38:56 From Freddy Chakhachiro to Everyone:

or any of our teachers.

Nikki (Amber) Walls: ❤️

12:39:12 From Dr. Jessica Evans to Everyone:

"So it sounds like..."

Helenmary Brown: ❤️

12:43:37 From Nikki (Amber) Walls to Everyone:

QUESTION: I have SUCH a hard time with silence in conversations.. it makes me feel almost panicked. After a lot of soul seaching, I've realized that (for me) it stems from an old "rule" I developed when living through my own abuse. It's the feeling that I need to somehow control the feelings and perceptions of each person involved in the conversation.. as if I'm responsible for other people's feelings. The lie I tell myself is that it makes me feel "safer," but it actually does the opposite. I have found that this all comes from my own history of abuse, and feeling like I needed to make everything "good" for my abuser. Do you have any advice on how to get past this? I don't want it to affect my advocacy work.

Helenmary Brown: 🙏

12:43:40 From Dr. Jessica Evans to Everyone:

Dr. Debra: Ask questions to assess if there is a: plan, motive, or way to carry that out? If one of those indicators is not there, talk it through.

Nikki (Amber) Walls, Helenmary Brown: ❤️

12:46:15 From Joy Forrest to Everyone:

Replying to "QUESTION: I have SUCH a hard time with silence in ...":

I think most survivors struggle with this need to explain everything. For me, trying to internalize the truth that I didn't have to took time, but as I practiced it I became more comfortable with it.

Helenmary Brown, Nikki (Amber) Walls: ❤️

Helenmary Brown:👍

12:46:31 From Nikki (Amber) Walls to Everyone:

That's super helpful, Marie, as I'm a nurse too. I understand those concerns!

12:46:34 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: I have SUCH a hard time with silence in ...":

Its good that you are noticing your own tough spots and have worked to understand what is behind that bc awareness is key. I think our own continued healing and work on these areas that still seem to impact us is important. Ongoing learning around what is your responsibility vs what is the other person's. Boundaries as well.

Nikki (Amber) Walls, Helenmary Brown: ❤️

12:47:41 From Dr. Jessica Evans to Everyone:

Replying to "Dr. Debra: Ask questions to assess if there is a: ...":

Joy: Know laws in your state on reporting. Let her know if you'll have to report- invite her to do it with you.

12:48:18 From Teresa Wilcox to Everyone:

I had this very thing happen in Virginia a few years ago. She had a plan, the means, the motive. It was a phone call. I asked her if she had someone who could come be with her. She called her sister, I called 911.

Kim Brown:👍

12:48:22 From Helenmary Brown to Everyone:

Thank you Joy!

12:48:41 From Dr. Jessica Evans to Everyone:

Use your advocate coordinators Naomi and Dianthe as needed.

Helenmary Brown, Nikki (Amber) Walls: ❤️

12:48:52 From Dr. Jessica Evans to Everyone:

You can also reach out to Drs. Debra & Jess faith.advocacy8@gmail.com

Helenmary Brown, Nikki (Amber) Walls: ❤️

12:49:56 From Teresa Wilcox to Everyone:

Very true Dr. Debra

12:50:40 From Karen Stinchcomb to Everyone:

At our Soul Care dept at church, we have a suicide agreement where they commit to a certain amount of time that they will not do that.

Helenmary Brown:👍

12:51:29 From Dr. Jessica Evans to Everyone:

Naomi Jubilee

Advocate Coordinator & Intake Coordinator naomi@calledtopeace.org

Dianthe Cardwell

Advocate Coordinator

dianthe@calledtopeace.org

Nikki (Amber) Walls: ❤️

Kim Brown:👍

12:54:30 From Judy Vader to Everyone:

We get information right away with basic facts: address, phone, email, etc.

Helenmary Brown: ❤️

Lisa Kiser:👍

12:57:00 From Freddy Chakhachiro to Everyone:

That someone cares

Lisa Kiser:💜

12:57:10 From Maria M to Everyone:

The thing that helped me...was to put a sticky note on my wall that said, "My children would feel responsible."

Lisa Kiser, Teresa Wilcox, Helenmary Brown: ❤️

Helenmary Brown:👍

12:58:10 From Deborah Stahl Waters to Everyone:

Tku for today... role playing & discussion was very helpful. 🙏

Helenmary Brown, Maria M: ❤️

13:00:54 From Tina Conti to Everyone:

Excellent thank you

13:01:03 From Kim Brown to Everyone:

Thank you for today!

13:01:15 From Helenmary Brown to Everyone:

Replying to "The thing that helped me...was to put a sticky not...":
Survivors usually blame themselves.