

Video Replay: <https://vimeo.com/1152031466/e96333fc5e?share=copy&fl=sv&fe=ci>

2026-01-06 11:27:23 From Rose R to Everyone:

Rose in GA

2026-01-06 11:27:37 From Kara Ghiloni to Everyone:

Kara Ghiloni in San Diego

2026-01-06 11:27:44 From Nora Cord to Everyone:

Nora Cord in Green Ohio

Heidi Hirsch: ❤️

Karen Wilkinson: 💜

2026-01-06 11:27:46 From Deborah Stahl Waters to Everyone:

Deborah Stahl Waters - TN

Good to be bk w/ya'll this 2026

2026-01-06 11:27:56 From Stephanie Ford to Everyone:

Havre, Montana

2026-01-06 11:28:05 From LeAnne Parsons to Everyone:

LeAnne Parsons AZ;) )

2026-01-06 11:28:11 From Danyelle Uzoigwe to Everyone:

Danyelle Uzoigwe in Glendale, AZ

2026-01-06 11:28:25 From Mary Sue Owsley to Everyone:

Mary Sue Owsley in Idaho

2026-01-06 11:28:30 From KAMILLA to Everyone:

Dr. Debra and Dr. Jess can be reached at: [faith.advocacy8@gmail.com](mailto:faith.advocacy8@gmail.com)

2026-01-06 11:28:34 From Dr. Jessica Evans to Everyone:

Cheers to our 7th year of advocacy classes!

Jess, Columbus, OH area

Jolene Underwood: 🙏

2026-01-06 11:28:51 From Kathy Ross to Everyone:

Kathy Ross, Northcentral WI

2026-01-06 11:28:55 From Dr. Jessica Evans to Everyone:

Happy to see some familiar faces

Jolene Underwood: ❤️

2026-01-06 11:29:13 From Kay Conner to Everyone:

Kay Conner, Tri Cities, Washington ( on my work email)

2026-01-06 11:29:17 From Peggy Barrett to Everyone:

Peggy Barrett - Durham, NX  
Angi Beery: 

2026-01-06 11:29:23 From Heather Martin to Everyone:

Heather Martin from Shippensburg, PA! It is so good to see so many familiar faces!! Along with new faces!!

Angi Beery: 

2026-01-06 11:29:25 From Marcie Schmidt to Everyone:

Raleigh, NC

2026-01-06 11:29:25 From Zoe Elyada to Everyone:

Zoe - Cody, Wy

2026-01-06 11:29:29 From Angela Bamford to Everyone:

Angela- in Raleigh, NC

2026-01-06 11:29:30 From Peggy Barrett to Everyone:

oops - Durham, NC

2026-01-06 11:29:37 From Kathy Miller to Everyone:

Kathy Miller- NE Ohio

Angi Beery: 

2026-01-06 11:29:38 From Stacy Hayes to Everyone:

Stacy Hayes - Jamestown, NC

2026-01-06 11:29:39 From Melody Carr to Everyone:

Hello from Matthews (South Charlotte), North Carolina!

Kim Howard: 

2026-01-06 11:29:42 From Christine Foster to Everyone:

Christine Foster Martinsburg, WV

2026-01-06 11:29:43 From Sherrie Wilson to Everyone:

Sherrie Wilson Omro, WI hello everyone

2026-01-06 11:29:43 From Lynn Adams to Everyone:

Lynn A. Minnesota

2026-01-06 11:29:45 From Angi Beery to Everyone:

Hello all!!! Angi Beery, Nappanee, IN

Kathy Miller: 


Kendra Thurman: 

2026-01-06 11:29:45 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Tabi from TX in this moment.

Dr. Jessica Evans: 

Angi Beery, Kendra Thurman: 

Karen Wilkinson: 

2026-01-06 11:29:48 From Julie Wallace to Everyone:  
Julie Wallace, Middleburg FL

2026-01-06 11:29:55 From Corrine Petit to Everyone:  
Hi! Corrine (Core-EEN), from Vermont.

2026-01-06 11:30:07 From Lori Rodgers to Everyone:  
Lori Rodgers -eastern South Dakota

2026-01-06 11:30:10 From Andrea Kampen to Everyone:  
Andrea Kampen - Milton ON Canada

2026-01-06 11:30:08 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:  
Replying to "Hi! Corrine (Core-EEN), from Vermont."  
Thank you for the phonetic pronunciation!!

2026-01-06 11:30:11 From Heidi Johnson to Everyone:  
I'm in Greenville, SC.



2026-01-06 11:30:24 From Stacy Hayes to Everyone:  
Stacy Hayes, Jamestown NC

2026-01-06 11:30:31 From Heidi Hirsch to Everyone:  
Replying to "Message sent before you joined the meeting":  
Heidi Hirsch

2026-01-06 11:30:41 From JUDITH VADER to Everyone:  
Judy Vader here, Michigan's UP

2026-01-06 11:30:43 From Tiffany Pearman to Everyone:  
Kentucky!

2026-01-06 11:30:57 From Dusty Lewis to Everyone:  
Replying to "Message sent before you joined the meeting":  
Hi! Thank you. I love the area!

2026-01-06 11:31:06 From Suzanne Maxwell to Everyone:  
Suzanne Maxwell from Indiana  
joy forrest:   
Angi Beery: 

2026-01-06 11:31:26 From Debbie Doyle to Everyone:  
Replying to "Suzanne Maxwell from Indiana":  
Hi Cousin!

2026-01-06 11:31:36 From Rhonda Burdett to Everyone:  
Rhonda Burdett hello from Tallmadge

2026-01-06 11:31:47 From KAMILLA to Everyone:

2026 He Makes All Things New Women's Retreat – April 30-May 3, 2026

in Lake Junaluska, North Carolina with Diane Langberg, Nicole C. Mullins, Elyse Fitzpatrick and Joy Forrest plus many more!

The theme is "God is the Strength of my Heart" from Psalm 73.

Mark your calendars and plan to join us!!

Register today at: <http://calledtopeace.org/survivor-healing-retreat>

Scholarship applications will open up on Thursday, January 8. The link will be on our [calledtopeace.org](http://calledtopeace.org) website!

Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor, Dusty Lewis: ❤️

2026-01-06 11:32:00 From BONITA LOVE to Everyone:

Bonita Love from South Carolina

joy forrest: ❤️

Angi Beery: 💜

2026-01-06 11:32:11 From Dawn Jones to Everyone:

Good Morning! Dawn Jones, Marble Falls, TX

Dusty Lewis: ❤️

2026-01-06 11:32:40 From Kathy Warman to Everyone:

Kathy Warman Lothian MD

2026-01-06 11:32:58 From Sun Flower to Everyone:

Hello from Wisconsin!

Lisa Guillory-Buckle

2026-01-06 11:33:04 From nichelle izard to Everyone:

Nichelle Kansas

2026-01-06 11:33:16 From Val's iPhone 12 Pro Max to Everyone:

Valerie Marini Westfield Indiana

2026-01-06 11:33:16 From Kim Brown to Everyone:

Kim Brown North TX

Angi Beery: 💜

2026-01-06 11:33:18 From Darlene Hills-Clinkscale to Everyone:

Good morning, Blessings, Everyone. Darlene Hills-Clinkscale from Columbus, Ohio.

2026-01-06 11:33:23 From Gabriela Silva to Everyone:

Okemos, MI

Angi Beery: 

2026-01-06 11:33:28 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

The retreat is one of the best things, ever! 10/10 - highly recommend.

Nora Cord, Dusty Lewis: 

Angi Beery: 

Jolene Underwood, Heather Martin, Kendra Thurman: 

2026-01-06 11:33:28 From JUDITH VADER to Everyone:

I'm so praying God will make a way for me to get to the retreat. LOVED being there in 2021,

Jolene Underwood: 

2026-01-06 11:33:42 From Heather Martin to Everyone:

I went to the retreat by myself last year, first time and came away with so many deep meaningful relationships. I found my tribe!!

Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor, Jolene Underwood, Dusty Lewis: 

Angi Beery, Kendra Thurman: 


2026-01-06 11:33:44 From Suzanne Neald to Everyone:

Suzanne IE 

2026-01-06 11:33:54 From Nora Cord to Everyone:

Replying to "Okemos, MI":

Hi friend! Good to see you!

Gabriela Silva: 

2026-01-06 11:33:56 From KAMILLA to Everyone:

Scholarship applications will open up on Thursday, January 8. The link will be on our [calledtopeace.org](http://calledtopeace.org) website!

2026-01-06 11:34:01 From Jolene Underwood to Everyone:

Replying to "I'm so praying God will make a way for me to get t...":

I'm praying now for you to be able to attend, Judy!

2026-01-06 11:34:14 From Brooke Shepherd to Everyone:

Brooke Shepherd from Des Moines, IA. Grateful to be with ya'll!

2026-01-06 11:34:16 From Julie to Everyone:

Listening from Indiana!

Angi Beery: 

2026-01-06 11:35:22 From JUDITH VADER to Everyone:

Replying to "I'm so praying God will make a way for me to get t...":

Thank you!

2026-01-06 11:35:55 From Michelle Baruth to Everyone:

Replying to "Kathy Ross, Northcentral WI":

Where? I am in Neenah

2026-01-06 11:36:08 From Charlotte Rennekamp to Everyone:

Hello everyone! Charlotte from Ohio.

Angi Beery: 

2026-01-06 11:36:30 From Nora Cord to Everyone:

Replying to "Hello everyone! Charlotte from Ohio.":

Hi Charlotte! So good to see you!

2026-01-06 11:36:34 From Kathy Ross to Everyone:

Replying to "Kathy Ross, Northcentral WI":

I'm west of Wausau

Michelle Baruth: 


2026-01-06 11:36:36 From Michelle Baruth to Everyone:

Replying to "Sherrie Wilson Omro, WI hello everyone":

Hi I am in Neenah

2026-01-06 11:36:45 From Johanna Dempster to Everyone:

sorry i couldn't get sound to work, so I just got sound through my phone. :)

Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor: 

2026-01-06 11:37:01 From Michelle Baruth to Everyone:

Replying to "Julie Wallace, Middleburg FL":


I live there about 20 years ago

2026-01-06 11:37:24 From Linda Schreuders to Everyone:

Linda Schreuders from Winnipeg MB Canada

2026-01-06 11:37:49 From Gabriela Silva to Everyone:

Replying to "Okemos, MI":

Good to see you as well 

2026-01-06 11:37:49 From KAMILLA to Everyone:

If you have a question in the chat, please put QUESTION in all caps and

then proceed

questions!!

with your question. This makes it easier for our team to catch those all-important

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.

Marcie Schmidt: 

2026-01-06 11:37:50 From Joy Parks to Everyone:

Joy Parks Great Falls, SC

Kendra Thurman: 

2026-01-06 11:37:50 From Ann Allen to Everyone:  
Hello Annie from Nashville, TN

2026-01-06 11:38:07 From Dr. Jessica Evans to Everyone:

Course webpage-

<https://www.houseofpeacepubs.com/general-courses/coercive-control/>

2026-01-06 11:38:10 From Londa Eells to Everyone:

Londa Erie, Pennsylvania

Kathy Miller: 🙌

Kendra Thurman: 💜

Joy Parks: 😊

2026-01-06 11:38:15 From Kendra Thurman to Everyone:

Kendra from Ohio

Angi Beery: 💜

Joy Parks, Londa Eells: 😊

2026-01-06 11:38:36 From Shelly Blankenship to Everyone:

Hello from Eastern Panhandle of WV!

Angi Beery: 💜

Joy Parks: 😊

2026-01-06 11:38:39 From Sheila Kennedy to Everyone:

Sheila Kennedy Lakeland , Florida

2026-01-06 11:38:49 From Heather Yaxley to Everyone:

Hello from Heather Yaxley, Victoria BC, Canada.

2026-01-06 11:39:15 From Marcie Schmidt to Everyone:

Marcie Schmidt Raleigh NC

2026-01-06 11:39:43 From Jolene Underwood to Everyone:

Replying to "sorry i couldn't get sound to work, so I just got ...":

Glad you're able to hear us now.

Johanna Dempster: ❤️

2026-01-06 11:39:49 From Dr. Jessica Evans to Everyone:

You can find the following helpful files under "Course Handouts/Access the essential materials here" on the course webpage <https://www.houseofpeacepubs.com/general-courses/coercive-control/> :

2026 Quick Reference Guide for Advocacy Classes

2026 Contacts for Called to Peace Ministries

2026-01-06 11:40:00 From Beth Burke to Everyone:

Good morning - Beth from NC

2026-01-06 11:40:03 From Karen Stinchcomb to Everyone:  
Karen Stinchcomb from Fort Worth, TX 🙋

2026-01-06 11:40:06 From BobbiJo Bruno to Everyone:  
Hello everybody.  
Angi Beery: 💜

2026-01-06 11:40:20 From Kat Nelson to Everyone:  
Good morning Kat near Wheaton Il

2026-01-06 11:40:45 From Deann Wagner to Everyone:  
Deann Wagner Harrison, Arkansas  
Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor: ❤️  
Kathy Miller: 🙌  
Angi Beery: 💜

2026-01-06 11:41:00 From Jaime Meunier to Everyone:  
Hi, Jaime from Alberta Canada

2026-01-06 11:41:12 From Martha Curfman to Everyone:  
Hello from Northeast Ohio  
Kathy Miller: 🙌

2026-01-06 11:41:14 From KAMILLA to Everyone:  
Joy Forrest Called to Peace: A Survivor's Guide to Finding Peace and Healing After Domestic Abuse. <https://a.co/d/4TBBahK>

"The Called to Peace Workbook: A Scripture-based Guide to Healing after Abuse and and Trauma" - Joy Forrest  
<https://a.co/d/cSNw8xv>


2026-01-06 11:41:19 From BobbiJo Bruno to Everyone:  
BobbiJo here from the Upper Peninsula of Michigan.  
JUDITH VADER: ❤️  
Angi Beery: 💜



2026-01-06 11:41:28 From Marcee Rollandini to Everyone:  
Hello from Eastern NC!  
Angi Beery: 💜


2026-01-06 11:42:35 From Melissa Parker to Everyone:  
Melissa Parker from Columbia, SC here. Sorry I'm late - traffic coming home!  
Angi Beery: 💜  
Joy Parks: 😊


2026-01-06 11:43:34 From Heather Ives to Everyone:  
☀️ Good morning! Heather Ives Columbia, SC  
Joy Parks: 😊

2026-01-06 11:43:37 From Kim Bobe to Everyone:  
Hello from Kim Bobe in Lincoln, GA

2026-01-06 11:44:19 From Tami Heiss | Healing Truth Life Coaching to Everyone:  
Tami Heiss  
Toledo, OH  
Angi Beery: 





2026-01-06 11:44:51 From Heather Ives to Everyone:  
  
Kendra Thurman: 







2026-01-06 11:44:55 From Lynn Murray to Everyone:  
Replying to "Suzanne Maxwell from Indiana":  
Hey Ladies. Andrea and I had dinner with you guys at the last conference. Nice to see you!  
Dr. Jessica Evans: 


2026-01-06 11:45:18 From Andrea Kampen to Everyone:  
Replying to "Suzanne Maxwell from Indiana":  


2026-01-06 11:45:25 From Debbie Doyle to Everyone:  
Replying to "Suzanne Maxwell from Indiana":  
Hi Lynn!!!!!!

2026-01-06 11:45:29 From Debbie Doyle to Everyone:  
Replying to "Suzanne Maxwell from Indiana":  
Hi Andrea!!!!!!

2026-01-06 11:45:50 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:  
The Apostle Paul quoted philosophers of his day...  
Shelly Blankenship:   
Karen Wilkinson, Andrea Kampen:   
Kendra Thurman:   
Debbie Doyle: 

2026-01-06 11:45:54 From Kendra Thurman to Everyone:  
"All truth is God's truth!"   
Dusty Lewis, Dr. Jessica Evans, Kathy Miller:   
Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor:   
Karen Wilkinson:   
Debbie Doyle:   
Jolene Underwood, Heather Martin: 

2026-01-06 11:46:08 From Lynn Murray to Everyone:  
Replying to "Suzanne Maxwell from Indiana":  


2026-01-06 11:46:24 From Naomi Koch to Everyone:

Amen for the truth of scripture!

Debbie Doyle: ❤️

Karen Wilkinson, Kendra Thurman: 💜

2026-01-06 11:46:46 From Christine Wilson to Everyone:

So happy to see so many new friends in this beautiful room. ❤️ Here from the Nashville area.

Dr. Jessica Evans: ❤️

2026-01-06 11:46:56 From Lauren Johns to Everyone:

Love this!

2026-01-06 11:47:47 From Kendra Thurman to Everyone:

"little" role 😊

Christine Wilson, Heather Martin, Joy Parks, Dr. Jessica Evans: 😊

2026-01-06 11:48:23 From Dr. Jessica Evans to Everyone:

[Dr. Debra and Dr. Jess, consult on difficult family court cases- tabi.westbrook@gmail.com](#)

[Building a team through shadowing](#)

2026-01-06 11:48:25 From Sharon Flynn to Everyone:

Hello from Sharon Flynn in Swansboro, NC in the New Year!!

2026-01-06 11:48:50 From Lynn Loscar to Everyone:

Good Morning from Inyokern, CA

Angi Beery: 💜

2026-01-06 11:50:03 From Melody Carr to Everyone:

I can't say thank you enough for sharing your work with the next generation. Truly.

Dr. Jessica Evans: ❤️

2026-01-06 11:50:28 From Dr. Jessica Evans to Everyone:

Yay, Kendra! 🙌

Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor, Joy Parks: ❤️

Kendra Thurman: 💜

2026-01-06 11:50:48 From Kendra Thurman to Everyone:

[Kendra.peace2u@gmail.com](mailto:Kendra.peace2u@gmail.com)


2026-01-06 11:51:10 From Ladonna Hafen to Everyone:

Ladonna Hafen, Whitefish Montana

2026-01-06 11:51:28 From Dr. Jessica Evans to Everyone:


Tabi brings lots of humor that we love too!


Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor, Joy Parks, Dawn Jones, joy forrest: ❤️

Angi Beery, Jolene Underwood, Karen Wilkinson, Karen Stinchcomb, Deann Wagner:   
Kendra Thurman, Deann Wagner: 

2026-01-06 11:51:43 From Jolene Underwood to Everyone:

Also, just to clarify, I'm supervised by Tabitha Westbrook and hope to be independently licensed by the end of the year. :) Serving TX adult virtually.

Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor, Dr. Jessica Evans, Melissa Parker, Kim Brown, Linda Schreuders, Heather Martin, Dawn Jones, Nora Cord, Marcie Schmidt, joy forrest, Shelly Blankenship, JUDITH VADER, Rebecca Johnson: 

Kendra Thurman, Karen Stinchcomb, Angi Beery, Joy Parks, Deann Wagner: 

2026-01-06 11:51:49 From Naomi Koch to Everyone:

Love Tabi's podcasts!!!


Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor, Andrea Kampen, Jolene Underwood, Dawn Jones: 

Angi Beery: 

Kendra Thurman, Jolene Underwood: 

2026-01-06 11:52:01 From Debbie Doyle to Everyone:

what a wonderful team!

Dawn Jones, Dana P.: 

Jolene Underwood: 

2026-01-06 11:52:17 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "Also, just to clarify, I'm supervised by Tabitha W...":

And Jolene is amazing!

joy forrest, Dawn Jones, Heather Martin, Jolene Underwood: 

Karen Stinchcomb: 

2026-01-06 11:52:21 From diane brinkley to Everyone:

good morning from troutville va!! I am so happy to be here.

2026-01-06 11:52:45 From Linda Schreuders to Everyone:

Replying to "Also, just to clarify, I'm supervised by Tabitha W...":


@Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor agreed


Jolene Underwood: 

2026-01-06 11:52:52 From Jolene Underwood to Everyone:

Replying to "what a wonderful team!":

It really is! A great mix of strengths & God's gifts together.


Tabi, Host Hey Tabi, Author, Licensed Counselor, Dawn Jones: 

Linda Schreuders, Joy Parks: 

2026-01-06 11:52:54 From KAMILLA to Everyone:

Replying to "Love Tabi's podcasts!!!":

Hey Tabi Podcast - <https://podcasts.apple.com/us/podcast/hey-tabi/id1787874485>

Dawn Jones, Tabi, Host Hey Tabi, Author, Licensed Counselor, Joy Parks: 

2026-01-06 11:53:37 From Jolene Underwood to Everyone:  
Replying to "Also, just to clarify, I'm supervised by Tabitha W...":  
@Linda Schreuders That's so kind. Thank you. 😊

2026-01-06 11:53:44 From Ellen Bennett to Everyone:  
Good morning, good to be here, Ellen from ATL  
diane brinkley: ❤️

2026-01-06 11:53:54 From Dr. Jessica Evans to Everyone:  
My background is as a trained therapist but Ive been doing advocacy work for a long time, with the disability community (I live with a form of muscular dystrophy- I share this here in case any of your survivors deal with health issues and that becomes a factor used against them) and then with abuse survivors after my own personal experiences and healing  
joy forrest, Dawn Jones, Jolene Underwood, Dana P, Tabi, Host Hey Tabi, Author, Licensed Counselor, Deborah Stahl Waters, Heather Martin, Linda Schreuders, Deann Wagner: ❤️  
Kendra Thurman: 💜

2026-01-06 11:54:08 From Kendra Thurman to Everyone:  
Don't use labels. Rather, describe the behavior (& its impacts). - Dr. Debra  
Dr. Jessica Evans, Kathy Miller: ❤️  
Melody Carr: 👍

2026-01-06 11:54:13 From KAMILLA to Everyone:  
Dr. Debra Wingfield. "Eyes Wide Open – Second Edition". <https://tinyurl.com/EyesWideOpen-2>  
Dr. Jessica Evans: ❤️

2026-01-06 11:54:24 From Karen Stinchcomb to Everyone:  
This team is a powerhouse, and the materials are unmatched - solid research in the Word and Truth, and keeping up with so much about CC in so many areas. We are all blessed! Thank you!  
joy forrest, Dawn Jones, Dana P, Heather Martin, Tabi, Host Hey Tabi, Author, Licensed Counselor, Greta Pouliot: ❤️  
Kendra Thurman, Kathy Miller: 💜

2026-01-06 11:54:59 From Jill Medina to Everyone:  
Good morning everyone

2026-01-06 11:55:19 From Jolene Underwood to Everyone:  
Replying to "My background is as a trained therapist but Ive be...":  
Dr. Jess brings so much to this training!  
Tabi, Host Hey Tabi, Author, Licensed Counselor: ❤️  
Karen Stinchcomb: 💜  
Kendra Thurman, Joy Parks, Deborah Stahl Waters, Linda Schreuders, Heather Martin: 🙌

2026-01-06 11:56:17 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.

2026-01-06 11:56:25 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

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

You are the only you that you have!!

Nora Cord: 🙌

2026-01-06 11:56:44 From Kendra Thurman to Everyone:

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

If we do not get to answer your QUESTION during the live class, remember that the team will annotate the chat, and you can read the response when the links are posted.

2026-01-06 11:56:46 From Dr. Jessica Evans to Everyone:

Replying to "My background is as a trained therapist but Ive be...":

Thank you, and so happy to have Jolene join us!

Jolene Underwood: ❤️

2026-01-06 11:57:32 From Sharon Flynn to Everyone:

Dr. Debra, Its amazing how similar our backgrounds in Domestic Abuse work are: from Batterer Intervention Groups to Counseling and Supervising our Counseling Center as part of our shelter, to counseling children and parents who are victims of abuse !!

joy forrest: 👍

Jolene Underwood: ❤️

2026-01-06 11:57:56 From Jolene Underwood to Everyone:

Replying to "Good morning everyone":

Good morning, Jill! Glad you're here.

Jill Medina: ❤️

2026-01-06 11:59:02 From Jill Medina to Everyone:

**The secondary trauma is real**

Karen Wilkinson, Kathy Ross, Jaime Meunier: 👍

2026-01-06 11:59:35 From joy forrest to Everyone:

Replying to "The secondary trauma is real":

**And maybe worse...**

Jill Medina: ❤️

2026-01-06 11:59:56 From joy forrest to Everyone:

Replying to "The secondary trauma is real":

**Than the original trauma**

2026-01-06 12:00:04 From Jennifer Dean to Everyone:

This is SO true. One of the topics I expound on in my novel. It is very hurtful. Betraying.

joy forrest: 👍

Jolene Underwood: ❤️

2026-01-06 12:00:11 From Jolene Underwood to Everyone:

Replying to "The secondary trauma is real":

For sure. It should not be the case in faith communities. I pray we learn how to respond better to the wounded & harmed.

Jill Medina, Jaime Meunier: ❤️

joy forrest: 👍

Kendra Thurman: 🙏

2026-01-06 12:00:41 From Jill Medina to Everyone:

Replying to "The secondary trauma is real":

@joy forrest exactly

2026-01-06 12:00:43 From Kendra Thurman to Everyone:

Speak up for those who cannot speak for themselves; ensure justice for those being crushed. Yes, speak up for the poor and helpless, and see that they get justice. (Proverbs 31:8)

Kathy Ross, Jaime Meunier: ❤️

2026-01-06 12:00:50 From Jill Medina to Everyone:

Replying to "The secondary trauma is real":

@Jolene Underwood definitely

2026-01-06 12:02:03 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Yes - I think of it as one giant course! (So that means really - all 12 months are AMAZING)

Karen Wilkinson, LeAnne Parsons: 💜

2026-01-06 12:02:36 From KAMILLA to Everyone:

ANNOUNCEMENT: On Saturday, January 31, 12-1 PM EST, is our next Q&A. Please bring any advocacy questions you want to ask.

Christine Foster: 👍

2026-01-06 12:03:48 From Kendra Thurman to Everyone:

CC'ers Motivation:

Psalm 10:2-4: "In his arrogance the wicked man hunts down the weak." (10:2)

2026-01-06 12:06:06 From Kendra Thurman to Everyone:

CC'ers Beliefs: *[are contrary to this scripture]*

Galatians 5:1: "It is for freedom that Christ has set us free."

2026-01-06 12:07:03 From joy forrest to Everyone:

Also from James 4, conflict arises from selfish desires

Kendra Thurman, Karen Stinchcomb: 🙏

2026-01-06 12:07:08 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "Also from James 4, conflict arises from selfish de...":

Yes!

2026-01-06 12:07:15 From Kendra Thurman to Everyone:

Replying to "CC'ers Beliefs: Galatians 5:1: "It is for freedom ...":

Later in Gal 5: fruit of the flesh vs fruit of the Spirit

2026-01-06 12:07:49 From Linda Schreuders to Everyone:  
QUESTION: Functional beliefs vs ?

2026-01-06 12:08:05 From Kendra Thurman to Everyone:

CC'ers Intent:

2 Peter 2:19: "They promise them freedom, while they themselves are slaves of depravity."

2026-01-06 12:08:21 From joy forrest to Everyone:

Replying to "QUESTION: Functional beliefs vs ?":

The beliefs of abusers drive their behavior

2026-01-06 12:08:30 From Kendra Thurman to Everyone:

Replying to "QUESTION: Functional beliefs vs ?":

vs stated theology

joy forrest, Linda Schreuders: 👍

2026-01-06 12:09:12 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "QUESTION: Functional beliefs vs ?":

What they say they believe.

2026-01-06 12:09:15 From Kendra Thurman to Everyone:

Replying to "QUESTION: Functional beliefs vs ?":

Whenever there's a disconnect between a persons' words vs actions, believe their "feet" not their mouth!

Heather Ives: ❤️

Karen Wilkinson: 👍

Jolene Underwood: 🙏

2026-01-06 12:09:43 From Andrea Kampen to Everyone:

Replying to "QUESTION: Functional beliefs vs ?":

confessional vs. functional beliefs?

2026-01-06 12:09:47 From Christine Wilson to Everyone:

That was my line in the sand. "This was intentional?!?!?" 🤪

Kathy Miller: 😞

2026-01-06 12:09:51 From Keri Drowatzky to Everyone:

Keri Drowatzky here. Sorry late

2026-01-06 12:10:01 From joy forrest to Everyone:

Replying to "That was my line in the sand. "This was intentiona...":

Same here

Christine Wilson: ❤️

2026-01-06 12:10:11 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "QUESTION: Functional beliefs vs ?":

Yes, confessional versus functional is a good descriptor. Or othodoxy versus orthopraxy.

2026-01-06 12:10:32 From Kendra Thurman to Everyone:

CC'ers Tactics: *[just one example of a tactic]*

Matthew 23:4: The Pharisees "tie up heavy, cumbersome loads and put them on other people's shoulders," using religious rules to control and exhaust others.

2026-01-06 12:10:55 From BobbiJo Bruno to Everyone:

They are charmers, sweet talk you, marry you, then the evil comes out. Play mind games on you and the rules keep changing. They feel entitled to abuse you to get what they want.

2026-01-06 12:10:58 From Dr. Jessica Evans to Everyone:

<https://www.theduluthmodel.org/wp-content/uploads/2017/03/PowerandControl.pdf>

2026-01-06 12:11:26 From joy forrest to Everyone:

It's a great observation tool

Karen Wilkinson: 👍

2026-01-06 12:12:02 From JUDITH VADER to Everyone:

Welcome to Greta Pouliot! She is on my DART team and I am so excited she is here.

Tabi, Host Hey Tabi, Author, Licensed Counselor, Greta Pouliot, Ladonna Hafen, joy forrest, Marcee Rollandini, Helenmary Brown: ❤️

2026-01-06 12:12:45 From Greta Pouliot to Everyone:

Hi everyone!! Happy to be here!!

JUDITH VADER: 👍

2026-01-06 12:13:31 From Kendra Thurman to Everyone:

The outer bands of physical and/or sexual violence (or threat of these) is what makes the tactics in the center/spokes effective for the coercive controller.

2026-01-06 12:13:47 From Suzanne Maxwell to Everyone:

This was the first document that I saw and it was so revealing and helpful.

joy forrest: ❤️

2026-01-06 12:14:19 From Jolene Underwood to Everyone:

Some may not ready to hear or use the terms yet, but it can be helpful to identify some of the patterns that are part of the wheel.

joy forrest: 👍

2026-01-06 12:14:27 From Rebecca Johnson to Everyone:

That power and control wheel was the biggest eye-opener for me when my Christian counselor shared it with me. It was stunning.

joy forrest, Joy Parks, Helenmary Brown: 👍

2026-01-06 12:14:38 From Kendra Thurman to Everyone:

Safety first and always!

Dr. Jessica Evans, Tabi, Host Hey Tabi, Author, Licensed Counselor: ❤️

2026-01-06 12:14:53 From Jennifer Dean to Everyone:

Joy, is this power and control wheel open for me to use in the back of my novel as a resource?

2026-01-06 12:15:01 From Christine Wilson to Everyone:

Regarding using secular tools: I love the truth that all truth is God's truth.

Dr. Jessica Evans: ❤️

Kendra Thurman: 💜

2026-01-06 12:15:07 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "Joy, is this power and control wheel open for me t...":

You have to get permission from Duluth.

2026-01-06 12:15:24 From Dr. Jessica Evans to Everyone:

And there are other wheels at  
<https://www.theduluthmodel.org/wheel-gallery/>

Post separation

Faith based ones, etc

2026-01-06 12:15:25 From Jaime Meunier to Everyone:

It is somewhat disappointing to have experienced so many of these and see no justice but favor given to the abuser.

joy forrest: 👍

2026-01-06 12:15:47 From Jennifer Dean to Everyone:

Replying to "Joy, is this power and control wheel open for me t...":

Ok thanks!

2026-01-06 12:16:42 From Kendra Thurman to Everyone:

For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks. (Luke 6:43 -45)

2026-01-06 12:16:46 From joy forrest to Everyone:

Replying to "Joy, is this power and control wheel open for me t...":

You need to ask for permission from DAIP. I got it for mine.

2026-01-06 12:17:28 From Jill Medina to Everyone:

It very common. And I realized how much more common it is after becoming an advocate.

2026-01-06 12:17:46 From Kendra Thurman to Everyone:

Men who "claim" to be Christians... [referring to one of the names of a wheel presented in class live]

Dusty Lewis, Kathy Miller: ❤️

Kathy Miller, Tabi, Host Hey Tabi, Author, Licensed Counselor: 🙏

2026-01-06 12:19:05 From Karen Wilkinson to Everyone:

"profession" is not the same as "possession"

Kendra Thurman: 🙏

2026-01-06 12:19:11 From Lynn Murray to Everyone:

Amen!!

2026-01-06 12:20:57 From KAMILLA to Everyone:

Evan Stark – "Coercive Control: How Men Entrap Women in Personal Life".

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

2026-01-06 12:21:19 From Tracy Zimmerman to Everyone:

Very late but here, Tracy Zimmerman from Camp Hill PA

joy forrest, Helenmary Brown: 👍

2026-01-06 12:22:59 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

All abuse is physical abuse unless you can take your brain out of your body and stick it in a jar. It is, in fact a BODY PART. Additionally, there is ample data that emotional abuse causes traumatic brain injuries. (And that is the topic of next week's Hey Tabi podcast, and I'm bring the receipts to prove my point.)

Dawn Jones, Kathy Miller, Jolene Underwood, Tracy Zimmerman, Andrea Kampen, Naomi Koch: ❤️

Kendra Thurman: 🙏

Jolene Underwood: 🙏

2026-01-06 12:23:13 From Christine Wilson to Everyone:

Who is the author of the impact on children?

joy forrest: ❤️

2026-01-06 12:23:20 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "Who is the author of the impact on children?":

Emma Katz

Christine Wilson: 🙏

Helenmary Brown: 👍

2026-01-06 12:23:40 From KAMILLA to Everyone:

Replying to "Who is the author of the impact on children?":

Evan Stark – "Children of Coercive Control" <https://a.co/d/jdric43>

2026-01-06 12:23:48 From Jolene Underwood to Everyone:

Non-physical coercive control also causes physical harm. Even if others don't understand it because they can't see it, the reality is the impact too many experience.

Dawn Jones, Tracy Zimmerman, Heather Martin: ❤️

Tabi, Host Hey Tabi, Author, Licensed Counselor: 🙏

joy forrest: 👍

2026-01-06 12:23:48 From Christine Wilson to Everyone:

Replying to "Who is the author of the impact on children?":

What primary source should I find?

2026-01-06 12:23:52 From KAMILLA to Everyone:

Replying to "Who is the author of the impact on children?":

Emma Katz – "Coercive Control in Children's and Mothers' Lives"

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

Helenmary Brown: 👍

2026-01-06 12:24:23 From Lori Rodgers to Everyone:

Emma Katz has writings on substack also for \$6/month.

Christine Wilson: 🙏

joy forrest, Helenmary Brown: 👍

2026-01-06 12:25:45 From Kendra Thurman to Everyone:

To find "abuse" in the Bible, search for "oppression."

Dawn Jones, Helenmary Brown: ❤️

Jolene Underwood: ❤️

Shelly Blankenship, Tabi, Host Hey Tabi, Author, Licensed Counselor, Christine Wilson, Heather Martin: 🙏

2026-01-06 12:25:55 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

As Leslie Vernick states, "Abuse (coercive control) is NOT a marriage problem. It CAUSES marriage problems."

Dawn Jones, Shelly Blankenship: ❤️

joy forrest, Helenmary Brown: 👍

Tracy Zimmerman, Christine Wilson, Jolene Underwood: 👍

Kendra Thurman, Heather Martin: 🙏

2026-01-06 12:26:12 From KAMILLA to Everyone:

Evan Stark – "Coercive Control: How Men Entrap Women in Personal Life".

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

Helenmary Brown: 👍

2026-01-06 12:27:36 From Kendra Thurman to Everyone:

So God created man in his own image; he created him in the image of God; he created them male and female. (Genesis 1:27)

2026-01-06 12:28:45 From Marcie Schmidt to Everyone:

QUESTION - Does NC have a law about Coercive Control?

2026-01-06 12:29:57 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "QUESTION - Does NC have a law about Coercive Contr...":

No, they do not. They do have information on harassment in 50b (the DV statute), but as yet they do not have coercive control language.

2026-01-06 12:30:21 From Marcie Schmidt to Everyone:

Replying to "QUESTION - Does NC have a law about Coercive Contr...":

Thank you. I didn't think so. Familiar with 50B

2026-01-06 12:30:59 From Melody Carr to Everyone:

QUESTION.I'm curious about Gottman's more extensive training on IPV. Thoughts for another day...

2026-01-06 12:31:02 From KAMILLA to Everyone:

ANNOUNCEMENT: 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 out to each participant later in the week.

Marcie Schmidt: ❤️

2026-01-06 12:31:32 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "QUESTION.I'm curious about Gottman's more extensiv...":

I have a lot of feelings (Gottman Level 3 trained therapist). I don't agree with aspects of it.

Dusty Lewis: 👍

*Discussed live.*

2026-01-06 12:31:52 From joy forrest to Everyone:

Replying to "QUESTION.I'm curious about Gottman's more extensiv...":

This whole course covers it. IPV is just another name for Coercive Control or Domestic abuse

Helenmary Brown: 👍

2026-01-06 12:32:03 From Sharon Flynn to Everyone:

I wrote a poem that addresses Joy's comment. The title is THE ERASER. It creates a picture of the disappearance of a victim's personhood as a they experience Domestic Abuse/ Coercive Control.

joy forrest: ❤️

2026-01-06 12:32:17 From Kendra Thurman to Everyone:

🚫 "narcissistic abuse"

2026-01-06 12:32:46 From Andrea Kanfield to Everyone:

What is Tabi's podcast ? Thank you

2026-01-06 12:32:58 From Linda Schreuders to Everyone:

Replying to "What is Tabi's podcast ? Thank you":

And what day, time?

2026-01-06 12:33:14 From Melissa Parker to Everyone:

Replying to "What is Tabi's podcast ? Thank you":

it's called Hey, Tabi!

2026-01-06 12:33:16 From Dawn Jones to Everyone:

Replying to "QUESTION.I'm curious about Gottman's more extensiv...":

@Tabi Westbrook, Host Hey Tabi, Author, Licensed Counselor Thank you. That's so good to know.

Helenmary Brown: 👍

2026-01-06 12:33:26 From Christine Wilson to Everyone:

I agree with Tabi about the Gottman's. Except that I knew I had over a 90% chance of a divorce based on patterns.

2026-01-06 12:33:31 From Andrea Kanfield to Everyone:

Replying to "QUESTION.I'm curious about Gottman's more extensiv...":  
thank you

2026-01-06 12:33:35 From Kendra Thurman to Everyone:

Replying to "What is Tabi's podcast ? Thank you":  
<https://www.tabithawestbrook.com/heytabi>

2026-01-06 12:33:36 From Scott Alford to Everyone:

<https://www.tabithawestbrook.com/heytabi>

Dr. Jessica Evans, Shelly Blankenship, Tabi, Host Hey Tabi, Author, Licensed Counselor, Kendra Thurman, Jolene Underwood: ❤️

2026-01-06 12:33:53 From Melody Carr to Everyone:

Replying to "QUESTION.I'm curious about Gottman's more extensiv...":  
Thank you for addressing!  
Tabi, Host Hey Tabi, Author, Licensed Counselor: ❤️

2026-01-06 12:33:54 From Kendra Thurman to Everyone:

Replying to "What is Tabi's podcast ? Thank you":  
([& all major platforms](#))

2026-01-06 12:34:02 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "What is Tabi's podcast ? Thank you":  
[New episodes release each Monday at 6AM Eastern on all podcast platforms and on The Journey and The Process YouTube channel.](#)

2026-01-06 12:34:06 From joy forrest to Everyone:

Replying to "What is Tabi's podcast ? Thank you":  
@Linda Schreuders you can just go back and listen

2026-01-06 12:34:06 From Helenmary Brown to Everyone:

Helenmary: I joined late but am so glad to be here from Virginia! Appreciate you all so much. A wealth of info and experience, every year is better.

2026-01-06 12:34:20 From Linda Schreuders to Everyone:

Replying to "What is Tabi's podcast ? Thank you":  
@joy forrest Perfect  
joy forrest: 👍

2026-01-06 12:35:35 From Kathy Ross to Everyone:

I had my brain scanned through the Amen Clinic a year ago December. The results were enlightening and very helpful for my healing. I am very grateful for the scan. It was the best thing for my healing. A major help!

Tracy Zimmerman: ❤️

joy forrest: 👍

Shelly Blankenship, Kathy Miller, Tansil Sandlin, JUDITH VADER: 💜

2026-01-06 12:35:46 From KAMILLA to Everyone:

Jane Monckton Smith - "In Control: Dangerous Relationships and How They End in Murder". <https://a.co/d/c8LwVMr>

2026-01-06 12:35:48 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "What is Tabi's podcast ? Thank you":

Here is the direct link to Episode 1 about narcissistic abuse.

<https://podcasts.apple.com/us/podcast/why-narcissistic-abuse-is-the-wrong-term-and-what-to/id1787874485?i=1000682128427>

2026-01-06 12:36:21 From Lori Rodgers to Everyone:

QUESTION- Are there any statistics on the likelihood of a coercive controller changing long term?

2026-01-06 12:36:25 From Jennifer Dean to Everyone:

Am I allowed to use these definitions - in my own words- to tweak or extra define these terms of coercive control in the informative part of my novel?

2026-01-06 12:36:47 From Kendra Thurman to Everyone:

We do not tell the woman what to do! We listen to her story, present options, provide support, ...

joy forrest, Helenmary Brown: 👍

2026-01-06 12:37:01 From Heather Yaxley to Everyone:

QUESTION: Could you speak to how this process might be CC? Request + Reward = Compliance.

2026-01-06 12:37:15 From Kendra Thurman to Everyone:

Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause. (Isaiah 1:17 ESV) (emphasis added)

2026-01-06 12:37:16 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "I had my brain scanned through the Amen Clinic a y...":

I'm training to be an Amen Clinic Certified Clinician and Jacque Escue (my biblical counselor that doesn't suck) is training to be an Amen Clinic Certified Coach. We love Amen!!

Linda Schreuders, Dusty Lewis: ❤️

Kathy Miller, Karen Stinchcomb, Tracy Zimmerman: 💜

2026-01-06 12:37:34 From joy forrest to Everyone:

Replying to "Am I allowed to use these definitions - in my own ...":

I'll let Dr. Debra answer, but I think if you reference the source she might be ok with it.

2026-01-06 12:37:40 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "QUESTION- Are there any statistics on the likliho...":

They are tricky, but it's quite low. Generally between 2-10%.

Lori Rodgers: 👍

2026-01-06 12:37:58 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "We do not tell the woman what to do! We listen to...":

Amen!

2026-01-06 12:38:08 From Jennifer Dean to Everyone:

Replying to "Am I allowed to use these definitions - in my own ...":

ok

2026-01-06 12:38:23 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "QUESTION: Could you speak to how this process migh...":

It depends (therapy answer). The context very much matters.

2026-01-06 12:39:16 From joy forrest to Everyone:

Replying to "QUESTION- Are there any statistics on the liklihood...":

Yes, and we'll get to that, but the stats are low. Not impossible though.

Lori Rodgers: 👍

2026-01-06 12:39:27 From Heather Yaxley to Everyone:

Replying to "QUESTION: Could you speak to how this process migh...":

Could you elaborate on when it could be CC?

2026-01-06 12:40:15 From joy forrest to Everyone:

Replying to "QUESTION: Could you speak to how this process migh...":

It sounds like manipulation. If there's punishment for noncompliance it is.

2026-01-06 12:40:48 From Anna Friesen to Everyone:

Can I still point out CC tactics to someone I'm walking with without coming across as telling her what to do?

2026-01-06 12:41:10 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.

Dusty Lewis, Melody Carr, Dr. Jessica Evans: ❤️

2026-01-06 12:41:16 From joy forrest to Everyone:

Replying to "Can I still point out CC tactics to someone I'm wa...":

As long as you're educating and not directing.

Anna Friesen: 👍

2026-01-06 12:41:17 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "Can I still point out CC tactics to someone I'm wa...":

Yes, we'll be teaching how to enter in with those we walk with in subsequent courses.

Anna Friesen, joy forrest: 👍

2026-01-06 12:41:28 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "Remember to take good care of yourself - if you ar...":  
You are the only you that you have!

2026-01-06 12:41:56 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:  
Replying to "Remember to take good care of yourself - if you ar...":  
And we do have a grounding break coming soon!

2026-01-06 12:43:17 From Deborah Stahl Waters to Everyone:  
Can that quote be typed that Dr Jessica just shared?  
Heather Martin: 👍  
Kathy Miller: 👍

2026-01-06 12:44:00 From joy forrest to Everyone:  
An example of this in my life was how my husband wouldn't allow me to sleep on leave a room  
as he berated me for hours  
Heather Martin: 😞  
Helenmary Brown: 😞

2026-01-06 12:44:23 From joy forrest to Everyone:  
Replying to "Can that quote be typed that Dr Jessica just share...":  
What was is about?

2026-01-06 12:44:29 From Heather Yaxley to Everyone:  
Replying to "QUESTION: Could you speak to how this process migh...":  
Yes, so for instance, if the "reward" is more money to spend on groceries when she cooks his  
favourite meals ... it could be CC? I am thinking that this process could obscure "softer" covert language  
and may be more prominent during a "grooming phase" in Christian families where overt violence  
would be called out. Thoughts?  
Karen Wilkinson, Heather Yaxley: 👍

2026-01-06 12:45:07 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:  
Replying to "QUESTION: Could you speak to how this process migh...":  
**It could be. What is the cost of noncompliance?**  
joy forrest, Heather Yaxley: 👍

2026-01-06 12:45:23 From Deborah Stahl Waters to Everyone:  
Replying to "Can that quote be typed that Dr Jessica just share...":  
CC is the same as breaking down a soldier  
Linda Schreuders, joy forrest: 👍

2026-01-06 12:45:30 From Kathy Miller to Everyone:  
Replying to "Can that quote be typed that Dr Jessica just share...":  
@joy forrest how the tactics used by CCs are the same ones used on POWs  
joy forrest, Heather Martin: 👍

2026-01-06 12:45:37 From Heather Yaxley to Everyone:  
Replying to "QUESTION: Could you speak to how this process migh...":  
Yes, the implied "flip side" of the offer. Thanks.

2026-01-06 12:45:42 From Jolene Underwood to Everyone:

Replying to "QUESTION: Could you speak to how this process migh...":

@Heather Yaxley What happens if she doesn't cook his favorite? Was it a joint decision to set up a reward system?

Heather Yaxley: 👍

2026-01-06 12:46:45 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "QUESTION: Could you speak to how this process migh...":

Right - so if he's just bummed that she didn't cook it but there is not retaliation, etc., then it's likely not coercive control. It might not be best practice, but it might not be coercive control. If he goes into a rage, if he demands sex instead... all sorts of things, then yes it is likely CC.

2026-01-06 12:47:26 From Kendra Thurman to Everyone:

Sex stereotypes:

"I don't have to do 'Squaw work,' because that's beneath me!"

joy forrest: 😞

Helenmary Brown: 😞

2026-01-06 12:47:28 From Deborah Stahl Waters to Everyone:

Tku re: soldier Emma Katz quote request :)

Helenmary Brown: 👍

2026-01-06 12:47:55 From Melissa Parker to Everyone:

We love you all and your human-ness is refreshing. 🙏

Heather Martin, Dr. Jessica Evans: ❤️

2026-01-06 12:48:02 From Sharon Flynn to Everyone:

I'll share my poem , THE ERACER in chat next week. It describes the current discussion to a T!

Lori Rodgers: ❤️

2026-01-06 12:48:14 From Kendra Thurman to Everyone:

The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor. (Luke 4:18-19)

2026-01-06 12:48:35 From Dr. Jessica Evans to Everyone:

QUOTE:

I saved this quote from Dr Emma Katz a while back:

"The tactics used by coercively controlling domestic abusers are the same tactics that psychologically break trained soldiers (Google Biderman's Chart of Coercion). Survivors are not 'weak' for being harmed by abuse that even soldiers can't withstand!"

Deborah Stahl Waters, Dusty Lewis, Dawn Jones, Helenmary Brown: ❤️

2026-01-06 12:48:57 From Heather Yaxley to Everyone:

Replying to "QUESTION: Could you speak to how this process migh...":

Or ... ignores her for days, mopes/whines, or refuses sex. Good idea to watch for behaviors of retaliation and punishment. Thanks all!

2026-01-06 12:49:04 From Tracy Zimmerman to Everyone:

It can be so stealth and their ignoring you after being so attentive can be the worst form of punishment to your mind.

Naomi Koch: ❤️

joy forrest: 👍

2026-01-06 12:49:10 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "QUESTION: Could you speak to how this process migh...":

@Heather Yaxley Yep!

2026-01-06 12:49:23 From Kendra Thurman to Everyone:

Replying to "Sex stereotypes: 'I don't have to do 'Squaw work,'...":

Not trying to be culturally insensitive here. This is an actual quote I have heard shared by a survivor.

Jolene Underwood: 📄

2026-01-06 12:49:27 From Naomi Koch to Everyone:

Replying to "QUESTION: Could you speak to how this process migh...":

❤️ yes!!!!

2026-01-06 12:49:56 From Dr. Jessica Evans to Everyone:

Chuck is a good one!! ❤️

joy forrest, Angi Beery, Tabi, Host Hey Tabi, Author, Licensed Counselor, Kendra Thurman, Deborah Stahl Waters, Helenmary Brown: ❤️

2026-01-06 12:51:01 From Dr. Jessica Evans to Everyone:

We need this grounding break. Coming up next!!

2026-01-06 12:51:11 From Kendra Thurman to Everyone:

Everyone who is arrogant in heart is an abomination to the LORD; be assured, he will not go unpunished. (Proverbs 16:5)

2026-01-06 12:52:23 From Jolene Underwood to Everyone:

Replying to "Sex stereotypes: 'I don't have to do 'Squaw work,'...":

Sad, but not surprising.

2026-01-06 12:53:57 From Deborah Stahl Waters to Everyone:

Replying to "QUOTE: I saved this quote from Dr Emma Katz a whi...":

Tku DJ :)

2026-01-06 12:54:34 From Kendra Thurman to Everyone:

The LORD works righteousness and justice for all who are oppressed. (Psalm 103:6)

Helenmary Brown: ❤️

2026-01-06 12:55:06 From Johanna Dempster to Everyone:



2026-01-06 12:56:42 From joy forrest to Everyone:

This is why so many helpers don't get it- it's so counterintuitive.

Helenmary Brown: 👍

2026-01-06 12:57:17 From Kendra Thurman to Everyone:

... or it may start with apathy/neglect, then progress from there.

Dawn Jones: ❤️

Helenmary Brown: 👍

Dr. Jessica Evans: 👍

2026-01-06 12:58:56 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "This is why so many helpers don't get it- it's so ...":

Yep!

2026-01-06 12:59:01 From KAMILLA to Everyone:

Dr. Debra Wingfield. "Eyes Wide Open – Second Edition". <https://tinyurl.com/EyesWideOpen-2>

Four C's of Coercive Controllers: Cunning, Conning, Convincing, Charming

Helenmary Brown: ❤️

2026-01-06 12:59:03 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "... or it may start with apathy/neglect, then prog...":

Yep for sure

2026-01-06 12:59:21 From Dr. Jessica Evans to Everyone:

Replying to "... or it may start with apathy/neglect, then prog...":

Yes! These are just examples and it can look very different case to case

2026-01-06 13:00:01 From Kendra Thurman to Everyone:

Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. (Matthew 7:15)

2026-01-06 13:00:12 From Jennifer Dean to Everyone:

I have to hop off for a zoom with my publisher. I'll catch up on the video. Thank you all! Loving this course!

joy forrest: ❤️

2026-01-06 13:02:23 From KAMILLA to Everyone:

Tabi is referring to Brad Hamrick on the "Peace Interrupted" Podcast

Dawn Jones, Deborah Stahl Waters: ❤️

2026-01-06 13:02:46 From BobbiJo Bruno to Everyone:

My Pastor is against abusive marriages.

Tabi, Host Hey Tabi, Author, Licensed Counselor: ❤️

Karen Wilkinson: 💜

2026-01-06 13:02:52 From joy forrest to Everyone:

Replying to "Tabi is referring to Brad Hamrick on the "Peace In...":

[It's Chris Mole's new series on coercive control](#)

Helenmary Brown: 👍

2026-01-06 13:02:56 From Karen Wilkinson to Everyone:

Yes, Joy - it's going to happen. It's one of those less-popular promises

2026-01-06 13:03:07 From Dawn Jones to Everyone:

Replying to "Tabi is referring to Brad Hamrick on the "Peace In...":

It's so good. Highly recommend it!

joy forrest: ❤️

2026-01-06 13:03:17 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "Tabi is referring to Brad Hamrick on the "Peace In...":

[Here is the link to the Peace Interrupted podcast episode with Brad.](#)

<https://podcasts.apple.com/us/podcast/peace-interrupted-an-interview-with-brad-hambrick/id1848939490?i=1000738533977>

joy forrest: ❤️

2026-01-06 13:04:18 From Shelly Blankenship to Everyone:

Yes, I have sadly become suspicious of men who say, "I want to protect you." I want to know exactly what they mean by that. What does that protection look like to them? Because I have seen it mean CC rather than true protection.

Karen Wilkinson, JUDITH VADER, Tabi, Host Hey Tabi, Author, Licensed Counselor: 👍

Jolene Underwood: ❤️

2026-01-06 13:04:47 From Kendra Thurman to Everyone:

Replying to "Tabi is referring to Brad Hamrick on the "Peace In...":

[Here's the YouTube link for Brad Hamrick on the Peace Interrupted podcast:](#)

<https://youtu.be/bXA-6R1-Bh8?si=qD4vNBIG0gIKHZUM>

Helenmary Brown: ❤️

2026-01-06 13:04:55 From joy forrest to Everyone:

Replying to "Yes, I have sadly become suspicious of men who say...":

Amen, Shelly!

Shelly Blankenship: 💜

2026-01-06 13:05:30 From Kendra Thurman to Everyone:

Replying to "Yes, I have sadly become suspicious of men who say...":


Great questions!

Shelly Blankenship: 💜

2026-01-06 13:06:18 From Jolene Underwood to Everyone:

Replying to "Yes, I have sadly become suspicious of men who say...":


Really great question. It helps her share where she's coming from & the listener finds out whether or not they're on the same page with terms.

Shelly Blankenship: 

2026-01-06 13:08:08 From Lynn Loscar to Everyone:

weaponizing her vulnerability

joy forrest, Helenmary Brown: 

Kendra Thurman, Jolene Underwood: 

2026-01-06 13:08:25 From BobbiJo Bruno to Everyone:

My husband told me that his wife abused him, and that he needs me to love him. But the good news is that my new pastor who hates abuse talked to my husband and shared the Good News of the Gospel to him and now my husband is saved. My husband is now a new man. Praise God!!!

joy forrest: 

Kathy Ross: 

2026-01-06 13:08:26 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

**GAL - Guardian ad litem (court rep for kids)**

2026-01-06 13:08:46 From Keri Drowatzky to Everyone:

What's sad, in society pushes way too much that a woman's identity comes from the man who is in their lives. We can't depend on another person to have some kind of an identity.

2026-01-06 13:09:16 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:



THOSE RED FLAGS DON'T MEAN IT'S A CARNIVAL.

Dr. Jessica Evans:!!

Dawn Jones: 

Kendra Thurman, Jolene Underwood: 

2026-01-06 13:09:16 From Kendra Thurman to Everyone:

... all the Hallmark Christmas movies you've ever seen.  

joy forrest, Andrea Kanfield: 

2026-01-06 13:09:44 From Jolene Underwood to Everyone:

The facade that serves the controller while making it seem like it serves the other.


joy forrest: 

2026-01-06 13:09:59 From Tiffany Pearman to Everyone:

This is spot on.

2026-01-06 13:10:02 From BobbiJo Bruno to Everyone:

Joy, my husband was abusive for 12 years. Thank God He saved Him. I never thought I would see that day.

joy forrest, Tabi, Host Hey Tabi, Author, Licensed Counselor: 

Kathy Ross: 

2026-01-06 13:10:09 From Kendra Thurman to Everyone:

**The LORD tests the righteous, but his soul hates the wicked and the one who loves violence.**

**(Psalm 11:5)**

2026-01-06 13:10:29 From joy forrest to Everyone:

Replying to "Joy, my husband was abusive for 12 years. Thank Go...":  
Hallelujah!

2026-01-06 13:10:49 From Jolene Underwood to Everyone:

Such a great slide.

2026-01-06 13:10:50 From JUDITH VADER to Everyone:

I love this bank analogy!

Jolene Underwood: 🙏

Kendra Thurman: 🙏

2026-01-06 13:11:16 From Keri Drowatzky to Everyone:

I love Hallmark movies. But, yes, one isn't anything without another person. These are pretty and sappy movies.

2026-01-06 13:11:42 From BobbiJo Bruno to Everyone:

Replying to "Joy, my husband was abusive for 12 years. Thank Go...":

Yes, Hallelujah. My Pastor is so kind and compassionate and he and my husband are now very good friends and we go sailing together.

joy forrest: 👍

2026-01-06 13:11:56 From Kendra Thurman to Everyone:

"The bank was robbed because the robber made a choice. Stop blaming the bank for the robbery. The robbery was a premeditated, carefully calculated crime." ~Missy Burns

2026-01-06 13:12:55 From Helenmary Brown to Everyone:

That is such a critical point Dr. Debra: they don't "lose control," they USE CONTROL to obtain what they want.

Dr. Jessica Evans, Andrea Kanfield: ❤️

Kendra Thurman: 🙏

2026-01-06 13:13:38 From Kendra Thurman to Everyone:

Dynamics of Abuse/CC in Scripture:

Story of Amnon & Tamar (2 Samuel 13) - account of assault and abuse

2026-01-06 13:13:42 From KAMILLA to Everyone:

Joy's Blog: A BIBLICAL ACCOUNT OF THE ABUSIVE PERSONALITY

<https://joyforrest.wordpress.com/2015/10/20/a-biblical-account-of-the-abusive-personality/>

Helenmary Brown: 👍

2026-01-06 13:13:57 From Kendra Thurman to Everyone:

Replying to "Dynamics of Abuse/CC in Scripture: Story of Amnon ...":

"Now there was a man in Maon whose business was in Carmel; and the man was very rich, and he had three thousand sheep and a thousand goats. And it came about while he was shearing his sheep in Carmel. Now the man's name was Nabal, and his wife's name was Abigail. And the woman was intelligent and beautiful in appearance, but the man was harsh and evil in his dealings..." (1 Samuel 25:2-3, full story 2 -35)

2026-01-06 13:13:58 From Tabi, Host Hey Tabi, Author, Licensed Counselor to Everyone:

Replying to "That is such a critical point Dr. Debra: they don'...":

Yup

2026-01-06 13:14:44 From LeeAnn Howarth to Everyone:

Thank you for a great class!

2026-01-06 13:15:19 From Debbie Doyle to Everyone:

A wonderful class - thank you <3

2026-01-06 13:15:20 From Marcie Schmidt to Everyone:

This was phenomenal. Thank you

2026-01-06 13:15:30 From Deborah Stahl Waters to Everyone:

Tku for our 1st class today! So good to be taught new things & a refresher. 😊

Christine Wilson: 🙏

2026-01-06 13:15:42 From Heidi Johnson to Everyone:

Thank you!