

Video Replay: <https://vimeo.com/1176651244/a3c22ade30?share=copy&fl=sv&fe=ci>

2026-03-24 11:26:18 From Kendra Thurman to Everyone:

REMINDER: Please consider attending the Q&A session on Saturday, Mar. 28th (noon Eastern).  
Use the same Zoom link as for the regular classes.

2026-03-24 11:26:20 From Elaine Nolt to Everyone:

Elaine from Virginia

2026-03-24 11:26:29 From Kathy Ross to Everyone:

Good Morning from Northcentral WI!

2026-03-24 11:26:37 From Rebecca Johnson to Everyone:

Becki from Tallahassee

Karen Wilkinson: 

2026-03-24 11:26:49 From Michelle Baruth to Everyone:

Michelle B from Neenah, WI

Kathy Ross: 

2026-03-24 11:27:09 From Dr. Jessica Evans to Everyone:

Hi all, Jess from Columbus OH!


Karen Wilkinson, Rebecca Johnson: 

2026-03-24 11:27:27 From Suzanne Maxwell to Everyone:

Good morning from Suzanne Maxwell in Hammond, Indiana!

2026-03-24 11:27:29 From Tabitha Westbrook to Everyone:

Reminder to please use headphones if you have littles around. We know it's not always possible to be alone, but the topics in this class are very much not for little ears. Please be sure to protect them!

Jolene Underwood, Rebecca Johnson: 

Kendra Thurman: 

2026-03-24 11:27:32 From Ginny Long to Everyone:

Ginny from Cleveland OH

2026-03-24 11:27:43 From Kathy Ross to Everyone:

Replying to "Michelle B from Neenah, WI":

Good Morning Michelle!

2026-03-24 11:27:43 From Tracy Zimmerman to Everyone:

Tracy Zimmerman from Camp Hill PA

Heather Martin: 

2026-03-24 11:27:44 From Heather Martin to Everyone:

Heather Martin from Shippensburg, PA.

2026-03-24 11:27:51 From Debbie Zibolski to Everyone:  
Good morning from Carlisle, PA  
Heather Martin: 😊

2026-03-24 11:28:14 From Martha Curfman to Everyone:  
Good Morning from Cleveland, Ohio

2026-03-24 11:28:15 From Kristan Byrd to Everyone:  
Hi! Kristan Byrd in Keller, Texas

2026-03-24 11:28:16 From Jolene Underwood to Everyone:  
Excited to meet those who are attending!

2026-03-24 11:28:19 From Karen Wilkinson to Everyone:  
Greetings from Tallmadge, OH

2026-03-24 11:28:22 From Kerry Calmes to Everyone:  
Kerry Calmes Cornell, Michigan

2026-03-24 11:28:45 From Deborah Stahl Waters to Everyone:  
Good Morning Deborah Stahl Waters - Tenn

2026-03-24 11:28:47 From April Cable to Everyone:  
April Cable, Ohio

2026-03-24 11:28:50 From BONITA LOVE to Everyone:  
Good Morning from Greenville, SC - Bonita Love

2026-03-24 11:29:00 From Dawn Jones to Everyone:  
Good morning! Dawn Jones, Marble Falls, TX

2026-03-24 11:29:05 From Frederica (Freddy) Chakhachiro to Everyone:  
Good morning from Roanoke, VA

2026-03-24 11:29:08 From Kerry Calmes to Everyone:  
👉 on head phones  
Kendra Thurman: 💜


2026-03-24 11:29:14 From Kelly Nussbaum to Everyone:  
Kelly Nussbaum Ohio

2026-03-24 11:29:21 From Val's iPhone 12 Pro Max to Everyone:  
Valerie Marini. Westfield In

2026-03-24 11:29:26 From Sheri Faber to Everyone:  
QUESTION: Is anyone near Toledo Ohio?

2026-03-24 11:29:29 From Kara Ghiloni to Everyone:

Kara Ghiloni - San Diego, CA

2026-03-24 11:29:58 From Frederica (Freddy) Chakhachiro to Everyone:  
Come find me at the registration table and say Hi if you are coming to the retreat!  
Kendra Thurman: 

2026-03-24 11:30:00 From LeeAnn Howarth to Everyone:  
Hello from Keller, TX! LeeAnn Howarth

2026-03-24 11:30:11 From Debra Scales to Everyone:  
Good Day!! from New York!!-Debra   
BONITA LOVE: 

2026-03-24 11:30:17 From Heidi Johnson to Everyone:  
Hi from Heidi Johnson in South Carolina.

2026-03-24 11:30:34 From Shelly Blankenship to Everyone:  
Good morning from the Eastern Panhandle of WV!

2026-03-24 11:30:27 From Stephanie Marie to Everyone:  
Stephanie from CT.  
Good Morning

2026-03-24 11:30:51 From Dawn Jones to Everyone:  
We appreciate all of you and all you do for us!

2026-03-24 11:30:52 From Nadege Forlu to Everyone:  
Nadege Forlu, Charlotte NC

2026-03-24 11:31:02 From Anna Warde to Everyone:  
Good morning! Anna from Maine.

2026-03-24 11:31:10 From Amy Jo Thompson to Everyone:  
Amy Jo from Southern Oregon 

2026-03-24 11:31:13 From Kim Bobe to Everyone:  
Kim Bobe, Lincolnton, GA

2026-03-24 11:31:24 From Johanna Dempster to Everyone:  
Grateful to be here...grateful for your ministry...Johanna from Star Idaho

2026-03-24 11:31:43 From Suzanne Maxwell to Everyone:  
Replying to "Good morning! Anna from Maine."  
Hi Anna! I was born in Maine and my father and sisters still live there! Welcome!

2026-03-24 11:32:08 From Naomi Koch to Everyone:  
Naomi Koch - Valley City, ND

2026-03-24 11:32:12 From Lynn Adams to Everyone:  
Lynn A MN

2026-03-24 11:32:21 From Christine Foster to Everyone:  
Christine Foster~Eastern Panhandle of WV

2026-03-24 11:32:35 From Nichelle i to Everyone:  
Nichelle from Kansas

2026-03-24 11:32:35 From Angie Hall to Everyone:  
Hi from Angie Hall Warsaw, In  
Tansil Sandlin: ❤️

2026-03-24 11:32:48 From Jolene Underwood to Everyone:  
Jolene Underwood, MD (Trauma Therapist for TX)

2026-03-24 11:32:55 From Sharon Flynn to Everyone:  
Hi from Sharon Flynn in Swansboro, NC!

2026-03-24 11:32:56 From Janet Kelly to Everyone:  
Bryan TX

2026-03-24 11:32:58 From Susan Sharp to Everyone:  
Hello - Susan in Greenville, SC  
BONITA LOVE: ❤️

2026-03-24 11:33:05 From Keri Drowatzky to Everyone:  
Keri Drowatzky here. Bartlesville OK

2026-03-24 11:33:08 From Anna Warde to Everyone:  
Replying to "Good morning! Anna from Maine.":  
Thank you! That's awesome. It's a beautiful place.

2026-03-24 11:33:18 From Mary Sue Owsley to Everyone:  
Mary Sue Owsley from Idaho

2026-03-24 11:33:24 From Kathy Miller to Everyone:  
Kathy Miller- NE Ohio

2026-03-24 11:33:25 From Tamara "Tammy" Howard\_AZ to Everyone:  
Arizona 🌵

2026-03-24 11:33:43 From Joy Parks to Everyone:  
Debbie Z, Tony, and Rosedale Church of the Nazarene hosted a wonderful PTF this weekend as well. Debbie is in advocacy now.  
Heather Martin, Tabitha Westbrook, Kathy Ross, Heather Ives: ❤️  
Jolene Underwood: ❤️  
Karen Wilkinson, Kendra Thurman: 💜

Jolene Underwood: 🙏

2026-03-24 11:33:42 From Darlene Hills-Clinkscale to Everyone:

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

2026-03-24 11:33:52 From Sheri Faber to Everyone:

Replying to "Good morning! Anna from Maine.":

Good Morning Anna.

Anna Warde: ❤️

2026-03-24 11:33:58 From Suzanne Maxwell to Everyone:

Replying to "Good morning! Anna from Maine.":

Amen!!! I came to Bible college here in Indiana and kinda got stuck...ha

Anna Warde: ❤️

2026-03-24 11:34:07 From Kendra Thurman to Everyone:

REMINDER: Please consider attending the Q&A session on Saturday, Mar. 28th (noon Eastern).

Use the same Zoom link as for the regular classes.

2026-03-24 11:34:18 From Debbie Zibolski to Everyone:

Thanks Joy. It was such a blessing to have y'all.

2026-03-24 11:34:25 From Keri Drowatzky to Everyone:

Dr..Debra, your hair looks good. Different look.

joy forrest, Heather Ives: ❤️

2026-03-24 11:34:28 From Erika Aliff to Everyone:

Hello everyone! From Raleigh, NC CTPM

2026-03-24 11:34:33 From Tansil Sandlin to Everyone:

Good Morning from Arkansas! Tansil Sandlin

2026-03-24 11:34:50 From Karen Wilkinson to Everyone:

Replying to "Debbie Z, Tony, and Rosedale Church of the Nazaren...":

Joy Parks and Andre Turentine did an amazing job!

Kendra Thurman: 💜

Heather Ives: 🍷

Joy Parks: 🙏

2026-03-24 11:34:55 From Heather Martin to Everyone:

Replying to "Debbie Z, Tony, and Rosedale Church of the Nazaren...":

It was a wonderful time to connect!

2026-03-24 11:35:00 From Anna Warde to Everyone:

Replying to "Good morning! Anna from Maine.":

Good morning to you too, Sheri.

2026-03-24 11:35:04 From Heather Martin to Everyone:

Replying to "Debbie Z, Tony, and Rosedale Church of the Nazaren...":  
@Karen Wilkinson I agree!!  
Karen Wilkinson: 🍌

2026-03-24 11:35:12 From Kamilla w/Advocacy Training Team to Everyone:

Register for the Retreat today at: <http://calledtoplace.org/survivor-healing-retreat>

2026-03-24 11:35:13 From Dr. Jessica Evans to Everyone:

Replying to "Dr..Debra, your hair looks good. Different look."  
True. We've all been telling her that!

2026-03-24 11:35:24 From Christina Mills to Everyone:

I will be there! So excited!!  
Tansil Sandlin: ❤️

2026-03-24 11:35:30 From Nancy Megargee to Everyone:

Good morning; Nancy Megargee

2026-03-24 11:35:34 From Robin Clark to Everyone:

Robin Clark - Tennessee

2026-03-24 11:35:36 From Christina Mills to Everyone:



2026-03-24 11:35:39 From Kamilla w/Advocacy Training Team to Everyone:

Replying to "Register for the Retreat today at: http://ca...":

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://calledtoplace.org/survivor-healing-retreat>

2026-03-24 11:35:48 From Kim Brown to Everyone:

kim brown, north texas

2026-03-24 11:35:49 From Naomi Koch to Everyone:

I'm soooooo looking forward to meeting you, Joy!! We are praying as a church board for your travels and the time we are blessed to have with you this weekend!

Jolene Underwood: ❤️

2026-03-24 11:35:49 From Dr. Jessica Evans to Everyone:

Course webpage- you can access quiz link here by this evening.

<https://www.honoringourcuba.com/advocacy-courses/impacts-victims>

2026-03-24 11:35:51 From Rebecca Johnson to Everyone:  
Replying to "Dr..Debra, your hair looks good. Different look."  
I was noticing that as well. Lovely!

2026-03-24 11:36:17 From Gemma Frederick to Everyone:  
Gemma Frederick here 🌸

2026-03-24 11:36:22 From Kimberly Freitag to Everyone:  
Kim Freitag - Michigan

2026-03-24 11:36:33 From Kamilla w/Advocacy Training Team to Everyone:  
At the Retreat, advocates will meet at 1 PM on Friday!! Please plan to come!!

2026-03-24 11:36:38 From Michelle Baruth to Everyone:  
Replying to "Dr..Debra, your hair looks good. Different look."  
Agree, it looks so pretty. It frames your face so beautifully!

2026-03-24 11:36:42 From Dr. Jessica Evans to Everyone:

Friday at retreat

1:00 - 2:00 PM

Terrace 316

We meet with larger Advocacy group! If you're in classes, onboarded or not, etc. you're invited!

Christine Foster, Heather Martin, Nichelle i: ❤️

Kendra Thurman: 💜

2026-03-24 11:36:55 From Annie Allen to Everyone:  
Hello, I am Annie Allen from Nashville, TN

2026-03-24 11:37:42 From Kamilla w/Advocacy Training Team to Everyone:  
REMINDER: 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.

2026-03-24 11:37:55 From Ladonna Hafen to Everyone:  
I wish I could have made it to the retreat this year! I am hoping to make it to next year's retreat.  
joy forrest: ❤️

2026-03-24 11:38:00 From Kendra Thurman to Everyone:  
Replying to "Register for the Retreat today at: <http://ca...>":  
Friday of Retreat:  
Advocates' meeting @ 1PM  
Terrace Auditorium  
All current & past Advocacy students are welcome!  
Karen Stinchcomb, Tansil Sandlin: ❤️

2026-03-24 11:38:01 From Keri Drowatzky to Everyone:  
How much will recording of retreat be? I won't be able to go again. I don't fly.

2026-03-24 11:38:04 From Peggy Barrett to Everyone:  
Peggy from Durham, NC

2026-03-24 11:38:05 From Dr. Jessica Evans to Everyone:  
Hope to see lots of you there!  
Giselle Messer: 🙏

2026-03-24 11:38:09 From Deann Wagner to Everyone:  
Hello!  
Deann Wagner in Harrison, AR  
Tansil Sandlin: ❤️

2026-03-24 11:38:25 From Marcie Schmidt to Everyone:  
Marcie Schmidt NC

2026-03-24 11:38:39 From Susanne King to Everyone:  
Susanne King, Colorado

2026-03-24 11:38:50 From joy forrest to Everyone:  
Replying to "How much will recording of retreat be? I won't be ...":  
**The main sessions and some breakouts**

2026-03-24 11:39:00 From Heather Ives to Everyone:  
☀️ Good morning! Heather Ives- Columbia, SC  
Heather Martin: ❤️

2026-03-24 11:39:17 From Angela Triplett to Everyone:  
Angela Triplett- Iowa

2026-03-24 11:39:27 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. Please avoid sharing details about anyone else's story.

Heather Ives: ❤️

2026-03-24 11:39:41 From Corrine Petit to Everyone:  
Hi! Corrine from Vermont here.

2026-03-24 11:39:46 From Giselle Messer to Everyone:  
Good morning, Giselle Messer - Alberta, Canada

2026-03-24 11:39:53 From Karen Stinchcomb to Everyone:  
Good morning from Fort Worth, TX. 🙋

2026-03-24 11:41:16 From Robin Black to Everyone:  
Hello from Indy

2026-03-24 11:41:29 From Lorrie Weigand to Everyone:  
Lorrie Weigand - Forest, VA  
Joy Parks: 👍

2026-03-24 11:41:52 From Debbie Doyle to Everyone:  
Debbie Doyle. Ottawa and Florida (not able to open mic for discussions ... with grandkids )

2026-03-24 11:41:55 From Ladonna Hafen to Everyone:  
Ladonna Hafen Whitefish Montana

2026-03-24 11:43:23 From Wendi Andrews to Everyone:  
Wendi Andrews, Cedar Point, NC

2026-03-24 11:43:35 From Brooke Shepherd to Everyone:  
Brooke Shepherd, Des Moines Ia!

2026-03-24 11:43:59 From Tameika Green-Crane to Everyone:  
Mika (Tameika) Green-Crane from Edmonton, AB.

2026-03-24 11:44:33 From Kamilla w/Advocacy Training Team to Everyone:  
Dr Debra was referring to Casey Guinn with the Training Institution on Strangulation Prevention.

2026-03-24 11:45:07 From Tansil Sandlin to Everyone:  
Replying to "Ladonna Hafen Whitefish Montana ":  
I love Whitefish!!!

2026-03-24 11:46:59 From Joy Parks to Everyone:  
Replying to "Lorrie Weigand - Forest, VA":  
Hi Lorrie. I lived in Forest and surrounding Lynchburg from 1985 until 2011.

2026-03-24 11:47:14 From Kamilla w/Advocacy Training Team to Everyone:  
Jane Monckton Smith - "In Control: Dangerous Relationships and How They End in Murder". <https://a.co/d/c8LwVMr>

2026-03-24 11:47:20 From Dawn Jones to Everyone:  
In my experience, they also frequently threaten to kill themselves.  
joy forrest: 👍  
Stacy Wilburn, Kathy Miller: 🙋

2026-03-24 11:48:04 From Tiffany Pearman to Everyone:  
Tiffany from Kentucky!

2026-03-24 11:48:06 From Giselle Messer to Everyone:

Replying to "In my experience, they also frequently threaten to...":

Yes, my dad used to say he would kill my mom and then himself.

Dawn Jones: 😞

2026-03-24 11:48:06 From Lorrie Weigand to Everyone:

Replying to "Lorrie Weigand - Forest, VA":

Hi Joy! I've lived in this area all my life.

2026-03-24 11:48:47 From Sharon Flynn to Everyone:

Question: Kendra, I am working someone who needs a safety plan. Will you post me a link to the Called to Peace safety plan document.

2026-03-24 11:49:05 From Debbie Zibolski to Everyone:

Revenge and retaliation seems to be a common thread.

2026-03-24 11:50:13 From Irene McConnehey to Everyone:

Mine said "the day you and I get divorced is the day my pistol and I take a walk in the woods."

At the time I thought he was saying he was committed to staying with my and working on the marriage, but in hindsight I realize he was laying his claims and letting me know i couldn't go anywhere.

Shelly Blankenship: 😞

Dawn Jones, Heather Ives, Rebecca Johnson: 😞

2026-03-24 11:50:35 From Kendra Thurman to Everyone:

Replying to "Question: Kendra, I am working someone who needs a ...":

If you are an affiliated Advocate, reach out to the Advocate Coordinators:

[naomi@calledtopeace.org](mailto:naomi@calledtopeace.org) or [dianthe@calledtopeace.org](mailto:dianthe@calledtopeace.org) .

*An additional resource for safety planning: <https://www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/>*

2026-03-24 11:51:21 From Cindy Baltz-King to Everyone:

Cindy here from Tennessee.

2026-03-24 11:51:40 From Kendra Thurman to Everyone:

Replying to "Question: Kendra, I am working someone who needs a ...":

Please also confirm that the person you are helping has completed the Intake form:

Advocacy Intake Form:

<https://docs.google.com/forms/d/e/1FAIpOLSfANtSnHfGZvsRCIhMcOt3thFIGAvLXOTnldjzhT7pWTUs5IQ/viewform>

2026-03-24 11:51:45 From Johanna Dempster to Everyone:

Road rage.. when no one else sees...but reveals the true.....

Kim Brown, Rebecca Johnson: 👍

2026-03-24 11:52:29 From Tamara "Tammy" Howard\_AZ to Everyone:

Manipulative kindness....thank you this gives me words to something my XH used to do. I never understood it. It always threw me off.

Dr. Jessica Evans: 👍

2026-03-24 11:53:02 From Jolene Underwood to Everyone:

Subtle perceived threats can be harder to identify, but still impact how your body responds to the felt sense of danger. For example, increased restrictions to resources or increased consequences for doing something that goes against the controlling act.

Shelly Blankenship: 🙏

2026-03-24 11:53:28 From Amy Jo Thompson to Everyone:

Replying to "Road rage.. when no one else sees...but reveals the ...":

So painful... I've had this happen a few times in my destructive marriage. The feeling of having no control with him at the wheel

Kim Brown: 👍

2026-03-24 11:53:50 From Sheri Faber to Everyone:

I used to think MAYBE HE FINALLY GEETS IT. Then I found out that no he did not.  
joy forrest:🙏

2026-03-24 11:54:20 From Shelly Blankenship to Everyone:

Replying to "Subtle perceived threats can be harder to identify...":

Yes, and then often the victim shames herself because she feels like there is something wrong with her that she can't handle something so "small".

Jolene Underwood: 🙏

2026-03-24 11:54:36 From joy forrest to Everyone:

Replying to "I used to think MAYBE HE FINALLY GEETS IT. Then I ...":

Yes, we go through that many times before we see the truth.

2026-03-24 11:55:08 From Annie Allen to Everyone:

what kind of grief work do you recommend...what tools?

2026-03-24 11:56:11 From joy forrest to Everyone:

We cover it in support groups, but it's not unlike other kinds of grief.

2026-03-24 11:56:12 From Tabitha Westbrook to Everyone:

Replying to "what kind of grief work do you recommend...what to...":

It really depends on the person and what they may need. Lament is an often used tool in my practice.

joy forrest, Shelly Blankenship, Dr. Jessica Evans: ❤️

2026-03-24 11:56:12 From Tamara "Tammy" Howard\_AZ to Everyone:

@Annie Allen I just did a study on grief. I can send it to you.

2026-03-24 11:57:06 From Kamilla w/Advocacy Training Team to Everyone:

Jess Hill. "See What You Made Me Do" <https://a.co/d/bIMiW0t>

2026-03-24 11:57:22 From Shelly Blankenship to Everyone:

Replying to "I used to think MAYBE HE FINALLY GEETS IT. Then I ...":

This is so hard because he does not want to get it, but he wants you to think he's starting to. So manipulative and deceptive!

joy forrest: 👍

Kim Brown: 👍

2026-03-24 11:57:32 From Annie Allen to Everyone:

Replying to "@Annie Allen I just did a study on grief. I can se...":

you have me cell can you text me....@Tamara "Tammy" Howard\_AZ

2026-03-24 11:57:46 From Tamara "Tammy" Howard\_AZ to Everyone:

Years

2026-03-24 11:57:52 From Mary Sue Owsley to Everyone:

Replying to "what kind of grief work do you recommend...what to...":

I just recently read 'A Sacred Sorrow' by Michael Card. I found it to be an excellent book on lament.

joy forrest: 👍

2026-03-24 11:58:27 From Sharon Flynn to Everyone:

Question: Doesn't the victim mistake that trauma bond as being "in love"?

*Answered live.*

2026-03-24 11:58:44 From Lorrie Weigand to Everyone:

Replying to "@Annie Allen I just did a study on grief. I can se...":

I would love to have that too @Tamara "Tammy" Howard\_AZ. Email lorrie.weigand@gmail.com

2026-03-24 11:58:51 From Dr. Jessica Evans to Everyone:

Replying to "what kind of grief work do you recommend...what to...":

Depending on the counselor or therapist, they will approach grief work differently. You can look and see if this is a part of their specialty (I think it is important to look for a professional who also understands coercive control as well). You can ask questions about what this healing work will look like. The work will depend on the person needs, like Tabi says. I've done grief work through a book my counselor uses for "emotional completion" of relationships. That being said, the book isn't DA/CC informed so we adjust for that.

2026-03-24 11:58:53 From Tabitha Westbrook to Everyone:

Depends on the therapist and whether they are appropriately trained. There are those of us who don't align. 😊

Jill Johnson, joy forrest: ❤️

Shelly Blankenship: 💜

2026-03-24 12:00:02 From Tamara "Tammy" Howard\_AZ to Everyone:

Did we really miss them? OR I missed the comfort of my needs being met. Well a home, insurance I wasn't allowed to use,

2026-03-24 12:00:52 From joy forrest to Everyone:

Replying to "Depends on the therapist and whether they are appr...":

I endorse the lament route.

2026-03-24 12:01:52 From Martha Curfman to Everyone:

Sadly outside observers perceive trauma-bonding as the abused 'enjoys or wants' the abuse and dismisses her when she goes back to the abuser because of this bond.

2026-03-24 12:02:05 From Joy Parks to Everyone:

Replying to "I used to think MAYBE HE FINALLY GEETS IT. Then I ...":

@Shelly Blankenship yes - future faking and breadcrumbing.

2026-03-24 12:02:44 From Janet Kelly to Everyone:

I heard someone say the debt is your ransom. Makes sense to me!

joy forrest: 👍

2026-03-24 12:02:50 From Tabitha Westbrook to Everyone:

I will say, trauma bonding isn't exactly "addictive." It's a habituation to chaos often and also the loss of agency and thinking it's "normal." Combined with spiritual abuse, it can be extremely hard. Also, we are created for connection so when we feel attached to this person (especially when we believe "one flesh" to the exclusion of any individuality) it can be super tough to differentiate.

Dawn Jones, Shelly Blankenship: 💜

Kathy Ross: 😞

2026-03-24 12:03:10 From Jaime Meunier to Everyone:

sadly still not true in many places

2026-03-24 12:03:22 From Tamara "Tammy" Howard\_AZ to Everyone:

yes, mine was changed due to what can he earn. He's layed in his bed for three years. Ridding all his bank accounts.

joy forrest: 😞

2026-03-24 12:04:17 From joy forrest to Everyone:

Replying to "I will say, trauma bonding isn't exactly "addictiv...":

Yes, trauma bonding is a much better description.

2026-03-24 12:05:57 From Janet Kelly to Everyone:

I think that's why some get involved in jail ministry - listening how not to get caught.

2026-03-24 12:06:06 From Tabitha Westbrook to Everyone:

Often survivors aren't just waiting for the "other shoe to drop." They're waiting for it to be thrown at them.

Stacy Wilburn:!!

Dr. Jessica Evans, Kim Brown: 👍

Heather Martin, joy forrest: 🙌

Jaime Meunier: 😊

2026-03-24 12:06:38 From Jaime Meunier to Everyone:

Replying to "Often survivors aren't just waiting for the "other...":  
so true Tabby!!

2026-03-24 12:08:13 From Kendra Thurman to Everyone:

God is our refuge and strength, a very present help in trouble. (Psalm 46:1)

2026-03-24 12:10:31 From Kristan Byrd to Everyone:

She was charged because they had all four kids' bedrooms lockable from the exterior. Those were his second charges as well.

2026-03-24 12:10:59 From Brooke Shepherd to Everyone:

@Tabitha Westbrook Have ya been following the Taylor Frankie Paul?

2026-03-24 12:11:28 From Martha Curfman to Everyone:

@Tabitha Westbrook Please share the name of the podcast you mentioned.

2026-03-24 12:11:38 From BONITA LOVE to Everyone:

QUESTION: What is that podcast?

2026-03-24 12:11:39 From Tabitha Westbrook to Everyone:

Replying to "@Tabitha Westbrook Please share the name of the p...":

Safe to Hope

<https://helper.help/podcast-2/>

2026-03-24 12:11:56 From joy forrest to Everyone:

Replying to "QUESTION: What is that podcast?":

Safe to Hope from HelpHer

Kathy Ross: 👍

2026-03-24 12:12:00 From Julie to Everyone:

Hi everyone!

2026-03-24 12:12:04 From Kathy Ross to Everyone:

I am recovering from the entrapment and entrenchment of Patriarchal thinking. It is generational.

Jolene Underwood, Nichelle i: ❤️

joy forrest: 🗨️

2026-03-24 12:12:16 From BONITA LOVE to Everyone:

Replying to "QUESTION: What is that podcast?":

Thank you!

joy forrest: 👍

2026-03-24 12:13:24 From Tabitha Westbrook to Everyone:

Replying to "@Tabitha Westbrook Have ya been following the Taylor Frankie Paul?":

Yes, waiting for more information to be revealed, but am really wondering about coercive control. Her response seems very concerning, and we would never condone responding to abuse in that manner (hence what we train y'all to do to help your survivors regulate emotions), but I'm curious about what we didn't see. In our work, we want to help survivors never get to that kind of response (if she was/is experiencing coercive control). It's tough to comment on cases that are being litigated! I like more info!

Rebecca Johnson: 🙏

2026-03-24 12:13:28 From Kerry Calmes to Everyone:  
Kerry Calmes Cornell, Michigan

2026-03-24 12:13:40 From Jolene Underwood to Everyone:  
Replying to "I am recovering from the entrapment and entrenchme...":  
Such courageous & challenging work to recover.

2026-03-24 12:14:23 From Nichelle i to Everyone:  
Replying to "I am recovering from the entrapment and entrenchme...":  
me too!  
Jolene Underwood: ❤️

2026-03-24 12:16:00 From Suzanne Neald to Everyone:  
Suzanne IE

2026-03-24 12:16:01 From Marcie Schmidt to Everyone:  
QUESTION: What specific types of therapies are alternatives to talk therapy for survivors?

*Discussed briefly live*

2026-03-24 12:16:22 From Kamilla w/Advocacy Training Team to Everyone:  
3 E's/Tenants Of Advocacy:  
EDUCATION  
EMPOWERMENT/Equipping  
EMOTIONAL SUPPORT/Encouragement

2026-03-24 12:16:30 From Keri Drowatzky to Everyone:  
The Duggar situation is very ,very sad. You have to know he was controlling her and the kids. The older Duggar boys wife is controlled as well by the Duggar family. The cult they follow says wife can be totally disowned, all financial support withdrawn of goes against them then divorce.

2026-03-24 12:16:34 From Dr. Jessica Evans to Everyone:  
Replying to "3 E's/Tenants Of Advocacy: EDUCATION ...":  
Thank you, Kamilla

2026-03-24 12:17:44 From Nadege Forlu to Everyone:  
can we get a deep dive sometime for when leaving isn't possible? Or do you know of any resources that already exist for survivors to navigate still living with them?  
Kim Brown, Nichelle i: 👍

2026-03-24 12:18:23 From Michelle Baruth to Everyone:

Thank you Tabi

2026-03-24 12:18:28 From Tabitha Westbrook to Everyone:

Replying to "The Duggar situation is very ,very sad. You have t...":  
Yes. It's a terrible bind for sure!

2026-03-24 12:18:28 From Christina Mills to Everyone:

Wow! Thank you for sharing Tabi!

2026-03-24 12:18:48 From Dr. Jessica Evans to Everyone:

Replying to " can we get a deep dive sometime for when leaving isn't possible? Or do you know of any resources that already exist for survivors to navigate still living with them?":

We do talk about "staying well" in some of the courses

Nadege Forlu: 👍

2026-03-24 12:19:13 From Brooke Shepherd to Everyone:

Replying to "@Tabitha Westbrook Have ya been following the Tayl...":

For sure! I have heard some not great things about him so it will be interesting to see what other info comes out.

Tabitha Westbrook: 👍

2026-03-24 12:19:13 From Kendra Thurman to Everyone:

Replying to " can we get a deep dive sometime for when leaving isn't possible? Or do you know of any resources that already exist for survivors to navigate still living with them?":

This would be a great topic to discuss at the Q&A this Saturday.

joy forrest, Nadege Forlu: 👍

2026-03-24 12:19:29 From Jolene Underwood to Everyone:

Replying to "QUESTION: What specific types of therapies are alt...":

There are several therapy models that work with trauma as it's stored in the brain & body, like EMDR, Brainspotting, somatic experiencing, and more.

When people say Talk Therapy, I'm usually curious if that means mostly just talking about something or talking with a therapist in a therapeutic way. Some therapy models may include talking about your stories, your experiences etc. in a way that promotes trauma healing as well .

Shelly Blankenship: 💜

2026-03-24 12:19:41 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: What specific types of therapies are alt...":

Here are some of the ones - EMDR, Brainspotting, Somatic Experiencing, Internal Family Systems, Narrative Focused Trauma Care, Neurofeedback. Which one is "best" is really dependent on the person. My team is trained in many of them so we have a "toolbox" we can use with clients.

Jolene Underwood: ❤️

Shelly Blankenship: 💜

2026-03-24 12:20:22 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: What specific types of therapies are alt...":

Also, talking is not a bad thing, nor is sharing your story. That is often a needed part of the treatment process, it's just WHEN it takes place that is highly nuanced.

joy forrest: 👍

Shelly Blankenship: 💜

Jolene Underwood: 🙏

2026-03-24 12:20:30 From Tansil Sandlin to Everyone:

Replying to "Hi from Angie Hall Warsaw, In":

Angie!!!! 😊

2026-03-24 12:20:30 From joy forrest to Everyone:

Replying to "can we get a deep dive sometime for when leaving i...":

Leslie Vernick talks a lot about it especially in her book, *The Emotionally Destructive Relationship*.

Kim Brown: 👍

Nadege Forlu: 👍

2026-03-24 12:20:50 From Kathy Ross to Everyone:

Replying to "QUESTION: What specific types of therapies are alt...":

Because of the physical damage to my brain I have had Hyperbaric Oxygen Therapy over the past 15 months that has been super helpful for me.

Tansil Sandlin: ❤️

Jolene Underwood, joy forrest: ❤️

Shelly Blankenship: 💜

2026-03-24 12:21:11 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: What specific types of therapies are alt...":

@Kathy Ross Oh yes!! HBOT has been GREAT for some folks when there is a TBI!

Kathy Ross: ❤️

### *Hyperbaric Oxygen Therapy*

2026-03-24 12:21:27 From Jolene Underwood to Everyone:

Replying to "QUESTION: What specific types of therapies are alt...":

@Kathy Ross love that for you! When the body benefits, the rest of you does too!

Kathy Ross: ❤️

2026-03-24 12:21:28 From Kamilla w/Advocacy Training Team to Everyone:

Replying to "can we get a deep dive sometime for when leaving i...":

Leslie Vernick. "The Emotionally Destructive Marriage". <https://a.co/d/9FwsrRX>

2026-03-24 12:22:02 From Corrine Petit to Everyone:

I purchased a cheap jacket from the thrift store that had deep inside pockets, that is where I hid items within my closet. It looked like normal everyday clothing items, but I never wore it.

joy forrest: 👍

Jolene Underwood, Rebecca Johnson: 👍

2026-03-24 12:22:34 From Brooke Shepherd to Everyone:

Replying to "QUESTION: What specific types of therapies are alt...":

@Tabitha Westbrook is it accurate that with brain spotting and IFS you can get training without being a licensed therapist? Also, what is your go to for learning more about somatic practices?

2026-03-24 12:22:58 From Corrine Petit to Everyone:

Replying to "I purchased a cheap jacket from the thrift store t...":  
Thinking of places of hiding a journal.

2026-03-24 12:22:59 From Kendra Thurman to Everyone:

If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend... (Psalm 55:12-13)

2026-03-24 12:23:37 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: What specific types of therapies are alt...":  
Yes, you can get brainspotting and IFS and SE can be trained as a non-licensed professional. I strongly encourage additional trauma training and being real sure that one's healing work is done before working with others, as well as knowing when to refer out.

Brooke Shepherd: 👍

Jolene Underwood: ❤️

2026-03-24 12:24:17 From Dr. Jessica Evans to Everyone:

We will talk quite a bit more about somatic approaches to therapy/trauma approaches when we get to our Trauma Issues course. Hang tight!

Heather Martin: 👍

2026-03-24 12:24:24 From Tamara "Tammy" Howard\_AZ to Everyone:

Interesting. the struggle is real

2026-03-24 12:24:35 From Johanna Dempster to Everyone:

Body soul spirit care

Stacy Wilburn: ❤️

2026-03-24 12:24:48 From Kamilla w/Advocacy Training Team to Everyone:

Joy mentioned this book: "The Garden Within" by Anita Phillips

joy forrest, Christina Mills: 👍

2026-03-24 12:25:04 From Tamara "Tammy" Howard\_AZ to Everyone:

How we breath, deep

Christina Mills: ❤️

2026-03-24 12:25:37 From Tabitha Westbrook to Everyone:

Replying to "Body soul spirit care":

We are whole people.

Stacy Wilburn: ❤️

2026-03-24 12:25:42 From Judy Vader to Everyone:

I love this Tabi, because I have access to "rural" in moments and it is true!

Tabitha Westbrook: ❤️

2026-03-24 12:25:50 From Sharon Flynn to Everyone:

MyQ: My sound keeps flickering out. Is anyone else having this issue?

2026-03-24 12:26:05 From Tabitha Westbrook to Everyone:

Replying to "MyQ: My sound keeps flickering out. Is anyone else...":  
I'm not.

2026-03-24 12:26:05 From Christina Mills to Everyone:

I walk on the beach every day as part of my healing 🙏🏠❤️ helps soooo much!!

Tabitha Westbrook, Suzanne Maxwell, Johanna Dempster, Tamara "Tammy" Howard\_AZ, Dawn Jones: ❤️

Jolene Underwood, Judy Vader, Heather Martin, Rebecca Johnson, Kendra Thurman: ❤️

2026-03-24 12:26:21 From Dr. Jessica Evans to Everyone:

Replying to "I walk on the beach every day as part of my healin...":  
Oooh sounds wonderful  
Christina Mills: ❤️

2026-03-24 12:26:27 From Dr. Jessica Evans to Everyone:

Replying to "MyQ: My sound keeps flickering out. Is anyone else...":  
Not here

2026-03-24 12:26:29 From Kendra Thurman to Everyone:

Effects of "Forest-Bathing" research:  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9665958/>

Christina Mills: ❤️

joy forrest: 👍

2026-03-24 12:26:47 From Heidi Johnson to Everyone:

Replying to "MyQ: My sound keeps flickering out. Is anyone else...":  
I'm not either

2026-03-24 12:26:58 From Tabitha Westbrook to Everyone:

Replying to "Effects of "Forest-Bathing" research: https://pmc....":

And forest bathing is NOT NAKED. It's basically 5-4-3-2-1 with trees.

Tamara "Tammy" Howard\_AZ, Kendra Thurman, Judy Vader, Rebecca Johnson: 😊

Marcie Schmidt, joy forrest, Kathy Miller: 😄

2026-03-24 12:26:59 From joy forrest to Everyone:

Replying to "I walk on the beach every day as part of my healin...":

Yes! Spending time in nature makes a huge difference.

Christina Mills: ❤️

2026-03-24 12:27:25 From Jolene Underwood to Everyone:

Replying to "Effects of "Forest-Bathing" research: https://pmc....":

I have a forest around our home & it is SUCH a gift for my whole body.

Tabitha Westbrook, Judy Vader, joy forrest: ❤️

2026-03-24 12:27:40 From Tabitha Westbrook to Everyone:

Replying to "Effects of "Forest-Bathing" research: <https://pmc...>":

We take clients out for forest bathing often in our practice, especially in NC. Our Refreshed Women's Retreat includes it in the day!

Jolene Underwood, Tamara "Tammy" Howard\_AZ: ❤️

2026-03-24 12:28:30 From joy forrest to Everyone:

Replying to "MyQ: My sound keeps flickering out. Is anyone else...":

No

2026-03-24 12:29:38 From Kamilla w/Advocacy Training Team to Everyone:

"The Betrayal Bond: Breaking Free of Exploitive Relationships". - Patrick J. Carnes

2026-03-24 12:30:29 From Heather Yaxley to Everyone:

Hello from Heather Yaxley, Victoria BC, Canada. Apologies for arriving late.

2026-03-24 12:30:36 From Kamilla w/Advocacy Training Team to Everyone:

Replying to "'The Betrayal Bond: Breaking Free of Exploitive R...":

<https://a.co/d/07HEX68D>

2026-03-24 12:30:59 From Kim Bobe to Everyone:

Replying to "Effects of "Forest-Bathing" research: <https://pmc...>":

@Tabitha Westbrook so glad you clarified that 🙌😊 (the NOT NAKED part)

2026-03-24 12:31:07 From Jolene Underwood to Everyone:

Trauma bonds can alter what feels safe internally and how safety is perceived. The body's response can be different than what the brain knows, even when awareness grows for CC dynamics.

Stacy Wilburn: ❤️

Dr. Jessica Evans, Heather Martin: 👍

Dawn Jones: 💜

2026-03-24 12:31:11 From Keri Drowatzky to Everyone:

Temporarily getting away from the mental noise. This can be so calming to every body part. The release of tension and chaotic thinking. I have had tinnitus for 30 yrs and noises become very irritating to my ears and every part of my body. I have to have complete quiet. Sometimes it does hurt.

2026-03-24 12:32:34 From Dr. Jessica Evans to Everyone:

Replying to "Effects of "Forest-Bathing" research: <https://pmc...>":

@Tabitha Westbrook giggling at the clarification LOL

2026-03-24 12:32:48 From Janet Kelly to Everyone:

someone told me, "if Jesus dying on the cross does not encourage him to change, what are you going to do more than that?"

Stacy Wilburn, Heather Martin: ❤️

Kendra Thurman: 🙏

2026-03-24 12:33:13 From Tabitha Westbrook to Everyone:

Replying to "Effects of "Forest-Bathing" research: <https://pmc...>":

@Jessica Evans I have to make that clarification every time I talk about it in our practice!  
Dr. Jessica Evans: 😊

2026-03-24 12:33:24 From Tabitha Westbrook to Everyone:  
Replying to "someone told me, "if Jesus dying on the cross does...":  
Wise words

2026-03-24 12:33:25 From Angela Parsley to Everyone:  
This is eye opening to me about seeing some of the high control religious environments in all of this. Just wild. Wow.  
Kathy Ross: 😊

2026-03-24 12:34:02 From Tabitha Westbrook to Everyone:  
Replying to "Effects of "Forest-Bathing" research: <https://pmc....>":  
@Kim Bobe It's vital data.  
Dr. Jessica Evans: 😊

2026-03-24 12:36:13 From Annie Allen to Everyone:  
what are the 4 c's again

2026-03-24 12:36:20 From Dr. Jessica Evans to Everyone:  
Replying to "what are the 4 c's again":  
Conning

2026-03-24 12:36:24 From Dr. Jessica Evans to Everyone:  
Replying to "what are the 4 c's again":  
Cunning

2026-03-24 12:36:34 From Kamilla w/Advocacy Training Team to Everyone:  
**Four C's of Coercive Controllers: Cunning, Conning, Convincing, Charming**

2026-03-24 12:36:34 From Dr. Jessica Evans to Everyone:  
Replying to "what are the 4 c's again":  
Convincing

2026-03-24 12:36:37 From Dr. Jessica Evans to Everyone:  
Replying to "what are the 4 c's again":  
Charming

2026-03-24 12:37:32 From BONITA LOVE to Everyone:  
I did that by accident!  
joy forrest: 👍

2026-03-24 12:37:49 From Dr. Jessica Evans to Everyone:  
Replying to "I did that by accident!":  
Thank you. Please just turn off if you can

2026-03-24 12:38:01 From Annie Allen to Everyone:

my computer zoom says to hit okay it is being transcribed but it does say who is doing it, just like it says when I get on I hit okay it is being recorded

2026-03-24 12:38:15 From BONITA LOVE to Everyone:  
Not sure how to turn it off...trying

2026-03-24 12:39:07 From Angela Parsley to Everyone:  
Q: So would you find benefit still from the book that was posted on the last slide from him pictured?

2026-03-24 12:39:28 From Dr. Jessica Evans to Everyone:  
Replying to "Not sure how to turn it off...trying":  
You might try this:

Look at the bottom toolbar in Zoom.  
Click "Live Transcript" or "CC / Live Transcript."  
Click "Disable Auto-Transcription."  
BONITA LOVE: 👍

2026-03-24 12:40:45 From Judy Vader to Everyone:  
Tabi, your message is so appreciated. I admit I get frustrated at the lack of enthusiasm on the part of my church...but also, there are signs of progress. I want to maintain my passion but I want to also take in those places where God has to bring things forward.  
Dawn Jones, Robin Black: 💜

2026-03-24 12:41:53 From BONITA LOVE to Everyone:  
Replying to "Not sure how to turn it off...trying":  
I don't see that, but I see that "meeting summary" is on. Is that it?

2026-03-24 12:42:07 From Dr. Jessica Evans to Everyone:  
Replying to "Not sure how to turn it off...trying":  
You might try disabling that

2026-03-24 12:42:35 From Kamilla w/Advocacy Training Team to Everyone:

F's of Trauma Responses

Fight

Flight

Freeze

Fawn

Flop

Fatigue

2026-03-24 12:43:12 From Ruth-Ann Brubaker to Everyone:

Tabbi, this piece is super valuable . Thank you for saying these sentences.

2026-03-24 12:43:13 From Lauren Johns to Everyone:

Haha, feely feelies and thinky thinkies.

Suzanne Maxwell, Kathy Miller: ❤️

Ruth-Ann Brubaker: 🤔

2026-03-24 12:43:20 From BONITA LOVE to Everyone:

Replying to "Not sure how to turn it off...trying":

I tried and it won't click off. Perhaps I did already turn it off. I'm not sure.

Dr. Jessica Evans: 👍

2026-03-24 12:43:40 From Tansil Sandlin to Everyone:

QUESTION: Can this damage be reversed and returned to normal?

2026-03-24 12:44:01 From joy forrest to Everyone:

Any damage can be reversed.

Tansil Sandlin, Tamara "Tammy" Howard\_AZ: ❤️

Suzanne Maxwell: 😊

2026-03-24 12:44:23 From Sharon Flynn to Everyone:

Bonita try going out of zoo and then logging back in. That solved my sound issue.

2026-03-24 12:44:37 From Kendra Thurman to Everyone:

Replying to "QUESTION: Can this damage be reversed and returne...":

Healing (at least partial) is possible, thanks to neuroplasticity.

2026-03-24 12:44:38 From Jolene Underwood to Everyone:

Healing from the inside out supports being able to live from the design God gave us. What got off kilter from trauma can experience layers of healing that affect how you show up in the world & how you relate to God & others.

Stacy Wilburn: ❤️

Anna Warde, Sharon Flynn, Tabitha Westbrook: ❤️

Sharon Flynn: 🤔

Dawn Jones, Sylvia Gelderman, Robin Black: 💜

Heather Martin, Rebecca Johnson: 🙏

2026-03-24 12:44:48 From BONITA LOVE to Everyone:

Replying to "Bonita try going out of zoo and then logging back ...":

okay

2026-03-24 12:45:20 From Cindy Baltz-King to Everyone:

It's all about the "WHOLE" person in the healing process.

Stacy Wilburn: ❤️

Sharon Flynn: ❤️

Jolene Underwood: ❤️

2026-03-24 12:45:35 From Angela Bamford to Everyone:

Amen Tabi  
Sharon Flynn, Tabitha Westbrook: ❤️

2026-03-24 12:45:52 From Shelly Blankenship to Everyone:

I like to think of mostly healing but not 100% being like carrying the scars. Since Jesus still carries the scars of His trauma, He knows what this is like. He is in His glorified body, yet He still carries scars, and because of that He has so much compassion for us. We can know Christ better in this.

joy forrest, Dr. Jessica Evans, Brooke Shepherd, Tabitha Westbrook: ❤️  
Kendra Thurman: 💜

2026-03-24 12:45:52 From Dr. Jessica Evans to Everyone:

Replying to "Q: So would you find benefit still from the book t...":

There is a great deal of helpful information from Dr. Carnes on this topic. Tabi just mentioned the importance of discernment, which always applies

Angela Parsley: ❤️

2026-03-24 12:45:57 From Christina Mills to Everyone:

I love that you said that!! I have been pondering what does "healing" really look like!!  
Jolene Underwood: ❤️

2026-03-24 12:46:34 From Jolene Underwood to Everyone:

When working with survivors, you may hear repeated stories, disjointed parts of a story, and emotional shifts when sharing.

Tabitha Westbrook: ❤️  
Dawn Jones: 💜  
Dawn Jones: 🙏

2026-03-24 12:46:39 From Keri Drowatzky to Everyone:

Is it normal for a child who doesn't have a father in their life to miss an abusive man who was married at least 6 yrs to my daughter?

Aaron told my daughter that he missed her ex. The ex spent close time with Aaron. He's her youngest. But the ex didn't treat him well either.

2026-03-24 12:47:32 From Rebecca Johnson to Everyone:

That I Love Lucy scene gets me so stressed out and activated, I can hardly laugh at it, it makes me want to cry.

2026-03-24 12:48:13 From Kendra Thurman to Everyone:

"I Love Lucy" Chocolate Factory (colorized version) video clip:

<https://www.youtube.com/watch?v=K3axU2b0dDk>

Suzanne Maxwell, Angela Bamford, Kathy Ross: ❤️  
Rebecca Johnson: 👍

2026-03-24 12:49:10 From Sheri Faber to Everyone:

I have CPTSD

2026-03-24 12:49:13 From Kendra Thurman to Everyone:

C-PTSD - complex post-traumatic stress disorder

2026-03-24 12:49:30 From Cindy Baltz-King to Everyone:  
Exercise and eating healthy foods help with the process of healing  
Judy Vader: 🍌

2026-03-24 12:49:45 From Jolene Underwood to Everyone:  
Replying to "That I Love Lucy scene gets me so stressed out and...":  
Ahhh, that's hard. Makes sense that it could have this effect.

2026-03-24 12:49:57 From Kim Bobe to Everyone:  
Thank you , Tabi! This is so helpful to hear. I love the emotion spaghetti visual.  
Tabitha Westbrook, Kim Bobe: ❤️

2026-03-24 12:50:55 From Kendra Thurman to Everyone:  
new KJ Ramsey book:  
"The Place Between Our Pains"  
(caution: some language)  
[https://www.amazon.com/Place-Between-Our-Pains-Survive-ebook/dp/B0FGZYC6V6?ref\\_ast\\_author\\_mpb](https://www.amazon.com/Place-Between-Our-Pains-Survive-ebook/dp/B0FGZYC6V6?ref_ast_author_mpb)

2026-03-24 12:50:59 From Jolene Underwood to Everyone:  
When I work with clients I often offer tools to support what is coming up as well as what is under the surface that's built up from years of trauma, CC, and/or over functioning. We benefit from tools and transformative processes.  
Tabitha Westbrook: ❤️  
Kendra Thurman, Cindy Baltz-King: 💜

2026-03-24 12:51:56 From Kendra Thurman to Everyone:  
🙏 Tabi!  
Heather Martin, Cindy Baltz-King, Sylvia Gelderman, Tabitha Westbrook, Kim Bobe: ❤️  
Joy Parks: ❤️🔥

2026-03-24 12:51:58 From Christina Mills to Everyone:  
🔥  
Heather Martin, Sylvia Gelderman, Kim Bobe: ❤️  
Joy Parks: ❤️🔥

2026-03-24 12:52:05 From Shelly Blankenship to Everyone:  
It's some of the best preaching ever, @Tabitha Westbrook!  
Tabitha Westbrook, Stephanie Ford: ❤️  
Jolene Underwood: ❤️  
Heather Martin, Sylvia Gelderman, Cindy Baltz-King, Joy Parks, Rebecca Johnson: 🙏

2026-03-24 12:52:36 From Tabitha Westbrook to Everyone:  
Replying to "It's all about the "WHOLE" person in the healing p...":  
Cuz we are for sure WHOLE people  
Cindy Baltz-King: ❤️

2026-03-24 12:52:53 From Michelle Baruth to Everyone:  
Grounding Exercise?

2026-03-24 12:53:01 From Mary Sue Owsley to Everyone:  
Thanks for sharing, Tabi! I love it when you "preach!"  
Tabitha Westbrook: ❤️

2026-03-24 12:53:08 From Kamilla w/Advocacy Training Team to Everyone:  
Replying to "Grounding Exercise?":  
Coming!

2026-03-24 12:53:09 From Tabitha Westbrook to Everyone:  
Replying to " Q: So would you find benefit still from the book that was posted on the last slide from him pictured?":  
Yes, I would. I use it with clients.

2026-03-24 12:53:13 From Lauren Johns to Everyone:  
Brazilian Jiu-Jitsu can be a powerful way to reconnect with your body after trauma. It offers a safe, structured space to rebuild trust in yourself, process stress physically, and regain a sense of control. Many women find it not only healing, but deeply empowering as they grow stronger—both mentally and physically.  
Marcie Schmidt: ❤️

2026-03-24 12:53:23 From Jolene Underwood to Everyone:  
It can be difficult to untwist guilt & shame, especially when you've been expected to fix what isn't your to fix. It's a process.  
Dawn Jones: 💜

2026-03-24 12:53:30 From Lauren Johns to Everyone:  
Replying to "Brazilian Jiu-Jitsu can be a powerful way to recon...":  
You need to find a trauma-informed school

2026-03-24 12:53:58 From Tabitha Westbrook to Everyone:  
Replying to "Is it normal for a child who doesn't have a father...":  
Yes, it can be really complicated for kids. We are made for connection and parents.

2026-03-24 12:54:13 From Rebecca Johnson to Everyone:  
Replying to "It can be difficult to untwist guilt & shame, espe...":  
Always being blamed for things that aren't your fault, that you couldn't have known or prevented makes it so confusing.

2026-03-24 12:54:46 From Joy Parks to Everyone:  
Replying to "Q: So would you find benefit still from the book t...":  
I personally needed to see and understand the "levels of sex addiction" that Carnes references.

2026-03-24 12:54:34 From Tabitha Westbrook to Everyone:  
Replying to "It's some of the best preaching ever, @Tabitha Wes...":  
Thanks!!

2026-03-24 12:54:48 From Jolene Underwood to Everyone:

Working through guilts and shame can move you toward healthy responsibility.

Tabitha Westbrook, Tamara "Tammy" Howard\_AZ: ❤️

2026-03-24 12:55:19 From Tabitha Westbrook to Everyone:

Replying to "Brazilian Jiu-Jitsu can be a powerful way to recon...":

Yes, many of the martial arts can be great. I agree it really should be trauma informed. And also know your capacity and ability.

Jolene Underwood: ❤️

2026-03-24 12:56:09 From Tabitha Westbrook to Everyone:

Replying to "Working through guilts and shame can move you towa...":

Yes, it is your piece of the pie or someone else's piece of the pie?

Jolene Underwood: 🙏

2026-03-24 12:58:43 From Tabitha Westbrook to Everyone:

It is "self-defending" NOT "reactive abuse" as some will say out there who are less educated than our amazing advocates.

2026-03-24 12:59:10 From Tabitha Westbrook to Everyone:

Replying to "It is "self-defending" NOT "reactive abuse" as som...":

And note, we don't recommend aggression, we help them find better ways to regulate and get safety.

Jolene Underwood, Suzanne Neald: 🙏

2026-03-24 12:59:52 From Lauren Johns to Everyone:

QUESTION: At what point in that 5-7 years does marriage counseling make sense? What is the indicator?

2026-03-24 13:00:04 From Christina Mills to Everyone:

Yep!

2026-03-24 13:00:24 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

It depends. It is really, really dependent on healing and accountability.

2026-03-24 13:00:37 From Kamilla w/Advocacy Training Team to Everyone:

Leslie Vernick. "The Emotionally Destructive Marriage". <https://a.co/d/9FwsrRX>

2026-03-24 13:00:37 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

I can say it is VERY unlikely to be appropriate in the first 3 years.

Joy Parks: 👍

2026-03-24 13:02:00 From Kamilla w/Advocacy Training Team to Everyone:

"How to Act Right when Your Spouse Acts Wrong" - Leslie Vernick. <https://a.co/d/07GwbTzj>

2026-03-24 13:02:08 From Kendra Thurman to Everyone:

"Get their wife back."

"Get their kids back."

Even the verbiage they use indicates an attitude of objectification/ownership, rather than thinking of them as people.

Christina Mills: 🙏

2026-03-24 13:02:18 From Cindy Baltz-King to Everyone:

We are contributing and enabling the abuse if we don't stand against it

Jill Johnson: ❤️

2026-03-24 13:02:54 From Kamilla w/Advocacy Training Team to Everyone:

Judith L. Herman - "Truth and Repair: How Trauma Survivors Envision Justice". <https://a.co/d/dElXiml>

Judith L. Herman - "Trauma and Recovery". <https://a.co/d/5H9gzvV>

2026-03-24 13:03:17 From Sheri Faber to Everyone:



2026-03-24 13:03:34 From Joy Parks to Everyone:

I agree. 5 to 7 years for the perpetrators. And even then, when there's been sexual deviancy, it's not let them back in the children's department at church or vacation Bible School.

Shelly Blankenship, Tamara "Tammy" Howard\_AZ: 🙏

Christine Foster: 🙏

2026-03-24 13:03:48 From Lauren Johns to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

@Tabitha Westbrook But like what are the landmarks of the healing and accountability. Like what are the signs that healing and accountability has been happening and it is now a good time to re-engage?

2026-03-24 13:04:18 From Tamara "Tammy" Howard\_AZ to Everyone:

Mine where passive, It feels like thats just as dangerous as what others are told. 😞

2026-03-24 13:04:36 From Dr. Jessica Evans to Everyone:

Impacts on Faith for Survivors of Domestic Abuse & Coercive Control

Presented by Tabitha Westbrook

Tabi can hopefully link us...

2026-03-24 13:05:04 From Kendra Thurman to Everyone:

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. (Matthew 25:35-36)

2026-03-24 13:05:21 From Kendra Thurman to Everyone:

Replying to "For I was hungry and you gave me something to eat,...":

Carry each other's burdens, and in this way you will fulfill the law of Christ. (Galatians 6:2)

2026-03-24 13:05:25 From Joy Parks to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

In my story, I watched for self reflection, self metering, self correction. EMPATHY, remorse, transparency, seeking feedback and accepting feedback.

Kim Bobe: 👍

2026-03-24 13:05:44 From Kendra Thurman to Everyone:

Replying to "For I was hungry and you gave me something to eat,...":

Rejoice with those who rejoice; mourn with those who mourn. (Romans 12:15)

2026-03-24 13:06:49 From Tamara "Tammy" Howard\_AZ to Everyone:

YES !!!

2026-03-24 13:07:15 From Suzanne Neald to Everyone:



2026-03-24 13:07:56 From Sharon Flynn to Everyone:

TRUTH TABBY!!

Tabitha Westbrook: ❤️

2026-03-24 13:08:13 From Ladonna Hafen to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

Same for me Joy. Those are the things I was watching for as well.

Joy Parks: 👍

2026-03-24 13:08:17 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

Chris Moles has a great episode of the Peaceworks Podcast on this! It is humility, adhering to boundaries, real empathy, etc. that are just some of the benchmarks.

Christine Foster, Joy Parks: 🙏

2026-03-24 13:08:41 From Joy Parks to Everyone:

I think Leslie used terms ordinary sinner or malicious sinner

2026-03-24 13:08:54 From Karen Wilkinson to Everyone:

Replying to "That I Love Lucy scene gets me so stressed out and...":

I'm sorry you are triggered by that scene, Becki.

Joy Parks: 💜

2026-03-24 13:08:55 From Tabitha Westbrook to Everyone:

Replying to "I think Leslie used terms ordinary sinner or malic...":

Yes she has I believe.

2026-03-24 13:09:08 From Vanessa Satterfield to Everyone:

And we support people as they find their way, not our way.

Kim Bobe, Deah Embree: ❤️

2026-03-24 13:09:23 From Ladonna Hafen to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

Another thing to consider is when you are able to trust his behavior enough to feel safe to be vulnerable.

Joy Parks: 👍

2026-03-24 13:09:26 From Dr. Jessica Evans to Everyone:

Intimate Partner Homicide - the killing of a person by a current or former intimate partner (spouse, dating partner, cohabiting partner).

Femicide - the intentional killing of a woman or girl because she is female, often rooted in gender-based violence. This includes a woman killed by a partner due to jealousy, control, or "ownership" beliefs.

When Men Murder Women 2023 Report- <https://www.vpc.org/studies/wmmw2023.pdf>

2026-03-24 13:09:32 From Tabitha Westbrook to Everyone:

Replying to "And we support people as they find their way, not ...":

Yes!

2026-03-24 13:09:35 From Keri Drowatzky to Everyone:

I've said it before, the grief is in the loss of someone. The red loss - death of a marriage you had so much hope and dreams for. But you're the only one who is grieving. The ex isn't grieving.

2026-03-24 13:09:44 From Rebecca Johnson to Everyone:

Replying to "That I Love Lucy scene gets me so stressed out and...":

Yeah, it's so weird to react that way!

2026-03-24 13:09:49 From Kendra Thurman to Everyone:

Email Dr. Debra: [faith.advocacy8@gmail.com](mailto:faith.advocacy8@gmail.com)

2026-03-24 13:11:51 From Kendra Thurman to Everyone:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Phil. 4:6-7)

2026-03-24 13:11:59 From Joy Parks to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

@Ladonna Hafen add making amends and restitution. That did not happen in my story. Add asking what I needed each time we'd go into an activated environment.

2026-03-24 13:13:08 From Cindy Baltz-King to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

AMEN...Thank you, Tabitha!

2026-03-24 13:13:37 From BONITA LOVE to Everyone:

Replying to "QUESTION: At what point in that 5-7 years does mar...":

@Tabitha Westbrook Do you know how we can find this?

2026-03-24 13:13:41 From Lauren Johns to Everyone:

@Tabitha Westbrook I got kicked off, so if you replied to my earlier question about landmarks of healing, I didn't see the response

2026-03-24 13:13:51 From Karen Wilkinson to Everyone:

Replying to "That I Love Lucy scene gets me so stressed out and...":

@Rebecca Johnson not weird at all, but normal when that was your reality

Tabitha Westbrook, Joy Parks: 👍

2026-03-24 13:14:36 From Rebecca Johnson to Everyone:

Can we share this information with someone who is not in touch with CTPM?

2026-03-24 13:14:41 From Tabitha Westbrook to Everyone:

Replying to "@Tabitha Westbrook I got kicked off, so if you rep...":

It'll be in the annotated chat when we post it!

BONITA LOVE: ❤️

2026-03-24 13:14:50 From Dr. Jessica Evans to Everyone:

There is a Netflix documentary American Murder: The Family Next Door (clearly TW). There are also others links on your slide to read about this case.

2026-03-24 13:15:07 From Tabitha Westbrook to Everyone:

Replying to "Can we share this information with someone who is ...":

Reach out to [faith.advocacy8@gmail.com](mailto:faith.advocacy8@gmail.com) to ask.

2026-03-24 13:15:25 From Dr. Jessica Evans to Everyone:

Tabi's Journey & Process 😊

Rebecca Johnson, Ladonna Hafen, Tabitha Westbrook, Heather Martin: ❤️

2026-03-24 13:15:43 From Kamilla w/Advocacy Training Team to Everyone:

Replying to "There is a Netflix documentary American Murder: Th...":

Read the Story:

Ø <https://www.nickiswift.com/137854/the-untold-truth-of-the-chris-watts-case/>

View the Video: We Now Understand Why Chris Watts Confessed To Killing His Wife

Ø <https://www.youtube.com/watch?v=HbOFIKRzZ9A>

Netflix documentary

Ø American Murder: The Family Next Door

2026-03-24 13:16:09 From Kamilla w/Advocacy Training Team to Everyone:

**ANNOUNCEMENT: On Saturday, March 28, 12-1 PM EST, please join us for our Q&A with Dr. Debra and the team.**

Please bring any advocacy questions you want to ask.

Dr. Jessica Evans: ❤️

2026-03-24 13:16:21 From Kendra Thurman to Everyone:

The eternal God is your dwelling place, and underneath are the everlasting arms. (Deut. 33:27a)

2026-03-24 13:16:30 From Dr. Jessica Evans to Everyone:

Watch for quiz link to be posted later today! Check course webpage or google classroom.

2026-03-24 13:16:49 From Tabitha Westbrook to Everyone:

Replying to "ANNOUNCEMENT: On Saturday, March 28, 12-1 PM EST,...":

The link for Saturday is the same as the link for class! 😊

2026-03-24 13:16:59 From Dr. Jessica Evans to Everyone:

Next week we start Coercive Controller Typologies course!

2026-03-24 13:17:00 From Kendra Thurman to Everyone:

Consider it stewardship of the life God gave you.

13:17:01 From Deah Embree : Reacted to "And we support peopl..." with ❤️

13:17:08 From Deborah Stahl Waters : Tku fir today !

13:17:09 From Johanna Dempster : Ty

13:17:11 From Cindy Baltz-King : Replying to "QUESTION: At what po..."

As always thank you