

Replay Link: <https://vimeo.com/1199910637/d0154d36b6?share=copy&fl=sv&fe=ci>

11:23:52 From Johanna Dempster : Good morning from Idaho. Johanna
11:24:03 From Danyelle Uzoigwe : Good morning everyone- from Danyelle Uzoigwe in Glendale, AZ
11:24:26 From Susan Sharp : Hello everyone from rainy Greenville, SC
11:24:33 From Suzanne Maxwell : Hello from Suzanne from Hammond IN
11:24:40 From Opal Richards : Good Morning from Minnesota
11:24:45 From Jordan Allen : Good morning!
11:24:49 From Rose R : Rose in GA
11:24:52 From Deb Reece : Deb from Zimmerman, MN
11:25:08 From LeeAnn Howarth : Hi from Keller, TX. LeeAnn Howarth
11:25:15 From Johanna Dempster : Flew in late from New York last night so a bit blurry eyed and still in pjs ;)
11:25:15 From Vanessa Satterfield : Vanessa Satterfield - North Carolina
11:25:18 From Sharon Youngman : Sharon Youngman, Pennsylvania
11:25:28 From Jill Johnson : Hi, now from Switzerland
11:25:54 From Lynn Murray : Lynn Lancaster, Pennsylvania
2026-06-09 11:25:54 From Lynn Murray to Everyone:
Lynn Lancaster, Pennsylvania

2026-06-09 11:26:20 From Heidi Johnson to Everyone:
Heidi Johnson in South Carolina

2026-06-09 11:26:25 From Nora Cord to Everyone:
Nora Cord Green, Ohio

2026-06-09 11:26:26 From Dr. Jessica Evans to Everyone:
Hello all. Jess, Columbus OH area

2026-06-09 11:26:39 From Conny Hubbard to Everyone:
Hello from Conny in North Carolina

2026-06-09 11:26:56 From Tabitha Westbrook to Everyone:
Tabi from somewhere in Arkansas today.
Heidi Johnson: 😊

2026-06-09 11:27:58 From Elaine Nolt to Everyone:
Elaine N from Virginia

2026-06-09 11:28:08 From Kelly Nussbaum to Everyone:
Kelly Nussbaum in Ohio

2026-06-09 11:28:18 From Tracy Martin to Everyone:
Tracy Martin from PA

2026-06-09 11:28:31 From Elizabeth A Clark to Everyone:
Elizabeth Clark-good morning!

2026-06-09 11:28:45 From Heidi Johnson to Everyone:
How do we join the band group?

2026-06-09 11:29:00 From Julia Deaton to Everyone:
Good morning from IN! 😊

2026-06-09 11:29:07 From Sherrie Wilson to Everyone:
Sherrie Wilson...Omro, WI

2026-06-09 11:29:07 From Kay Conner to Everyone:
Good Morning, from Washington, Kay Conner

2026-06-09 11:29:45 From Deborah Stahl Waters to Everyone:
Good Morning! Deborah Stahl Waters, TN

2026-06-09 11:29:58 From BONITA LOVE to Everyone:
Hi! Bonita from SC

2026-06-09 11:30:01 From Peggy Barrett to Everyone:
Good morning from Durham, NC. Peggy Barrett

2026-06-09 11:30:03 From Debra Scales to Everyone:
Good Day! From New York - Debra 💜

2026-06-09 11:30:20 From Nadene Franklin to Everyone:
Hey Nadene Franklin from Elma, NY

2026-06-09 11:30:25 From Suzanne Neald to Everyone:
Suzanne IE

2026-06-09 11:30:27 From Lorrie Weigand to Everyone:
Hello! Lorrie Weigand, Forest, VA

2026-06-09 11:30:39 From Marcie Schmidt to Everyone:
Marcie Schmidt Raleigh, NC

2026-06-09 11:30:41 From Andrea Kampen to Everyone:
Andrea Kampen - Good morning from Milton, ON Canada 😊

2026-06-09 11:30:59 From Rose R to Everyone:
HORMONES wake us .. finding that often the wee hours end up being a special TAWG

2026-06-09 11:31:00 From Judy Vader to Everyone:
Judy here from Michigan's Upper Peninsula.

2026-06-09 11:31:03 From Ginny Long to Everyone:
Hi! This is Ginny from Strongsville, Ohio.

2026-06-09 11:31:05 From Jill Steward to Everyone:
Hello from NC

2026-06-09 11:31:07 From Jenny Chan to Everyone:
Good Morning from Grand Island, NE

2026-06-09 11:31:08 From Susan Sharp to Everyone:
Praise God for your healing, Joy!

2026-06-09 11:31:13 From Sylvia Gelderman to Everyone:
Good morning from BC, Canada

2026-06-09 11:31:17 From Anna Jacobs to Everyone:
Anna Jacobs in Kansas City, MO

2026-06-09 11:31:25 From D'vana Carrion to Everyone:
Dvana Carrion - Middleburg Heights, Ohio

2026-06-09 11:31:29 From Annie Allen to Everyone:
Good morning Annie Allen, Nashville, TN

2026-06-09 11:31:32 From Heather Martin to Everyone:
Heather Martin from Shippensburg, PA! 😊

2026-06-09 11:31:39 From Kimberly Freitag to Everyone:
Kim Freitag from Lansing, MI

2026-06-09 11:31:43 From Dr. Jessica Evans to Everyone:
Joy is sharing about a San Francisco PTF 9am next Saturday.

2026-06-09 11:32:04 From Kim Brown to Everyone:
Kim Brown, North TX

2026-06-09 11:32:06 From Lynn Adams to Everyone:
Lynn A. MN

2026-06-09 11:32:07 From Janet Kelly to Everyone:
Janet Kelly from Bryan TX

2026-06-09 11:32:22 From Corrie Jared to Everyone:
Corrie from Tulsa, OK!

2026-06-09 11:32:25 From Christine Foster to Everyone:
Christine Foster-Eastern Panhandle of WV

2026-06-09 11:32:36 From Karen Wilkinson to Everyone:
Hi from Tallmadge, Ohio

2026-06-09 11:32:41 From Aimee Wright to Everyone:
Good morning! First time in live class! Aimee from Southern CA
Anna Jacobs, joy forrest: ❤️

2026-06-09 11:32:42 From Kathy Miller to Everyone:
Kathy Miller- NE Ohio

2026-06-09 11:32:48 From Marcie Schmidt to Everyone:
QUESTION: If we have completed the first 5 courses are we able to apply to be an advocate or is there another milestone? Thank you

Yes. Dianthe's email is below

2026-06-09 11:32:48 From Deirdre Moynihan to Everyone:
Deirdre Moynihan Cape Cod MA with Jeanne Foley Gauthier

2026-06-09 11:32:48 From Dr. Jessica Evans to Everyone:
Save the date for Q&A on Saturday, June 27 at 12-1PM eastern for case questions or class questions!

2026-06-09 11:32:57 From Angie Hall to Everyone:
Hi from Angie Hall from Warsaw, IN

2026-06-09 11:33:19 From April Cable to Everyone:
April Cable, Ohio

2026-06-09 11:33:22 From Jolene Underwood 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.

2026-06-09 11:33:32 From Jolene Underwood to Everyone:
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.

2026-06-09 11:33:33 From Tansil Sandlin to Everyone:
Good Morning! Tansil Sandlin, Little Rock, Arkansas
Angie Hall: ❤️

2026-06-09 11:33:46 From Kara Ghiloni to Everyone:
Kara Ghiloni - San Diego nCA

2026-06-09 11:33:42 From Tamara "Tammy" Howard_AZ to Everyone:
Tamara Arizona
Angie Hall: 📧

2026-06-09 11:33:44 From CarrieAnn T to Everyone:

CarrieAnn T from SW MO

2026-06-09 11:33:45 From Frederica (Freddy) Chakhachiro to Everyone:
Hello from Freddy in Roanoke Va!

2026-06-09 11:33:59 From Lisa Guillory to Everyone:
Good morning from Wisconsin!

2026-06-09 11:33:59 From Dr. Jessica Evans to Everyone:
dianthe@calleddtopeace.org for onboarding
Marcie Schmidt: ❤️

2026-06-09 11:34:07 From Val's iPhone 12 Pro Max to Everyone:
Val Marini

2026-06-09 11:34:11 From Natalie Skow to Everyone:
Good morning! Natalie from Minnesota

2026-06-09 11:34:34 From Dr. Jessica Evans to Everyone:
familyadvocacy@gmail.com for interest in family court advocacy shadowing. You must be an affiliated advocate.

Marcie Schmidt, Anna Jacobs, BONITA LOVE: ❤️

2026-06-09 11:35:24 From Rachel Johnson to Everyone:
Rachel Johnson, Minneapolis MN

2026-06-09 11:35:46 From Dr. Jessica Evans to Everyone:
Family Court Advocacy course will be offered by Dr. Debra and Dr. Jess as an advanced course end of July into August! Stay Tuned! It will be a great follow up to your regular fam court courses.

(This would even just be very helpful for survivors in court too).

There is a course but also scholarships can be requested.

Anna Jacobs, Jolene Underwood: ❤️

2026-06-09 11:36:14 From Brooke Shepherd to Everyone:
Wowwww

2026-06-09 11:37:15 From Rose R to Everyone:
YES, the SBC is in urgent need of reform....and I found salvation in a baptist church as a young child..with my maternal grandmother....Pray, pray, pray for changes in the SBC
Jolene Underwood: ❤️

2026-06-09 11:37:45 From Robin Clark to Everyone:
Robin Clark - Tennessee

2026-06-09 11:37:51 From Dana P to Everyone:
I'd pray for the charismatic, pentecostal sphere as well.

Karen Wilkinson, joy forrest, Judy Vader: 👍
Jolene Underwood: 🙏

2026-06-09 11:37:52 From Tabitha Westbrook to Everyone:

CHI Domestic Violence Summit 17-18 June 2026
Valley City, ND and online on their YouTube Channel
Register FREE here - [Bit.ly/DASummit26](https://bit.ly/DASummit26)
Dr. Jessica Evans, Jolene Underwood: ❤️
Karen Wilkinson: 💜

2026-06-09 11:38:32 From Keri Drowatzky to Everyone:

Keri Drowatzky in Bartlesville OK here.

2026-06-09 11:39:32 From Dr. Jessica Evans to Everyone:

Vagus nerve

2026-06-09 11:39:42 From Ladonna Hafen to Everyone:

Ladonna Hafen Whitefish Montana

2026-06-09 11:40:08 From Naomi Koch to Everyone:

Naomi Koch - Valley City ND

2026-06-09 11:40:20 From Lorrie Weigand to Everyone:

Yay for this! Currently reading Accessing the Healing Power of the Vagus Nerve- Stanley Rosenberg. Excellent book!

Anna Jacobs, Tabitha Westbrook: ❤️
Tamara "Tammy" Howard_AZ: 👍

2026-06-09 11:40:31 From BONITA LOVE to Everyone:

QUESTION: Can we take the Family Court Advocacy Class later if we are not an affiliated advocate by the end of July?

Yes, once you've taken our 2 regular family court courses (courses 9 & 10) as a part of this program and get onboarded, that would be the time to take advantage of this and you can do so any time with replays.

2026-06-09 11:40:44 From Gemma Frederick to Everyone:

Gemma Frederick. I had trouble logging on but I'm here!

2026-06-09 11:41:15 From Jaime Meunier to Everyone:

Hi from Alberta Canada

2026-06-09 11:41:15 From joy forrest to Everyone:

Replying to "I'd pray for the charismatic, pentecostal sphere a...":
Yes— the evangelical church at large
Anna Jacobs, Rose R: 🙏

2026-06-09 11:42:15 From joy forrest to Everyone:

Replying to "QUESTION: Can we take the Family Court Advocacy Cl...":

Yes
BONITA LOVE: ❤️

2026-06-09 11:42:18 From Giselle Messer to Everyone:
Giselle Messer, Alberta Canada

2026-06-09 11:42:24 From Tiffany Pearman to Everyone:
Tiffany from Kentucky!

2026-06-09 11:43:08 From Jolene Underwood to Everyone:
Our nervous system can pick up a felt sense of not being safe for a long time after being in situations where we experienced a lack of safety and connection.

It's automatic. It's experienced before we know it cognitively.
Tabitha Westbrook, Anna Jacobs: 🙏

2026-06-09 11:43:09 From BONITA LOVE to Everyone:
Replying to "QUESTION: Can we take the Family Court Advocacy Cl...":
@joy forrest Thank you!

2026-06-09 11:44:14 From Loni Van Veldhuizen to Everyone:
Loni from TN here :)

2026-06-09 11:44:40 From Shelly Blankenship to Everyone:
Hello from the Eastern Panhandle of WV!
Christine Foster: ❤️

2026-06-09 11:44:45 From Heidi Hirsch to Everyone:
Heidi Hirsch from Wooster, OH

2026-06-09 11:45:10 From Dr. Jessica Evans to Everyone:
This video is on the course webpage
<https://www.houseofpeacepubs.com/advocacy-courses/trauma-issues/>

2026-06-09 11:45:11 From Kim Bobe to Everyone:
Kim Bobe in Georgia

2026-06-09 11:45:24 From Julie Wallace to Everyone:
Julie Wallace in

2026-06-09 11:45:29 From Julie Wallace to Everyone:
florida

2026-06-09 11:45:45 From Dr. Jessica Evans to Everyone:
There is another great video from from Seth Porges (The Polyvagal Theory: The New Science of Safety and Trauma) on the course webpage!
Jolene Underwood: ❤️

2026-06-09 11:46:58 From joy forrest to Everyone:

Live in the Bay Area of CA? Join Neil Schori and me for a Protect the Flock, Saturday, June 13th for Christian Counseling Centers at Central Peninsula Church, 1005 Shell Blvd. Foster City, CA 94494. No need to register, just show up.

Naomi Koch, Dr. Jessica Evans: ❤️

Jolene Underwood: ❤️

2026-06-09 11:47:30 From Jolene Underwood to Everyone:

Replying to "There is another great video from from Seth Porges...":

Seth Porges is Stephen's son and has a very different & engaging style of presenting.

Dr. Jessica Evans: ❤️

2026-06-09 11:50:04 From Tabitha Westbrook to Everyone:

Gotta get Dr. Debra YouTube Premium. 😊

Kathy Miller: ❤️

Anna Jacobs, Jolene Underwood, Tamara "Tammy" Howard_AZ: 🙏

LeeAnn Howarth, Dr. Jessica Evans: 😊

2026-06-09 11:51:45 From Angela Bamford to Everyone:

Angela B, Raleigh, NC

2026-06-09 11:52:01 From Rebecca Johnson to Everyone:

Joining late from Tallahassee

2026-06-09 11:52:27 From Tamara "Tammy" Howard_AZ to Everyone:

Last night I listened to this_Amie Rybacki on doing what's necessary to let healing begin with Susie Larson. I believe it connects to this possibly. It's fascinating.

2026-06-09 11:53:55 From Annie Allen to Everyone:

Can we get a link to that video? It was good!

Judy Vader: 👍

2026-06-09 11:54:03 From Ellen Bennett to Everyone:

Ellen in rainy Atlanta

2026-06-09 11:54:13 From Dr. Jessica Evans to Everyone:

Replying to "Can we get a link to that video? It was good!":

Visit the course webpage link above for this and more resources

Jolene Underwood: ❤️

2026-06-09 11:54:41 From Angela Bamford to Everyone:

Tabisms 😊

2026-06-09 11:55:03 From Debra Scales to Everyone:

when they are experiencing some sort of trauma

2026-06-09 11:55:09 From Kimberly Freitag to Everyone:

Contemplation maybe

2026-06-09 11:55:10 From Deborah Stahl Waters to Everyone:
Pre contemplative? 😞

2026-06-09 11:55:33 From Frederica (Freddy) Chakhachiro to Everyone:
All of them really

2026-06-09 11:55:34 From Jill Johnson to Everyone:
When the survivor. Is having difficulty expressing her experience... proceed as feel she is opened to trying these

2026-06-09 11:56:14 From Kelly Nussbaum to Everyone:
The earlier she learns it the better because I think it would be helpful in different ways in every stage
Anna Jacobs, Corrie Jared: ❤️
Karen Wilkinson: 👍

2026-06-09 11:56:57 From Judy Vader to Everyone:
I love this lesson/video. Have a person I work with locally and we are deep into this.

2026-06-09 11:56:58 From Loni Van Veldhuizen to Everyone:
what's going on in your body now as you recount ...?
Jolene Underwood: ❤️

2026-06-09 11:56:58 From Anna Jacobs to Everyone:
Ask her, "Can you tell me some ways after watching this that trauma has impacted you?"
Jolene Underwood: ❤️

2026-06-09 11:57:21 From Tamara "Tammy" Howard_AZ to Everyone:
I feel like you can only handle so much at first.
joy forrest, Nichelle i: 👍
Jolene Underwood: ❤️

2026-06-09 11:57:22 From Nadege Forlu to Everyone:
Nadege Forlu, Charlotte, NC

2026-06-09 11:57:36 From Judy Vader to Everyone:
This is SO helpful!

2026-06-09 11:57:46 From Jaime Meunier to Everyone:
We may need to gently reshare because of that high activated state
Jolene Underwood: ❤️

2026-06-09 11:57:49 From Tracy Martin to Everyone:
Ask open ended questions that help her connect what she's feeling and experiencing with what she's learning in the video.

2026-06-09 11:58:16 From Tamara "Tammy" Howard_AZ to Everyone:

Perhaps saying I have a video on this ...when your ready its available

2026-06-09 11:59:22 From Anna Jacobs to Everyone:

How did it feel in your body when he said or did...?

2026-06-09 11:59:54 From Heidi Johnson to Everyone:

Maybe talk about when you don't feel safe, it makes you feel very dysregulated and this happens automatically.

2026-06-09 12:00:00 From Rebecca Johnson to Everyone:

Even asking how she feels in her body when she's talking about what he did

2026-06-09 12:00:01 From Kimberly Freitag to Everyone:

Ask her if in what ways can you relate to the video and affirm her bodily response is normal

2026-06-09 12:00:02 From Debra Scales to Everyone:

look at the triggers, advise she is not going crazy; the vagus nerve is being activated

2026-06-09 12:00:35 From Tamara "Tammy" Howard_AZ to Everyone:

As a mentor it's almost every other person who claims this. I'm just learning to not accept it and Im years out.

2026-06-09 12:00:46 From Jenny Chan to Everyone:

What do you know is true?

2026-06-09 12:03:58 From Angela Bamford to Everyone:

Yes! Lots of second guessing with decisions - I LOVE learning this stuff. Geeking out with you ❤️. Thank you ladies

Tamara "Tammy" Howard_AZ, Elaine Nolt: ❤️

Jolene Underwood: ❤️

2026-06-09 12:04:25 From Jolene Underwood to Everyone:

In CC responsibility is improperly assigned and our automatic responses (like struggling to get words out, to stay calm, to feel what we believe we're supposed to feel) can become the focus of blame that takes the focus off the pattern & who's responsible for what.

As we learn about our own nervous system's reactions, we learn information that helps us take the next steps to support what is needed.

Anna Jacobs: ❤️

2026-06-09 12:07:38 From Anna Jacobs to Everyone:

Thank you Tabi for your explanation of the freeze state. I've never felt like I entered it because others explained it as "not moving" vs shame, hopelessness, etc.

Tabitha Westbrook, Jolene Underwood: ❤️

2026-06-09 12:08:49 From Suzanne Maxwell to Everyone:

Was listening from the car now at home listening from my office computer! 😊 good stuff!!
Suzanne Maxwell, Hammond, IN

2026-06-09 12:10:14 From CarrieAnn T to Everyone:

QUESTION: Tabi, do you have a list of all these ideas for grounding exercises/practices?

BONITA LOVE: ❤️

2026-06-09 12:10:33 From D'vana Carrion to Everyone:

Replying to "QUESTION: Tabi, do you have a list of all these id...":

Great question!

2026-06-09 12:10:50 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Tabi, do you have a list of all these id...":

We go through many in class and I have several YouTube videos that have them in there, too! I'll go grab some links!

CarrieAnn T, BONITA LOVE: ❤️

2026-06-09 12:11:20 From CarrieAnn T to Everyone:

QUESTION: All these courses have phenomenal Bible verses and people. Is there a document that has all these verses compiled? Either by course or a master list? Thank you!

Angie Hall, Frederica (Freddy) Chakhachiro:🙏

We have someone working on it!

2026-06-09 12:12:53 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Tabi, do you have a list of all these id...":

Mindfulness exercise - <https://youtu.be/I0N3YkAGLYE?si=Lu7m3OY68jaCALV>

Affirmations - <https://youtu.be/n-naE2cJTM0?si=m5UhCOyBU467Czub>

Dysregulation to Calm - Practical Toolkit - <https://youtu.be/eoVnbPKp4II?si=VGrgAkqraBWiDFi9>

2026-06-09 12:13:26 From Jolene Underwood to Everyone:

When the Body Says No: <https://www.amazon.com/When-Body-Says-No-Hidden/dp/178504222X>

2026-06-09 12:13:41 From joy forrest to Everyone:

Not specific to these classes, but ot

2026-06-09 12:13:46 From CarrieAnn T to Everyone:

Replying to "QUESTION: Tabi, do you have a list of all these id...":

Thank you!! ❤️

2026-06-09 12:16:27 From Brooke Shepherd to Everyone:

So wisely worded

2026-06-09 12:17:21 From joy forrest to Everyone:

And to honor God/

2026-06-09 12:17:48 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: All these courses have phenomenal Bible ...":

Also all slides are available for printing off of course webpages!

CarrieAnn T: 🙏

2026-06-09 12:19:14 From joy forrest to Everyone:

Scripture is filled with emotions and people expressing them – David, Elijah, Hagar, and so many stories throughout.

Anna Jacobs, CarrieAnn T, Rebecca Johnson, Tabitha Westbrook, Debra Scales: ❤️

Elaine Nolt: 👍

2026-06-09 12:24:35 From Brooke Shepherd to Everyone:

emotional lament is throughout scripture!

Jolene Underwood: ❤️

Jolene Underwood: 🙏

2026-06-09 12:24:49 From joy forrest to Everyone:

Yes

2026-06-09 12:26:27 From Loni Van Veldhuizen to Everyone:

Is the place for the emotional expression (Venting/processing) of those feelings with a therapist - to receive the support needed to rebaseline? Rather than limit the expression to "I feel ..." while the emotions remain stuck inside?

2026-06-09 12:26:38 From Tamara "Tammy" Howard_AZ to Everyone:

Uhhh I never got past the first chapter

2026-06-09 12:27:21 From Loni Van Veldhuizen to Everyone:

Replying to "Uhhh I never got past the first chapter":

I had to shift to audio -- but it made it much easier for me to get through this .. it's heavy lifting !

BONITA LOVE, Tamara "Tammy" Howard_AZ, Jolene Underwood: ❤️

Anna Jacobs: 🙏

2026-06-09 12:28:52 From joy forrest to Everyone:

Replying to "Is the place for the emotional expression (Venting...)":

Sometimes we shut down or get numb when we're in trauma. I think the psalms were like therapeutic journaling. That, therapy, and sharing with someone trustworthy can help.

Jaime Meunier: 👍

2026-06-09 12:30:41 From Loni Van Veldhuizen to Everyone:

Replying to "Is the place for the emotional expression (Venting...)":

Thank you Joy. This has been an area I'm still learning about; "fool giving full vent" (like the abuser) .. untangling that from healthy processing. Journaling is a great tool

joy forrest: ❤️

2026-06-09 12:32:09 From iPhone (3) to Everyone:

Oops forgot, Michelle from Neenah

2026-06-09 12:32:11 From Jolene Underwood to Everyone:

Replying to "Is the place for the emotional expression (Venting...)":

I'm not sure I fully understand the question, but perhaps this will be helpful.

There's a difference between just releasing all emotion for the sake of "venting" in the way I believe the verse mentioned talks about.

Healthy emotional expression can be with God in private, with others who contain the space with you and help you experience a felt sense of them WITH you in it, and with therapists and others (including advocates).

Trauma therapy provides guidance through deeper processing.

WITHness is for all of us and benefits all of us. Being with someone as tears surface and need space, or anger comes up and needs to be voiced, can be helpful.

2026-06-09 12:32:22 From Dr. Jessica Evans to Everyone:

<https://a.co/d/06qU480k>

The Body Keeps the Score

2026-06-09 12:32:45 From Frederica (Freddy) Chakhachiro to Everyone:

Replying to "Uhhh I never got past the first chapter":

Also may help to skim past the descriptions of the experiences that caused them trauma and focus on the other information.

BONITA LOVE, Jolene Underwood: ❤️

2026-06-09 12:33:38 From Jolene Underwood to Everyone:

Replying to "Is the place for the emotional expression (Venting...)":

I see the fool giving vent as someone who doesn't care about the impact they have on others & serves themselves above all. So, a coercive control venting and assuming any and all emotional expression is OK without managing what they are responsible for.

2026-06-09 12:33:46 From Tabitha Westbrook to Everyone:

Per some out there, different finger holds can release different emotions:

Thumb: Releases worry and anxiety.

Index Finger: Releases fear.

Middle Finger: Releases anger and frustration.

Ring Finger: Releases sadness and grief.

Pinky Finger: Releases stress, self-doubt, and promotes effort.

Dr. Jessica Evans, Jill Steward: ❤️

Lorrie Weigand, Tamara "Tammy" Howard_AZ, Jill Steward: 👍

Jill Steward: 🍌

Rebecca Johnson: 😊

Debra Scales: 🙏

2026-06-09 12:35:21 From Loni Van Veldhuizen to Everyone:

Replying to "Is the place for the emotional expression (Venting...)":

Very helpful for my understanding, Jolene. Thank you. I understand that difference in my body, just looking for the words to be able to grasp it.

Jolene Underwood: ❤️

2026-06-09 12:37:55 From Kristelle Fuller to Everyone:

Kay Fuller

2026-06-09 12:50:32 From Heidi Johnson to Everyone:

Yeah, I can definitely relate to feeling like it's too much work to connect with others.

Judy Vader: ❤️

Jolene Underwood: ❤️

2026-06-09 12:51:00 From Tamara "Tammy" Howard_AZ to Everyone:

I love how you shared that with me 💜

Jolene Underwood: ❤️

2026-06-09 12:54:07 From Ladonna Hafen to Everyone:

I have to leave early for a meeting. Thank you for the great class as always!

2026-06-09 12:54:53 From Rebecca Johnson to Everyone:

Insomnia has been my nemesis for my whole life.

Angie Hall, Tamara "Tammy" Howard_AZ: 😞

2026-06-09 12:55:14 From Nadene Franklin to Everyone:

OBSERVATION: Currently walking this through with my brother, His wife of 2 years has been a victim of CC most of her life, severe abandonment, CPTSD, etc. She married my brother thinking he was all the things she never had and in her trauma brain she had a narrative of who he was. At the beginning I tried to help her deal with reality, but her go to is to hyper-spiritualize. He now finds himself on the receiving end of a divorce decree and his life is spinning. Working with survivors is crucial in helping them see the affects of trauma so that the damage moving forward can be minimized. My brother is a good man. 3 months before they met, he lost his (our) mother, father and wife of 30 years, all within 2 months. Talk about trauma in the body and mind!

joy forrest: 😞

2026-06-09 12:55:25 From Jolene Underwood to Everyone:

What happened over time to disrupt your nervous system, takes time to recoup and shift in ways that support you for today & the future.

Many layers of healing that ARE possible. I see it happening every day.

2026-06-09 12:56:15 From Tamara "Tammy" Howard_AZ to Everyone:

@Rebecca Johnson Susie Larson video that I posted up above talks about mouth taping, the tongue and sleep

2026-06-09 12:57:29 From Tiffany Pearman to Everyone:

When its in black and white like this, it makes it so hard to deny the "abuse" you've experienced.

Karen Wilkinson, joy forrest: 👍

Jolene Underwood: ❤️

Jolene Underwood: 🙏

2026-06-09 12:59:34 From Jolene Underwood to Everyone:

Replying to "When its in black and white like this, it makes it...":

It can be helpful, jarring, validating, and challenging when the realities become clearer.

Loni Van Veldhuizen: 🙌

2026-06-09 12:59:38 From Angela Bamford to Everyone:
Yes!!!

2026-06-09 13:01:18 From Giselle Messer to Everyone:
Yes please on the decision making document!
LeeAnn Howarth, joy forrest, Loni Van Veldhuizen, Heidi Hirsch, Debra Scales: 🙌

<http://www.houseofpeacepubs.com/wp-content/uploads/2024/03/Decision-making.pdf>

2026-06-09 13:01:36 From Heidi Hirsch to Everyone:
If you have a link to the handout, I would love to see it.

2026-06-09 13:04:37 From Angie Hall to Everyone:
QUESTION what were the 3 things Dr Jess just mentioned? Emotioal regulation, ...

People with Complex PTSD experience all of the core symptoms of PTSD, but they also experience what the ICD-11 refers to as disturbances in self-organization. These additional impacts generally affect three areas.

- *First, emotional regulation. A person may experience intense emotions, difficulty managing distress, emotional numbness, or rapidly shifting emotional states.*
- *Second, negative self-concept. This can include deep feelings of shame, worthlessness, guilt, self-blame, or believing there is something fundamentally wrong with them.*
- *And third, relationship difficulties. Trauma can affect a person's ability to trust others, feel safe in relationships, maintain healthy boundaries, or develop close connections with others.*

2026-06-09 13:04:47 From Rose R to Everyone:
QUESTION What is ICD (#11 in handouts & Dr. Jess mentioned ICD 9)?

2026-06-09 13:04:56 From Judy Vader to Everyone:
I love the idea of referring women to therapy....assuming it is trauma, CC informed. I live in a small community plus, there are economic reasons why women can't go there. Even though my position as advocate is not one that can do "therapy" (and I am always very clear that I am not a trained counselor/therapist)....I still feel very burdened or responsible (in my rural community environment) to be as informed as possible.

Loni Van Veldhuizen: 🙌

2026-06-09 13:05:13 From Tabitha Westbrook to Everyone:
Replying to "QUESTION What is ICD (#11 in handouts & Dr. Jess m...":
problems in affect regulation
beliefs about oneself and God as diminished, defeated or worthless, accompanied by feelings of shame, guilt or failure related to the traumatic event
difficulties in sustaining relationships and in feeling close to others

2026-06-09 13:05:50 From Deborah Stahl Waters to Everyone:
What happened to slide going bkwards?

2026-06-09 13:06:01 From Dr. Jessica Evans to Everyone:
We will let Dr. Debra know

Deborah Stahl Waters: ❤️

2026-06-09 13:06:40 From Tabitha Westbrook to Everyone:

Replying to "I love the idea of referring women to therapy....a...":

Being informed is so important! There are great biblical counselors that can do some work (but they must, must, must be properly trained in this). Also, some licensed therapy might be available via Telehealth.

joy forrest: 👍

Jolene Underwood: 🙏

2026-06-09 13:06:50 From Tabitha Westbrook to Everyone:

Replying to "I love the idea of referring women to therapy....a...":

And yes, it's so good you're informed!!!!

2026-06-09 13:07:54 From Tabitha Westbrook to Everyone:

We see a lot of sexual struggles when there has been sexual abuse as part of the traumatic experience.

joy forrest: 👍

2026-06-09 13:08:34 From Deborah Stahl Waters to Everyone:

Replying to "We will let Dr. Debra know":

Tku :)

2026-06-09 13:10:54 From Judy Vader to Everyone:

I struggled through 2 marriages with panic attacks. Been single for 4 years and not one panic attack.

Loni Van Veldhuizen: ❤️

Jolene Underwood: ❤️

Angie Hall, Heather Martin: 🙏

2026-06-09 13:11:41 From Loni Van Veldhuizen to Everyone:

Who should I reach out to for the invite to the Advocacy BAND group, please?

2026-06-09 13:12:01 From Dr. Jessica Evans to Everyone:

dianthe@calledtopeace.org

2026-06-09 13:12:39 From Deborah Stahl Waters to Everyone:

Replying to "We will let Dr. Debra know":

Tku for today's Advocacy training info! :)

2026-06-09 13:13:03 From Tamara "Tammy" Howard_AZ to Everyone:

Yes it does

2026-06-09 13:13:13 From Suzanne Neald to Everyone:

Thanks IE

2026-06-09 13:13:20 From Loni Van Veldhuizen to Everyone:

Replying to "dianthe@calledtopeace.org":

Thank you. Not affiliated yet; joined after the conference. I am doing the Jan-Apr courses to catch-up concurrently.

There is a Facebook networking group as well called CTPM advocacy network- search and request to join

2026-06-09 13:13:27 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION What is ICD (#11 in handouts & Dr. Jess m...":

The 11th Revision of the International Classification of Diseases (ICD-11), published by the World Health Organization in 2018, introduced Complex Post-Traumatic Stress Disorder (Complex PTSD or CPTSD) as a distinct diagnosis, separate from PTSD

13:13:53 From Tabitha Westbrook : As the kids say, go touch grass.

13:14:00 From Jolene Underwood : Reacted to "As the kids say, go ..." with 🙌

13:14:01 From Aimee Wright : Where will you be in CA, Joy?

13:14:02 From Rebecca Johnson : Go outside and touch grass!

13:14:03 From Shelly Blankenship : Reacted to "As the kids say, go ..." with 🙌

13:14:04 From Anna Jacobs : Reacted to "As the kids say, go ..." with ❤️

13:14:05 From Heather Martin : Thank you so much ladies!!! ☐ This was all so so so good!!!

13:14:10 From Tammy Ankabrandt : This really hitting me

13:14:12 From Tamara "Tammy" Howard_AZ : Reacted to "As the kids say, g..." with ❤️

13:14:14 From Shelly Blankenship : Replying to "As the kids say, go ..."

And get your Breath as Prayer book out!

13:14:14 From Johanna Dempster : Thank you ❤️

13:14:16 From Rose R : Reacted to "The 11th Revision ..." with 👍

13:14:19 From Debra Scales : Thank you 🙏❤️

13:14:19 From Tabitha Westbrook : Reacted to "And get your Breath ..." with ❤️

13:14:20 From Anna Jacobs : Reacted to "This really hitting ..." with ☐

13:14:26 From Heidi Johnson : Spending time in my garden helps me.

13:14:32 From Tracy Martin : Thanks ladies. This was excellent!

13:14:44 From Jolene Underwood : And BREATHE!

13:14:46 From joy forrest : Replying to "Where will you be in..."

SF bay area

13:14:52 From Heather Martin : Reacted to "And BREATHE!" with 😊

13:14:54 From Angie Hall : thank you!!

13:14:54 From Rebecca Johnson : Thank you all.

13:14:58 From joy forrest : Replying to "Where will you be in..."

In the Chat and on mu FB page

13:15:01 From Kimberly Freitag : Thank you ladies.

13:15:11 From Loni Van Veldhuizen : Thank you all!

13:15:23 From Tansil Sandlin : You all have such wisdom and explain it so well. I love class! I always want to keep going and look forward to each Tuesday. As hard as it is, it also brings hope. Thank you for what you all are doing. ❤️

13:15:37 From Judy Vader : Reacted to "You all have such wi..." with ❤️

13:15:37 From Angie Hall : Reacted to "You all have such wi..." with ❤️

13:15:43 From Loni Van Veldhuizen : Reacted to "You all have such wisdom and explain it so well. I love class! I always want to keep going and look forward to each Tuesday. As hard as it is, it also brings hope. Thank you for what you all are doing. ❤️" with ❤️

13:15:43 From Heather Martin : Reacted to "You all have such wi..." with ❤️