

NOTES FROM THE RESPONDING TO THE STORM WEBINAR

CONTRIBUTORS

- Natalie Collins (<https://www.nataliecollins.info>)
- Mike Rutt (<https://concreteonline.org>)
- Selina Stone (<https://www.durham.ac.uk/staff/selina-r-stone/>)
- Vicky Walker (<https://vickywalker.info>)

PUBLIC CHAT

- Support ideas and resources: https://7c3a0c6b-aadd-48df-8367-0981a207eb6f.usrfiles.com/ugd/7c3a0c_aac6f24652894d7f813656198a0a96c1.pdf
- Mike's organisation: <http://concreteonline.org>
- That's very helpful thank you. Some specific aspects of spiritual abuse are covered in the Statutory Guidance that accompanies the Domestic Abuse Act 2021, so it is a matter of law.
- Every local authority will have a Multi-Agency Safeguarding Hub whom you could contact if you have concerns about any kind of abuse or harm.
- When it is appropriate it would be great to mention that survivors (age 18+) can join our peer support groups, including an online group specifically dealing with faith and abuse, and a Black & People of Colour group meeting in person in London. Details at <https://survivorsvoices.org/support/>.
- Any victims from RC or CofE can get advocate and emotional support from <https://www.safespacesenglandandwales.org.uk/> who also have a helpline open evenings & weekends as well as daytime.
- I work in safeguarding and quite comfortable with responding, I just felt while the speakers were brilliant about acknowledging no pressure to report for abuse you've experienced yourself, and thinking through whether that is helpful, just think we need to be clear for participants here today that there are times we have a duty to report and important we do that (ie when it's not about us, if someone else who is a child/vulnerable, do need to follow safeguarding procedures). Hope that makes sense! I think they did touch on it in another answer.
- Thirtyone:eight <https://thirtyoneeight.org> are an independent Christian organisation who work to equip people of faith communities, other communities and individuals when it comes to safeguarding and vulnerable people. They also have a help line which you can find on their website.
- The books just mentioned:
 - "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma"
 - "The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe".
 - "Trauma and Recovery: The Aftermath of Violence - from Domestic Abuse to Political Terror"
- If you are part of the LGBT+ community as well as Thirtyone:eight who we posted above, you can contact GALOP who specifically support LGBT + people who have been subjected to abuse and violence. They have helplines and other ways to contact them, which you can find through their website <https://galop.org.uk/>.
- Thank you everyone for joining us.

FURTHER LEARNING/READING

- To learn more from Selina, her podcast “Sunday School For Misfits can be found on Apple [HERE](#), Spotify [HERE](#), and on YouTube [HERE](#).
- To read more about the Biderman Behaviours and for further understanding about abuse, Natalie’s book “Out Of Control; Couples, conflict and the capacity for change” can be bought [HERE](#).
- For videos explaining abuse, trauma and much more, Own My Life Discovery is a e-learning subscription website filled with videos, activities and more. You can find it [HERE](#).
- Vicky’s book “Relatable; Exploring God, love and connection in the age of choice” can be bought [HERE](#).

Selina’s book recommendations

- Diane Langberg, Redeeming Power
- Katelyn Beaty, Celebrities for Jesus
- Lisa Oakley, Escaping the maze of spiritual abuse
- Chuck Degroat, When narcissism comes to church