



Identifying

ABUSE

Family Secrets

EXPOSED

That Breed Dysfunction

CHRISTINE HAMMOND, L.M.H.C., N.C.C.

Foreword by Kristen Willeumier, Ph.D., Neuroscientist and author of *Bioback Your Brain*

**EXCERPT**

**FROM THE BOOK**

**ABUSE  
EXPOSED:**

*IDENTIFYING FAMILY SECRETS  
THAT BREED DYSFUNCTION*

---

**HOW TO TALK  
TO A RAPE VICTIM**

*Including:*

**Chapter 7: How to Confront Abuse**

How to Talk to a Rape Victim  
Strategies for Combating Verbal Abuse  
How to Handle Abuse: Before/During/After  
How Forgiveness Works Magic

The information contained in this book is for mental health education purposes only. This book and the advice contained in it are based upon the research and the personal and professional experience of the author. This book is intended to supplement, not replace, the professional medical advice, diagnosis, or treatment of health conditions from a trained health professional. Please consult your physician or other healthcare professional before beginning or changing any health or counseling program to make sure that it is appropriate for your needs. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to your physical health should be supervised by a healthcare professional.

Copyright © 2021 by Christine Hammond.

All rights reserved. Printed in the United States of America. No part of this publication may be reproduced, scanned, uploaded, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission from the publisher and author, except in the case of a brief quotation embodied in articles and reviews.

Published by  
Grow With Christine, LLC  
2417 Kilgore Street  
Orlando, FL 32803  
(407) 740-6838  
growwithchristine@gmail.com

<b>TABLE OF CONTENTS</b>	<b>PAGE</b>
<b>Chapter 5: Types of Abuse</b>	
How to Talk to a Rape Victim	9
Strategies for Combating Verbal Abuse	14
How to Handle Abuse: Before/During/After	16
How Forgiveness Works Magic	18
<b>RESOURCES</b>	<b>41</b>
<b>About the Author</b>	<b>42</b>

# CHAPTER 7

## *HOW TO CONFRONT ABUSE*



Confronting an abusive person is never easy, especially when it's a spouse, parent, employer, or child, and the relationship is not easily banished. Sometimes the abuse is so intense that the relationship must be dissolved for the safety of the victim. Other times, the abuse may be mild but nonetheless is hurtful and harmful in several ways.

Remember, the abuser might not be aware of their abusive behavior, so it is important that they too be given a chance to change. Here are some suggestions for handling abusive people:

1. **See it.** There are many ways a person can be abused, as discussed in Chapter 5. Begin to see the different examples for what they are: abuse. This can be done long after the abuse has occurred, or even while it is occurring.
2. **Speak it.** This step requires quite a bit of courage and strength, but it is easier after you have walked through the previous chapter's steps of healing. In the moment of an abusive encounter, say to yourself what kind of abuse is happening. Repeat this exercise over and over to gain the necessary bravery before confronting your abuser. When ready, speak to your abuser in a calm voice, not a harsh tone. (There is no benefit to be gained by being just as abusive as an abuser.) The intent is to bring awareness to the abuser that they are being abusive and to allow them to

back off or save face. Here are a few examples of how to address the abuser:

- A. “You are physically restraining me by blocking the door.”
  - B. “That stare is not going to intimidate me.”
  - C. “It is not okay for you to call me that name.”
  - D. “I am not embarrassed by that story.”
3. **Stress it.** If the previous step does not work, try this: As your abuser shatters your newly expressed boundaries, begin by saying, “I’m not going to take this anymore.” Now is the time to add more weight to the previous statements by letting your abuser know there will be consequences for violating your personal boundaries. Here are a couple of examples:
- A. **Physical boundary:** “No one is going to touch me in a threatening manner.”
    - (1) Consequence: “This relationship is over if you physically try to harm me.”
  - B. **Mental boundary:** “I’m not going to tolerate an implication that I’m crazy.”
    - (1) Consequence: “I’m not listening to this accusation, and I’m walking away.”
  - C. **Oral boundary:** “I’m not going to shout just because someone else is.”
    - (1) Consequence: “Either you speak to me in a normal tone, or we will not speak at all.”
  - D. **Emotional boundary:** “I won’t be guilt-tripped into doing something.”
    - (1) Consequence: “You cannot make me feel guilty, and I will not do something out of fear.”

4. **Stand by it.** Once a consequence has been stated, it must be carried out if the abuse continues. Otherwise, your abuser will just intensify the abuse next time. It is important to have a friend or family member hold you accountable for your boundary-setting and enforcement. That gives you the much-needed support when you are the victim again and being attacked by your abuser.

The only way abuse stops is if you stand up to it. While that is difficult, it is not impossible. The result is the possibility of living free from abusive behavior, and that will benefit your mental, emotional, and physical well-being.

When you stand up to your abuser, it will feel awkward and uncomfortable at first because you are breaking mental ties in your brain that previously accepted this abuse as normal. Instead you are establishing new healthy boundaries. New healthy pathways in the brain require consistency and patience to develop properly. Be kind to your self during this period and surround yourself with supportive family and friends.

Next, let's look at how to be kind to others who have suffered abuse.

## **How to Talk to a Rape Victim**

The numerous sexual assault cases that stemmed from the #MeToo movement have reignited old stereotypes about rape and abuse. Some new acquaintances of mine, who were unaware of my vocation, commented on their dissatisfaction with the outing of several public figures. Rather than argue my position, I chose to listen to a barrage of ignorance and blame-casting. After all, my primary job is to listen and begin from a place of understanding. However, even I found that difficult to achieve with comments that reeked of judgment and prejudice.

Their comments, like “Why did they wait so long?” or “So what if he is a public figure—they should have told someone,” and “They are just out for the money,” were filled with shame and blame for the victims. This judgmental attitude is exactly what keeps many victims from coming forward. A better understanding of the process, more safety for the victims, patience, and consistent prosecution of the abusers are needed.

The following describes the process that many victims experience from incidents of rape to the unfortunate decision to be silent. I’ve offered some suggestions for each step so you or someone you know can be more supportive and less judgmental.

**The shock.** An experienced rapist has the pattern down. They begin by targeting a naïve and unsuspecting victim, grooming them unknowingly for a future attack. The rapist has planned out everything well in advance and tests the victim’s vulnerability in advance. Like leading cattle to the slaughter, the abuser takes their time by minimizing any fear and attacking when least expected. Most victims say the whole experience happens so quickly, they hardly have time to catch up mentally, as their thoughts race, and fear consumes them.

*Empathy. The rapist has the upper hand in that they know what they want and have the determination to move forward. The victim is unaware of the surprise attack until afterward. Most victims have a trusting nature and are not anticipating the potential harm. Empathy should be expressed for the victim any time they communicate their story. Each time they share, it is a reminder of their naiveté and pain.*

**The exit.** Those victims who were lucky enough to escape their abusers are often so disoriented from the experience that they have a hard time even knowing what the next step is. Feeling disgusted, violated, and frightened, they often do the first simple thing that comes to mind: Wash to feel clean. It is natural to feel dirty as a result of this crime.



Unfortunately, washing erases any evidence and can make things more difficult later. But the executive-function part of the brain is not operational during periods of heightened stress, so logic escapes as desperation settles in.

*Awareness. The mind-body connection is real. When the body is under attack, the mind goes into survival mode with an automatic reaction of fight, flight, freeze, or faint. Frequently, victims report seeing limited possibilities of how to survive nor being able to fully process what is happening. This is why they have a difficult time assessing the situation and making wise choices.*

**The abuse pattern.** All too often, the initial abuse experience is only the beginning. Afterward, there are countless narratives of the event to people who are rarely helpful and frequently judgmental. Monday-night quarterbacking picks apart every tiny decision and usually results in blaming the victim. Then others, both knowingly and unknowingly, make insensitive and ignorant remarks, which will re-traumatize the victim yet again. That causes them to shut down completely.

*Kindness. “I would have done it differently” is not helpful, and it is cruel. The fact that a person is alive after an assault is a victory. Opening compassionate arms, allowing the victim to feel safe after a trauma, is the kindest of acts. That does more for the healing process than any other therapeutic technique.*

**The outcome.** The previous point is precisely why many victims choose silence over the additional condescending glances and unfair sentences. Of course, that means the abuser is free to do the same act to others, since they didn't receive any consequences for their actions. This reality adds to the guilt and burden, not of the rapist, but of the victim. It is not until one person breaks the silence that others follow along with relief and horror that they were not the only ones.

*Closure. There is no forgetting. That is why victims can recount the event with such great detail many years later, for it is etched in the foundation of their being. Some are able to forgive their attackers, others are not. There should be no judgment for those who are unable to forgive. But a scar is left, remaining for life.*

My hope is to silence judgmental opinions while voicing hope and compassion for victims. After all, judgment should be reserved for the abusive behavior, not for the victim's response.

Now, let's look at some practical strategies for confronting your abuser, using verbal abuse for the context.

## **Strategies for Combating Verbal Abuse**

Words have meaning, and they can hurt you.

This is precisely what the abuser is depending on: To hurt you with their hurt. Once harmed, you are easier to control and manipulate. With one well-placed phrase, the abuser disarms you and gains dominance without ever touching you. This very effective abuse method is commonly seen in work, family and/or community relationships.

How can the victim combat verbal abuse? Not by retaliating with verbal insults, that's for sure. The reason is because often the abuser will point the finger back at *you*, acting as if *they* are being victimized. That causes you to retreat even further, and the abuser gains even more control.

There is a better way. For each of the verbal attacks listed below, try one of these strategies instead:

- ***Abusers use the volume and tone of their voice, either by yelling or ignoring, to establish dominance.*** Resist the urge to scream or give the silent treatment. Instead, go to the middle ground, and stay there. If your abuser yells, respond in a pleasant voice slightly quieter than normal. If they ignore that, speak to them anyway. Pretend they are responding, and continue the conversation in a calm manner.
- ***Abusers use swearing and threatening language to instill fear, intimidate, manipulate, oppress, and constrain.*** When attacked in this manner, strong positive self-talk is essential. Say to yourself, *I am not afraid* or *They can't make me do anything*, over and over. This is not something to be said out loud, rather it's repeated inside your head. Two things are accomplished: First, you'll feel better, and second, you won't be tempted to respond to the threat from a position of weakness or survival mode.
- ***The abuser's manner of speech is argumentative, competitive, sarcastic, and demanding.*** When they go into this mode, stop speaking until they are done. Take a deep breath, and think to yourself, "*There they go again,*" which helps to neutralize the behavior in your mind. Then decide how much the conversation topic means to you. The degree to which it matters to you will determine your level of response. If it doesn't really matter in the grand scheme of things, there's no reason to antagonize them further. If it does matter to you, then my default response advice is: *Do not* address what they are saying and follow the conversation down a rabbit hole to a no-win situation. Instead, react with a "politician moment," answering the question you wished they had asked. If they don't hear you or acknowledge your questions, or if their speech gets more intense, you can say, "I can see this is getting serious. I want to take a break and continue this later when we're both calmer."

You don't want to get into a verbal altercation, and you don't want them to feel "exposed." Be self-protective, that's job number one. Most importantly, don't tell the abuser how much it hurts you, because that might be what they want.

- ***Abusers use personal attacks such as name-calling, mocking responses, defaming character, berating feelings, and judging opinions.*** This condemning tactic leaves you feeling inferior and defeated. Again, counteract this with positive self-talk and the truth. It might sound overly simplistic, but it is highly effective. Do a reality check by running each personal attack through a best-friend test: Would a best friend agree with the insult? No. Therefore, there is no validity to the verbal assault.
- ***Abusers, become hostile, invalidate or dismiss feelings, lie, refuse to take responsibility, and conveniently forget promises or commitments.*** Everyone is responsible for their own actions and responses. Victims tend to take on more than their own fair share of the abuse by making excuses, thus letting the abuser off the hook. When the abuser is faced with a real-life consequence for their verbal assaults, don't bail them out.
- ***Typical abusive sayings include: "I'm critical for your own good," "I was only joking when I said that...", "If only you would...", then I wouldn't have to be this way," "You don't know how to take a joke," "The problem with you is...", and "That (verbal abuse) didn't really happen."*** These phrases are signals that a verbal-abuse rant is about to begin. Use them as warning signs, and get out of the conversation as quickly as possible. This is a great time to become distracted by something or someone outside of the conversation.

As a result of the verbal abuse, sometimes you feel that you can't ever win, but that is not true. Even small victories are helpful and can increase self-confidence.

Use these strategies to regain self-esteem. Then make a decision about when and how to get away from your abuser.

### **How to Handle Abuse: Before/During/After**

In the examples below, neither one wants to be in an abusive relationship, and each is in the process of actively looking for ways out of their situation.

*Mark's wife began by verbally abusing him early on in the marriage. As the years progressed, so did her abusive behavior. It escalated into her throwing things and destroying his phone. He wants to get a divorce, but he also wants to wait until after his daughter graduates from high school, which is about one year away. But his wife's behavior only got worse as time went on. He didn't know why or what caused it, but he felt he had to endure it, buying time for his daughter to graduate.*

\* \* \* \* \*

*Natalie's boss is overbearing, demanding, sexually harassing, and downright rude. Even though she has reported some of his abusive behavior to Human Resources, he still manages to escape any consequences. Because she is a single parent, she needs the income and cannot quit her job until she has another one lined up. She is in a horrible situation, with no other source of income, and the object of constant sexual harassment. The boss justifies his behavior by saying, "You're being overly dramatic." She feels like she doesn't have a choice. She has to stay until she finds another job, and she doesn't want to leave on bad terms. She asked me, "How do I handle my everyday life, without losing my mind or losing my job?"*

Not everyone is able to leave their abuser immediately, as is the case for Mark and Natalie. So, how can they, or you, survive until escape is possible? Try these methods:

***Before the abuse starts:***

- ***Learn about kinds of abuse:*** There are several types of abuse, as we outlined earlier, so become familiar with them so you can recognize them. For example, Mark experienced physical (aggression, hitting, throwing objects), emotional (guilt tripping, anger rages, confusion), and verbal (name-calling, belittling, sarcasm) abuse, while Natalie experienced financial (threats of losing her job, reducing her pay), mental (gaslighting, twisting the truth, silent treatment), and sexual (grooming, coercion, inciting fear) abuse.
- ***Know the person:*** Mark and Natalie began to study their abusers from the outside, looking in on their situations. That perspective allowed them to see their abusers as tormented souls who needed help from someone other than them.
- ***Anticipate type of abuse:*** The combination of knowing the types of abuse and studying an abuser, allows you to be able to anticipate the type of abuse more accurately. Most abusers use the same tactics over and over, so it is not too difficult to spot. Anticipating a potentially abusive situation allows you to look at the abuse strategically, instead of emotionally.
- ***Set reasonable expectations:*** Instead of believing that the abuse would stop, Mark and Natalie began to realize that their abusers would likely look for other targets if they were not there. Unless a person goes through a significant transformation, abusive behavior is not likely to change.

## ***During the abuse:***

- ***Put on a protective bubble:*** Think of the bubble as an invisible force field that no one can penetrate. A person inside the bubble can see outside it, just as a person outside the bubble can see inside. However, there is a protective layer that keeps the abuser's emotions from penetrating the bubble, and that's how it protects the person inside from absorbing the abuse.
- ***Slow speech down, and talk in a quiet voice:*** One of the most natural methods to make an abusive person calm down quickly is to slow down the rate of speaking and talk in a hushed voice. This method almost forces the abuser to match the new speed instead of escalating.
- ***Pause for extra breaths:*** The slower speech allows for deep breathing. This oxygenates the whole body while giving the brain extra time to process. At first, this is difficult, but with practice, it becomes easier.
- ***Lower heart rate:*** After slowing the speech and adding more breaths, it is more natural to become aware of an elevated heart rate. Be intentional about slowing it down. This lessens the intensity from increased anxiety as a result of the abuse.
- ***Say, "I'm safe":*** The normal response to an abusive moment is to go into survival mode. But that leads to a "fight, flight, freeze, or faint" response. Once it is activated, the brain shuts down, and the response is automated, leaving no room for executive functioning. Instead, say the words, "I am safe," which will prevent the survival mode from activating.

- **Countdown “5, 4, 3, 2, 1, I’m present”:** Mark and Natalie discovered that the defense mechanism of dissociation happened during abusive moments. While this can be useful in some instances, not being present meant they were shutting down and often wished they said something but couldn’t seem to think of it. Counting down by saying, “5, 4, 3, 2, 1, I’m present” kept them in the present and disconnected from their typical defense mechanisms.

### ***After the abusive behavior:***

- ***Don’t over assess the incident:*** There is nothing good that comes after reviewing an abusive moment excessively. That can lead to absorbing harmful information, and/or believing the lies of the abuser. There will be a time when you can do the “Write It Out” exercise explained earlier, replaying the incident through the lens of facts, feelings, and fears. But the point is to avoid dwelling on the abuse. Instead, learn from the incident, and discover ways to improve your own performance.
- ***Look for ways to improve yourself:*** The stronger a person is, the harder it is to abuse them. Mark and Natalie worked hard at improving their self-images, gaining confidence from environments outside of the abuse, and engaging with people who loved them.
- ***Express stored emotion:*** During the abusive moment, it is not wise to express any emotion. Rather, shelve it for another time, but do readdress it when in a safe location. Alone, Mark and Natalie would pretend that they were screaming at the person doing the abuse. That allowed them a chance to release their pent-up emotions.



- **Release event:** Regardless of a person's ability to forgive an abusive event, it cannot be, and should not be, forgotten. While the event doesn't have to live in the present moment, the lessons learned from the abuse do last a lifetime. Make them valuable.

Eventually, Mark and Natalie were able to get out of their abusive situations. The skills they learned during the abuse became valuable life-altering lessons. Still, forgiveness continues to be required in order to break the emotional ties. The line "Forgive and forget," is partially true. We must forgive, but we do not need to forget the abuse, because remembering actually leads to preventing abuse in future.

## **How Forgiveness Works Magic**

First, trying to force someone to forgive before they're ready is a terrible idea. Forgiveness is a process that takes time, hopefully transforming into a lifestyle. Here's what I mean.

While forgiveness is often prescribed as a remedy for healing from trauma, it's not easy to accomplish. Still, reaching this point can bring closure and help you move from victim to victor. Forgiveness allows you to regain control and feel empowered which undermines your abuser's influence.

Unfortunately, forgiveness is sometimes reduced to another task on the healing to-do list, instead of a true change of heart. This minimizes the full impact and reduces it to a behavioral, instead of an attitudinal, experience. Martin Luther King Jr. said it well:

***"Forgiveness is not an occasional act, it is a constant attitude."***

How can you forgive your abuser? And also, how do you, if you're the abuser, forgive yourself? Here are some suggestions:

1. **Understand the reason for forgiveness.** Forgiveness is not for the sake of the abuser. It is for the health of the victim. When you decide to forgive an act, you release yourself from the controlling power of the abuse. It is not something to be entered into lightly, forced upon you through manipulation, or guilt-tripped. Those ways only add to the trauma rather than healing from it. Instead, forgiveness must come from a desire to “let it go.” Let go of the pain, hurt, trauma, and influence. This does not mean the abuse is forgotten, just that it has lost the power to control.
2. **Identify large areas needing forgiveness.** Accidents, traumas, abuse, disasters, addiction, and death are some of the areas where forgiveness might be needed. Each person and situation are unique, so it is unfair to project or judge what or whom should be forgiven. This is an individual choice, resting solely in your hands. Sometimes a person needs to be forgiven for an offensive act. Sometimes you need to forgive yourself. Or sometimes, there is no single person responsible, so a blanket forgiveness of a culture, religion, or sect might need to be granted.
3. **Begin a forgiveness list.** Writing down who—or what offense—needs to be, or has been, forgiven will help to bring clarity to the issues at hand. The famous Twelve Steps include one that calls for making a moral inventory of offenses, character defects. Think of it as a list divided into two main categories: those actions of others a person needs to forgive, and those actions of self in need of forgiveness. This is not a list to be distributed or shared with anyone unless in a therapeutic setting. It is only for the benefit of the person creating the list, not the benefit of others.

4. **Counteract unforgiving (obsessive) thoughts.** Are you having a hard time knowing what needs to go on the list? Look to obsessive thoughts to identify areas you revisit over and over. Anything that is replaying again and again, with no new insight or understanding, is obsessive. Other examples include envisioning anger rants, imagining horrible scenarios, having a judgmental attitude about others, pondering negative comments, and deliberating past decisions. These thoughts are indications of possible areas that still need to be forgiven.
5. **Recognize anger, frustration, anxiety, depression, or annoyance as possible indicators of emotions that arise in the absence of forgiveness.** In addition to thoughts, intense feelings can identify an area needing forgiveness. A strong emotional response to a person, event, or memory might require more investigation as to its cause. It is normal to relive some emotion when retelling a traumatic story; however, having too much or none at all are signals that some issue needs addressing or possibly requires forgiveness.
6. **Make forgiveness a daily activity.** Adopting an attitude of forgiveness changes the way a person views life. Think of it as a positive versus a negative outlook on life. The lens through which a person views life (positive or negative) influences nearly every decision that is made. The same is true for an attitude of forgiveness. Once embraced, this determines a person's approach, opinion, temper, outlook, mindset, and reaction. It can transform a person at a deep level.

7. **Create a forgiving mantra.** “I choose forgiveness” can be a simple chant to remember when driving on a highway, listening to someone yell, or recalling a past event. Forgiving even the smallest events can bring about a sense of peace and restoration. Remember, forgiveness does not mean forgetting. Forgetting minimizes, or denies, an event rather than confronting it in a healthy way.

Having an attitude of forgiveness changes an individual’s perspective on even difficult events. However, this is not appropriate for everyone and not possible in every circumstance. Just as it is not possible to be positive in every situation, it is also not reasonable to expect a forgiving attitude for every condition.

**Kindness:** noun, the quality of being friendly, generous, and considerate. Intentional kindness is different from naive kindness. Naive kindness makes you a target for further abuse. Intentional kindness is a combination of wisdom, awareness, intuition, empathy, and discernment. The Good Samaritan is an excellent example.

Instead, be kind to yourself and others. After all, kindness is the antonym (or opposite) of abuse.

# RESOURCES

- **Available Government-Funded Programs through the National Institute of Justice—Crime Solutions:** <https://crimesolutions.ojp.gov/rated-programs>
- **Batterers’ Intervention Program:** [https://www.stopvaw.org/batterers\\_intervention\\_programs](https://www.stopvaw.org/batterers_intervention_programs)
- **Find a Therapist:** [PsychologyToday.com](https://www.psychologytoday.com)
- **National Domestic Violence Hotline:** Toll-free (800) 799-7233. If you’re unable to speak safely, visit <https://www.thehotline.org> or send a text “LOVEIS” to (866) 331-9474.
- **National Human Trafficking Hotline—Victims Refuse Silence:** Call (888) 373-7888 or text BEFREE or HELP to 233733. You also can email [help@humantraffickinghotline.org](mailto:help@humantraffickinghotline.org) or visit <http://www.Victimsrefusesilence.org>, and you can chat confidentially at <http://www.humantraffickinghotline.org/chat>
- **National Suicide Prevention Hotline:** (800) 273-8255.
- **RAINN (Rape, Abuse & Incest National Network) and National Sexual Assault Hotline:** (800) 656-HOPE (4673), <http://www.Rainn.org/get-help>
- **Women’s Shelters, a nationwide directory of shelters for women:** <https://www.womenshelters.org/>

# ABOUT THE AUTHOR

Christine Hammond is a leading mental health influencer, author, and guest speaker. Along with her award-winning *The Exhausted Woman's Handbook* and more than 500 articles, Christine has more than one million people downloading her podcast, *Understanding Today's Narcissist*, and more than 400,000 views on YouTube. Her practice specializes in treating families of abuse and trauma, with personality disorders involved, and her expertise is based on her own personal experience. Her new book, *Abuse Exposed: Identifying Family Secrets That Breed Dysfunction*, will be published in 2020. Christine is a Licensed Mental Health Counselor and Qualified Supervisor by the State of Florida, a National Certified Counselor and Certified Family Trauma Professional, with extensive training in crisis intervention and peaceful resolution.

Christine is based in Orlando, Florida. You may connect with her through any of the following:

**Office:** *Psychological Affiliates*

**Address:** 2737 W. Fairbanks Avenue  
Winter Park, FL 32789

**Email:** [growwithchristine@gmail.com](mailto:growwithchristine@gmail.com)

**Phone:** (407) 740-6838

**Website:** <http://www.growwithchristine.com>

**Podcast:** *Understanding Today's Narcissist*  
Available on: [iTunes](#) and [Google Play Music](#)

**LinkedIn:** <https://www.linkedin.com/in/christine-hammond-lmhc-ncc-5338b713/>

**Twitter:** @ChrisHammond5

**Facebook:** <https://www.facebook.com/GrowWithChristine/>

**YouTube:** **Grow With Christine**  
<https://www.youtube.com/channel/UCaNWuBJgSqrIO0ML6abmPOQ>

**Books:** *The Exhausted Woman's Handbook*, 2014  
Available on [Amazon](#), [Barnes & Noble](#), and [iBooks](#)

## QUALIFICATIONS

- Licensed Mental Health Counselor (MH11700) in the State of Florida
- National Board Certified Counselor by National Board of Certified Counselors
- Certified Family Law Mediator by the State of Florida
- Qualified Supervisor in the State of Florida of mental health counseling interns
- Certified Family Trauma Professional, Trained Crisis Responder, and Group Crisis Intervention
- Expert in working with personality disorders, including narcissism and borderline.
- Consultant/independent contractor for R3 Continuum, providing disruptive event management
- Author of over 500 published articles on psychcentral.com and other international sites.  
Host of *Understanding Today's Narcissist* podcast with over one million unique downloads
- YouTube views of over 400,000
- Guest speaker for companies, organizations, webinars, podcasts, radio programs, and churches.
- Continuing education trainer for mental health counselors and attorneys.
- Group therapy leader for anger management, crisis, boundaries, parenting, and marriage.

## EDUCATION

- Bachelor's degree in English, James Madison University
- Master's degree in counseling psychology, Palm Beach Atlantic University
- Certified elementary and secondary educator
- Certified by the Association of Christian Schools International



## **PROFESSIONAL AFFILIATIONS**

- Board Member of the National Association of Divorce Professionals
- Member of Collaborative Family Law Group of Central Florida
- Member of Florida Mental Health Counselors Association
- Member of Association of Family and Conciliation Courts
- Member of Mental Health Counselors of Central Florida
- Member of American Professional Society on the Abuse of Children
- Member of Florida Academy of Collaborative Professionals

# ABUSE EXPOSED

## NEW! Online Master Class

*With Christine Hammond, LMHC, NCC*



[GrowWithChristine.com/MasterClass](https://www.growwithchristine.com/masterclass)

### **Introducing New Master Class!**

Abuse hits home in many ways. Whether you're the victim or abuser, you can make changes that will heal your future. I've prepared a special Master Class based on my book *Abuse Exposed: Identifying Family Secrets that Breed Dysfunction*, that goes deeper into how to recover and move on from the traumatic past.

Featuring three segments, I'll help you work through:

- Revealing abuse
- Taking action to prevent abuse
- Healing from abuse

Sign up and receive a 50% discount on the companion book! See you there!

**When:** Sooner the Better

**Where:** [GrowWithChristine.com/MasterClass](https://www.growwithchristine.com/masterclass)