

## Families Matter: You Matter! with Dr. Christine Turner

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

As a survivor of childhood incest, Christine Turner lived the ultimate in family dysfunction. Her way of coping with her emotional pain was perfectionism and religiosity, until one day, her own teenage daughter disrupted her attempt to perform her brokenness away. Chris began her journey to healing in counseling and then set out to heal her own family. As a result, she discovered her passion and purpose in helping other families achieve healthy relationships. Now as an Author, Family Coach, and Doctor of Spiritual Direction, Christine teaches families healthy dynamics from a Christian point of view, while healing families one heart at a time.

During our conversation, Christine:

- Walks us through the struggles that have shaped her into who she is today
- Shares her passion for how she helps families heal and live in freedom.
- Discusses her resources (books and available workshops) available to families for healing and having healthy relationships.

Family Coach, Dr. Christine Turner, equips others to improve their personal relationships. She is a professional educator, author, and doctor of Spiritual Direction. Her passion is for families to love, support, and be in unity as they are provided with tools to handle conflict as well as the messiness of family relationships. Her workshops help people to love themselves, God, and their families better. The free workshops are designed to provide mental health support for all families regardless of income.

#### Quotes from this Episode:

**"The only way to get better is to talk about it. It's the only way, the secret things done in the darkness have got to come to the light."— Dr. Christine Turner**

"If they're willing to talk and get some help, maybe I can, too." — Dr. Christine Turner

**"When one person gets healthy, the entire family system gets healthier."— Dr. Christine Turner**

#### Resources:

Website: [familiesmatterworkshop.com](http://familiesmatterworkshop.com)

Facebook: <https://www.facebook.com/FamiliesMatterYouMatter>

Instagram: <https://www.instagram.com/familiesmatteryoumatter/>

**Golden Timestamp:**

**28:35-29:31** - Her goal and desire on why she wrote her book.

**42:50-43:48** - Shares why families are like organisms.

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