

California Protective Parents Association Newsletter



Dear Friends,

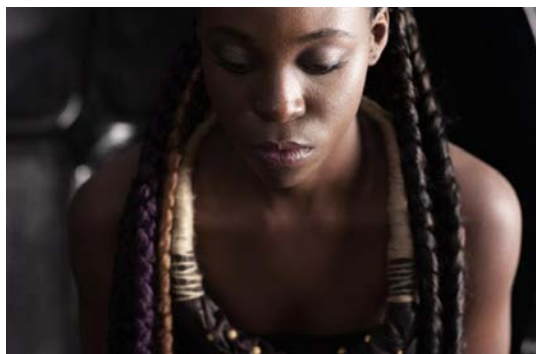
Thanks to everyone who came to the Battered Mothers Custody Conference and to the wonderful Mothers of Lost Children White House demonstration and lobby day in Washington DC.

We will be going to DC again in October 2016, Domestic Violence Awareness month. Why October? The research we are doing shows that nearly all protective mothers and their abused children have been victims of domestic violence.

Please consider joining us. We need to keep reminding our elected representatives about these outrageous human rights violations.

**The Heroic Mothers of Lost Children
by Phyllis Chesler May 17, 2016**

The prevailing myth was that women had an unfair advantage in custody battles and that men were discriminated against. This was not true then, and it is not true today.



Just as the Argentinean mothers of the Plaza de Mayo boldly demonstrated on behalf of their missing children, known as the "desaparecidos" (both young and adult children disappeared by a military junta), just so are American mothers crying out and publicly demonstrating about their lost children.

Yes, I am talking about children who are lost to their mothers, and mothers who are lost to their children due to the most profound and toxic bias against women in the American family court system.

[Read the full article](#)

Petition Congress for oversight hearings on the Family Court systematic harming of children

There is a cover-up occurring in another powerful, venerated institution, which in many ways mirrors the practices that facilitated the Catholic Church child abuse scandal. For decades, in Family Courts across the nation, women who have tried to protect their children from an abusive father have been attacked and battered by a ruthless system which dismisses or ignores physical abuse, verbal threats, and even documented criminal histories of fathers in a obsessive effort to attain their stated goal - joint custody at all costs. Money too, fuels the atrocities in the courts.

You can help, [SIGN THE PETITION TODAY](#): Demand Congressional Oversight Hearings on Family Court's Child Custody Practices

If you are from California, you can send a letter about the plan to destroy records of appellate decisions in Los Angeles.

[Court of Appeal Announces Destruction of Old Court Records](#)

Anyone who knows of a reason why any of the records listed should be retained, whether for historical or other reasons, should notify Joseph Lane, Clerk/Executive Officer of the Court. The reasons for retention should be sent in writing to the address below **by June 30, 2016**.

Joseph Lane Clerk/Executive Officer of the Court
Court of Appeal, Second Appellate District
300 South Sprint Street

Second Floor, North Tower
Los Angeles, CA 90013

Excellent Congressional briefing on May 25, 2016

The Science of Trauma Congressional Briefing, sponsored by U. S. Senator Heidi Heitkamp.



Click [here](#) for The Science of Trauma youtube video.

Dear Mom, I'm so Sorry You Grew Up Living With Domestic Violence By Brian F. Martin

Founder of CDV.ORG & author of the New York Times Bestseller *INVINCIBLE: The 10 Lies You Learn Growing Up With Domestic Violence & the Truths to Set You Free*

Dear Mom, I'm so Sorry You Grew Up Living With Domestic Violence
05/05/2016

A card for Mother's Day takes time to pick out. For a person who grew up living with domestic violence, it takes even longer. There is so much they want to say, but Hallmark hasn't quite captured the language.

If I were to write one, I would probably start out with, "On this Mother's Day, I want to tell you something that I never told you. 'I'm so sorry that you grew up living with domestic violence.'"

[Read the full article](#)

Documentary: "What Doesn't Kill Me"

If you are a protective mother in the United Kingdom and would like to be filmed for *What Doesn't Kill Me*, a documentary about custody and domestic violence, please contact Rachel Meyrick at Whatdoesntkillme@icloud.com

Film trailer for "What doesn't kill me" a documentary



Click [here](#) for "What doesn't Kill Me" youtube video.

Why Self-Compassion Works Better Than Self-Esteem

Here are some ways to comfort yourself, and teach your children to do the same, even in the midst of this terrible war against mothers and children.

Why Self-Compassion Works Better Than Self-Esteem

Boosting your ego won't make you feel better. Instead, try talking to yourself like you would your best friend.

By Olga Khazan
May 6, 2016

In 1986, California state assemblyman John Vasconcellos came up with what he believed could be "a vaccine for major social ills" like teen pregnancy and drug abuse: a special task-force to promote self-esteem among Californians. The effort folded three years later, and was widely considered not to have accomplished much.

To Kristin Neff, a psychology professor at the University of Texas, that's not surprising. Though self-esteem continues to reverberate as a pop-psych cure-all, the quest for inflated egos, in her view, is misguided and largely pointless.

There's nothing wrong with being confident, to answer Demi Lovato's question. The trouble is how we try to achieve high self-regard. Often, it's by undermining others or comparing our achievements to those around us. That's not just unsustainable, Neff argues, it can also lead to narcissism or depressive bouts during hard times.

Neff proposes a better path: Self-compassion. In other words, treating yourself just like you would your best friends, even when they (you) screw up.

[Read the full article](#)

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