

# Annette Oltmans

## Founder + CEO

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**Annette Oltmans**  
annette@themendproject.c

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### Skills

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Speaker, Educator, Writer, Qualitative Researcher, Critical Thinker, Active Listener, Empathetic Advocate, Survivor.

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### Experience

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**The MEND Project / Founder + CEO**  
APRIL 2016 - PRESENT, LAGUNA BEACH, CA

Founded The MEND Project, a 501c3 organization to educate, equip and restore all those impacted by abuse. Wrote the content and created the tools and resources for MEND's comprehensive website to help victims advocate for themselves and to help responders interface with victims in trauma-informed ways. Conducted qualitative research for years interviewing hundreds of victim-survivors, therapists and faith-based leaders on the topic of psychological abuse. The information gleaned from this research was used to create The MEND Project website, trainings, and comprehensive seven-week online curriculum, titled, Responding to Abuse.

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### Certifications

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California Batterer's Intervention and California Domestic Violence Advocacy Training Certificates

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### Boards

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Advisory Board for the Boone Center for the Family  
*Pepperdine University*

Board of Trustee  
*Northrise University in Zambia*

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### Publications

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Christians for Biblical Equality (CBE)

- Contributing Chapters in "*Created to Thrive: Cultivating Abuse-Free Faith Communities*" (Chapters re Covert Emotional Abuse and Double Abuse), 2021

The Christian Post - 2018

- Article titled "When It Comes To Abuse, the Church Needs a Paradigm Shift"

American Association of Christian Counselors (AACC) - 2018

- Article titled "The Common Thread Found in Primary and Secondary Abuse And Its Consequences"

American Association of Christian Counselors (AACC) - 2018

- The Layered Effect of Covert Emotional Abuse and Double Abuse

Teen Vogue - 2017

- Article titled "How to Seek Help if You're in an Abusive Relationship"

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## Workshops/Conferences

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Laura's House 40-Hour Domestic Violence Advocacy Training Presenter  
November + March 2023, November + March 2022, November + March 2021

Institute on Violence, Abuse, and Trauma, Hawaii Summit 2024,  
Presenter re Reactive Abuse and Co-Presenter, "Can Abuser's Change",  
and The Physical Impact of Psychological Abuse in Intimate Partnerships  
April 2024; San Diego Summit presenter re Reactive Abuse and Double  
Abuse, August 2023

AACC Waymaker World Conference Workshop Presenter  
September 2021

Power Act Presentation to Attorneys & Judges  
August 2021

Youth Service Provider Consortium  
May 2021, June 2020, May 2019

Awaken, Magnolia Baptist Church Conference  
March 2021

Laura's House Community Conversation re Covert Emotional Abuse  
February 2021

Christians for Biblical Equality ("CBE") National Conference  
August 2019

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## Radio/Podcasts

Pepperdine Harbor Conference Workshop Presenter  
May 2019

NOVA Mental Health Summit G.L.O.W  
June 2018

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Divorce Survival Guide  
April 2022

Women Aware and Prepared  
March 2022

Change my Relationship Podcast  
April 2021

The Sacred Space Podcast  
March 2021

Split Frame of Reference Podcast  
February 2021

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## Educating the Public

K-LOVE Radio Interview on Closer Look: Quarantine Drives Spike in  
Domestic Abuse  
2020

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Mariners Church

- 7-week comprehensive curriculum

Joliet Junior College

- 7-week comprehensive curriculum

1-hour Training Intensives

- Various Topics Around Abuse Including:
  - Couples Therapy - when is it contraindicated?
  - Double Abuse - what is it?
  - Healing Model - partial training
  - Child Abuse - interview with Kay Ramsey, PhD
  - Survivor Story - Interview with survivor and domestic violence educator, Veronica Stephens
  - Financial Abuse
  - When A Victim Reacts - Is it Abuse?
  - Is There Hope? An Intensive About Whether Abusers Can Change
  - Permission to Stop (Part I): Is Couples Therapy Harming?
  - Permission to Stop (Part II): Is Couples Therapy Harming?
  - Silence! When Bystanders Silence Victims or Remain Silent
  - MENDING Teen Voices: A Look at Teen Relationship Violence
  - Gender Bias: How It Harms Us All

Introductory Training

- 4-hour course providing tools and resources to educate about covert emotional abuse, how to identify when it is taking place and best protocols when interfacing with victims of abuse.
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