

Bio, Jenny duBay

As a domestic abuse survivor and now advocate, I know how profoundly domestic abuse and betrayal trauma affect all areas of life—emotional, spiritual, physical, and psychological. I'm an active member of St. Brendan the Navigator parish on the beautiful coast of Maine, and feel honored to bring my ministry not only to local parishioners, but worldwide to others through my online coaching ministry. I'm a mother of three children (one in heaven, two blessedly underfoot), and an attempted spouse. I understand the challenges of relationships, especially traumatic ones, and I try to help others seek clarity in their own personal situations.

My mission is to help women gain safety and understanding, to reclaim their true selves, and to heal from life's traumas so they can live the life God designed them to live. St. Catherine of Siena is my inspiration:

“If you are what you ought to be, you will light a fire in all the world!”

My Catholic coaching ministry helps individuals move forward, enabling them to progress from where they currently are to where they ideally envision themselves to be. Bringing resolution to unresolved wounding, through the merciful love of Christ, is a primary focus.

Education and qualifications:

- BA in Catholic Theology ([Catholic Distance University](#))
- Certified Wellness Coach and Certified Nutrition Coach ([American College of Healthcare Sciences](#))
- Various certifications in domestic violence, including *Violence and Abuse in Catholic & Christian Families* ([Pax in Familia](#)) and *Breaking the Code: Understanding the Different Motives of Those who Batter* ([Family Peace Initiative](#))
- Certified in Christian Prayer from [Institute of Catholic Culture](#)
- Certified in Classics in Prayer and Spiritual Life from [Catholic Distance University](#)
- IFS (Internal Family Systems) trained life coach
- Narcissistic Abuse Specialist
- ICF and CPD certified Somatic Trauma Informed Coaching Certification through The School of Trauma Informed Positive Psychology (Caroline Strawson)
- *In progress*: ICF and CPD certified Narcissistic Trauma-Informed Coaching through The School of Trauma Informed Positive Psychology
- *In progress*: Narcissistic Abuse Specialist Certification through The School of Trauma Informed Positive Psychology
- Affiliated with [Catholics for Family Peace](#)
- Regular contributor for [Missio Dei](#), [Hope's Garden](#) and a freelance writer for a variety of Catholic publications
- Author of [The Prodigal Parishioner](#) and [Create Soul Space](#)
- Founder of [Create Soul Space, Help and Healing After Domestic Abuse](#)

- Freelance writer for various Catholic publications including [CatholicMatch.com](#), [Catholic Education Resource Center](#), [Hope's Garden](#), [You Are Made New Ministries](#) and [NC Catholics](#)