

# MASTERMIND CLASS & CLINIC 2026

## E-BOOK AND TOOLKIT

Master Life Coach  
Charlie Winburn

Coach Chuck Futel

Coach Dan Ray

# PSYCHOLOGICAL ABUSE! DO YOU PRACTICE IT?

By Charles E. Winburn, M.Ed.

MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



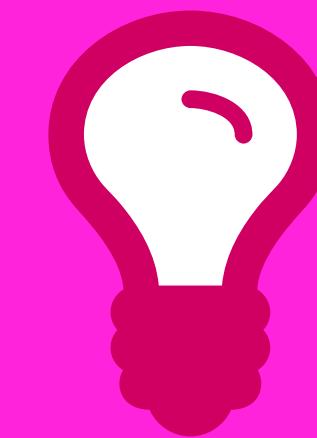
Coach Chuck Futel



Coach Dan Ray

# HOW DO YOU MAKE PEOPLE FEEL? YOU COULD BE MAKING PEOPLE SICK!

By Charles E. Winburn, M.Ed.



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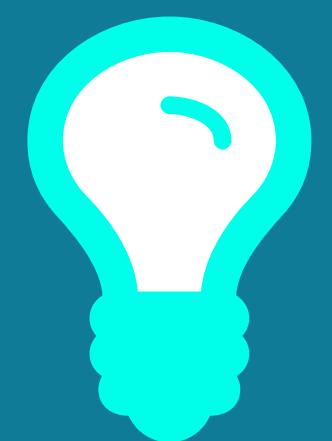


Coach Dan Ray

# What do psychological abuse and ‘the silent treatment’ have in common? **IT’S A MENTAL HEALTH CONDITION!**

By Charles E. Winburn, M.Ed.

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# LEARN HOW TO HEAL FROM PSYCHOLOGICAL ABUSE FROM YOUR SIGNIFICANT OTHER!

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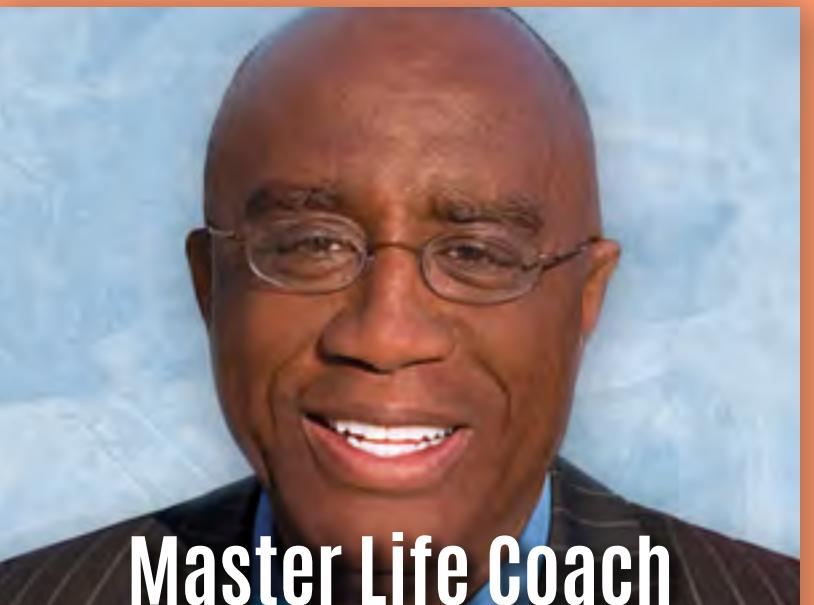
Coach Dan Ray

# GET HEALED FROM PSYCHOLOGICAL ABUSE OF A HUSBAND OR WIFE THIS SUNDAY!

By Charles E. Winburn, M.Ed.



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Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# GET HEALED FROM CHURCH PSYCHOLOGICAL ABUSE OF OVER-EMPHASIS ON SIN, DEVIL & HELL!

By Charles E. Winburn, M.Ed.

***Disclaimer: This teaching is for religious  
and educational purposes only and is not  
designed to diagnose or give medical or  
psychological advice whatsoever. Please  
seek the advice of your medical doctor,  
psychologist, or counselor.***

## Resources

***We do not have any ownership stakes or financial investment in these businesses.***

***They are wonderful services that could potentially benefit you.***

**Aim for Wellbeing**

**The Christ Hospital**

**513-791-5521**

***AIM for Wellbeing: Integrative  
and Functional Medicine***

**Life Extension**  
**Research-based vitamins**  
**and minerals**

**855-874-9087**

**John H. Thomas, Ed.D.**

**Clinical psychologist**

**513-961-5682**

***(24-hour answering service)***

**Amen Clinics**

**Brain SPECT Imaging**

**877-311-2828**

*Natural ways to heal your body*

**Clifton Natural Foods**

**336 Ludlow Avenue**

**Cincinnati, OH 45220**

**513-961-6111**

**Ohio Domestic Violence Network  
(ODVN) Helpline**

**1-800-934-9840**

**[www.odvn.org](http://www.odvn.org)**

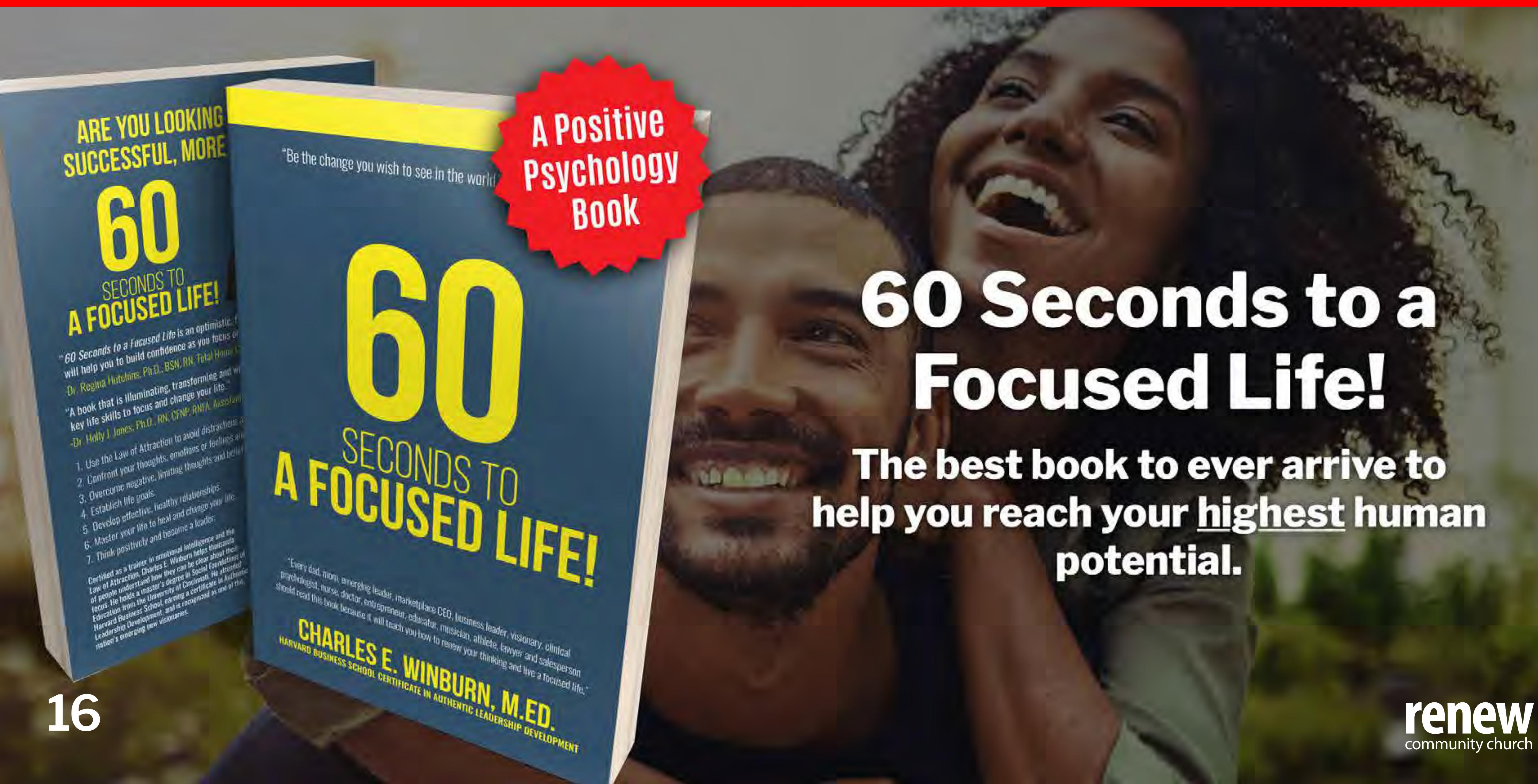
## National Domestic Violence Hotline

**1-800-799-SAFE** (7233)

**1-800-787-3224** (TTY)

**[www.thehotline.org](http://www.thehotline.org)**

Visit today: **60SecondsToAFocusedLife.com**



## 60 Seconds to a Focused Life!

The **best book to ever arrive to help you reach your highest human potential.**

**Be kindly affectioned one to  
another with brotherly love; in  
honour preferring one another.**

*Romans 12:10*

**Rejoice with them that do rejoice,  
and weep with them that weep.**

*Romans 12:15*

**Be of the same mind one toward  
another. Mind not high things, but  
condescend to men of low estate.  
Be not wise in your own conceits.**

***Romans 12:16***

**And be ye kind one to another,  
tenderhearted, forgiving one another,  
even as God for Christ's sake hath  
forgiven you.**

***Ephesians 4:32***

**Put on therefore, as the elect of  
God, holy and beloved, bowels of  
mercies, kindness, humbleness of  
mind, meekness, longsuffering;**

***Colossians 3:12***

**Wherfore comfort yourselves together, and edify one another, even as also ye do.**

***1 Thessalonians 5:11***

**Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous.**

**1 Peter 3:8**

**But if ye have bitter envying and  
strife in your hearts, glory not,  
and lie not against the truth. This  
wisdom descendeth not from  
above, but is earthly, sensual,  
devilish. For where envying and  
strife is, there is confusion and  
every evil work.**

***James 3:14-16***

**He that is void of wisdom despiseth  
his neighbour: but a man of  
understanding holdeth his peace.**

***Proverbs 11:12***

# 12 concise definitions of psychological abuse

*AI Research*

1. **World Health Organization (WHO) perspective:**  
Psychological abuse is a pattern of behavior that is used to control, humiliate, intimidate, isolate, or denigrate another person, undermining their sense of self-worth and autonomy.

2. **American Medical Association (AMA) / clinical psychology perspective:** A repetitive, ongoing pattern of verbal or nonverbal acts that cause emotional harm, fear, or distress, including belittling, blaming, coercion, and manipulation, leading to impaired functioning.

3. **DSM-5-TR / clinical psychology perspective (as a form of interpersonal manipulation):** A set of sustained interpersonal behaviors that erode a person's self-esteem and reality testing (e.g., gaslighting, constant criticism, humiliation) within relationships, resulting in decreased psychological well-being.

4. **Child abuse framework (child psychology): Any non-physical, emotionally harmful treatment or exposure to disturbing behavior that damages a child's emotional development, self-worth, or sense of safety.**

5. **Intimate partner violence (IPV) psychological abuse definition:**  
A pattern of coercive behaviors, including intimidation, isolation, gaslighting, verbal aggression, and controlling actions designed to dominate a partner and maintain power over them.

**6. Trauma-informed care perspective: Psychological abuse is a traumagenic interpersonal experience involving threats to safety, persistent humiliation, and eroding an individual's sense of stability, safety, and worth, contributing to later psychopathology.**

7. **Social psychiatry / behavioral definition:** Repeated non-physical acts (demeaning comments, social withdrawal, manipulation) intended to control, degrade, or isolate an individual, undermining their mental health and social functioning.

8. **Gaslighting-focused definition:**  
**A form of psychological abuse where the abuser systematically undermines the victim's perception of reality, memory, or sanity to gain power, control, and dependence.**

**9. Parenting and family systems perspective:** Parental or caregiver behaviors that belittle, dismiss, over-criticize, or withhold emotional support, leading to insecure attachment and long-term internalization of negative self-beliefs.

## 10. Neuropsychological impact

**framing:** Chronic psychological abuse constitutes sustained exposure to emotionally aversive stimuli that dysregulate stress-response systems, contributing to altered mood regulation, anxiety, and depressive.

**11. Charlie Winburn's definition:  
When a person intentionally  
ignores someone by withholding  
their love from them.**

**12. Charlie Winburn's second definition:** When someone intentionally withdraws their love from someone by intentionally ignoring them in order to punish them.

**20 examples of psychological  
abuse presented in a way that  
promotes awareness and  
identification**

*AI Research*

## 1. Constant criticism and humiliation

**What it looks like: Regular put-downs, mocking, or belittling someone's abilities or appearance.**

**What to do: Document incidents, set boundaries, seek supportive perspectives from trusted people, and consider counseling.**

## 2. **Gaslighting (making someone doubt their reality)**

**What it looks like: Dismissing memories, denying events, or twisting facts to confuse the other person.**

**What to do: Keep a factual log of what happened, seek external validation, and discuss concerns with a trusted confidant or therapist.**

### 3. Isolation from friends and family

**What it looks like: Controlling who the person can see, discouraging social activities, or shaming them for maintaining connections.**

**What to do: Rebuild a support network, set clear boundaries, and consider safety planning if there's coercion or danger.**

## 4. Threats and intimidation

**What it looks like: Verbal threats, ultimatums, or menacing behavior to create fear.**

**What to do: Prioritize safety,  
seek legal advice if necessary,  
and reach out to support  
services.**

## 5. Excessive monitoring and control

**What it looks like: Demanding constant updates, monitoring communications, or controlling finances and routines.**

**What to do: Establish privacy boundaries, seek counseling, and involve a mediator if appropriate.**

## 6. **Withholding affection or resources as punishment**

**What it looks like: Refusing to engage emotionally, withholding money, food, or assistance to manipulate behavior.**

**What to do: Address the behavior in a safety-focused plan, seek outside support.**

## 7. **Name-calling and demeaning language**

**What it looks like: Persistently using demeaning labels or insults.**

**What to do: Set firm boundaries, document incidents, and consider removing yourself from the situation if possible.**

**8. Ridicule of beliefs, race, gender, or identity**

**What it looks like: Mocking or invalidating someone's core identity or values.**

**What to do: Affirm the person's identity, seek supportive communities, and consider reporting abusive behavior if applicable.**

## 9. **Blaming and scapegoating**

**What it looks like: Shifting all fault onto the other person to avoid responsibility.**

**What to do: Call out the pattern, keep records, and seek professional guidance.**

## 10. Undermining autonomy and decisions

**What it looks like: Undermining choices, second-guessing, or invalidating efforts to act independently.**

**What to do: Encourage independent decision-making, set boundaries, and seek couples or family counseling if appropriate.**

## **11. Stonewalling and emotional withdrawal**

**What it looks like: Refusing to communicate or respond, leaving the other person in limbo.**

**What to do: Request a structured conversation, set time limits for discussions, and seek support.**

## **12. Imposition of guilt and obligation**

**What it looks like: Making the other person feel selfish for needing space, help, or boundaries.**

**What to do: Reinforce your own needs, seek mediation, and consider leaving harmful dynamics.**

## **13. Projection of blame (projecting one's own issues onto the other)**

**What it looks like: Accusing the other person of faults the abuser themselves exhibit.**

**What to do: Call out the pattern,  
keep boundaries, and seek  
therapy or counseling.**

## **14. Mocking boundaries and consent**

**What it looks like: Dismissing or testing limits around personal space, time, or boundaries.**

**What to do: Clearly state  
boundaries, enforce  
consequences, and seek outside  
support.**

## **15. Using children or dependents as pawns**

**What it looks like: Manipulating access to children, using them to control the other person.**

**What to do: If there are children involved, prioritize their safety, consult legal resources, and seek protective services if needed.**

## **16. Economic control as a form of manipulation**

**What it looks like: Limiting access to money or resources to coerce compliance.**

**What to do: Create a financial safety plan, seek legal advice, and access community resources.**

## **17. Dismissing concerns as overreacting or “crazy”**

**What it looks like: Invalidating legitimate emotions or experiences.**

**What to do: Validate your own feelings, document concerns, and seek supportive therapy or networks.**

## **18. Public shaming or humiliation**

**What it looks like:  
Embarrassing someone in  
front of others to enforce  
compliance.**

**What to do: Remove yourself from the situation when possible, seek support, and set clear boundaries.**

## **19. Using cultural or religious beliefs to control behavior**

**What it looks like: Weaponizing beliefs to justify controlling actions.**

**What to do: Seek counsel from trusted leaders or professionals who respect boundaries and safety, and consider safe separation if needed.**

## 20. Chronic criticism disguised as concern

What it looks like: “I’m just looking out for you,” but it’s ongoing degradation.

**What to do: Distinguish  
constructive feedback from  
abuse, establish non-negotiable  
boundaries, and seek help.**



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