

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



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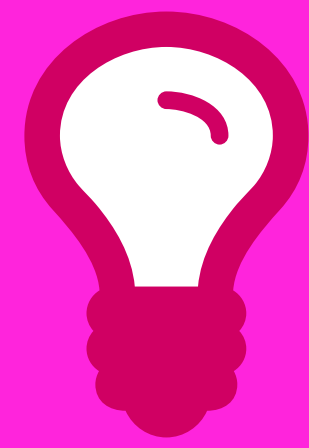


Coach Dan Ray

HOW DO YOU MAKE PEOPLE FEEL?

YOU COULD BE MAKING PEOPLE SICK!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



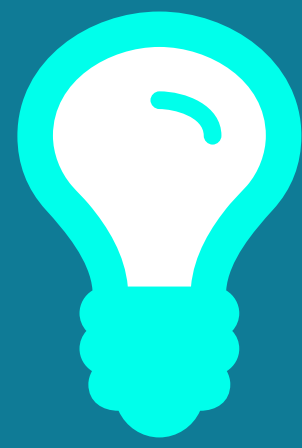
Coach Chuck Futel



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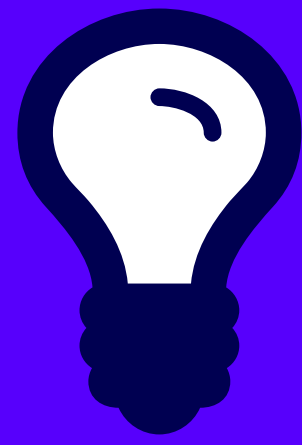
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LEARN HOW TO HEAL FROM PSYCHOLOGICAL ABUSE FROM YOUR SIGNIFICANT OTHER!

By Charles E. Winburn, M.Ed.



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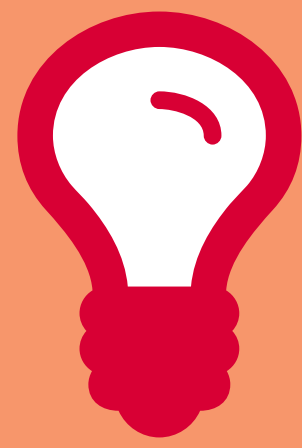
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GET HEALED FROM PSYCHOLOGICAL ABUSE OF A HUSBAND OR WIFE THIS SUNDAY!

By Charles E. Winburn, M.Ed.



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Charlie Winburn



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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

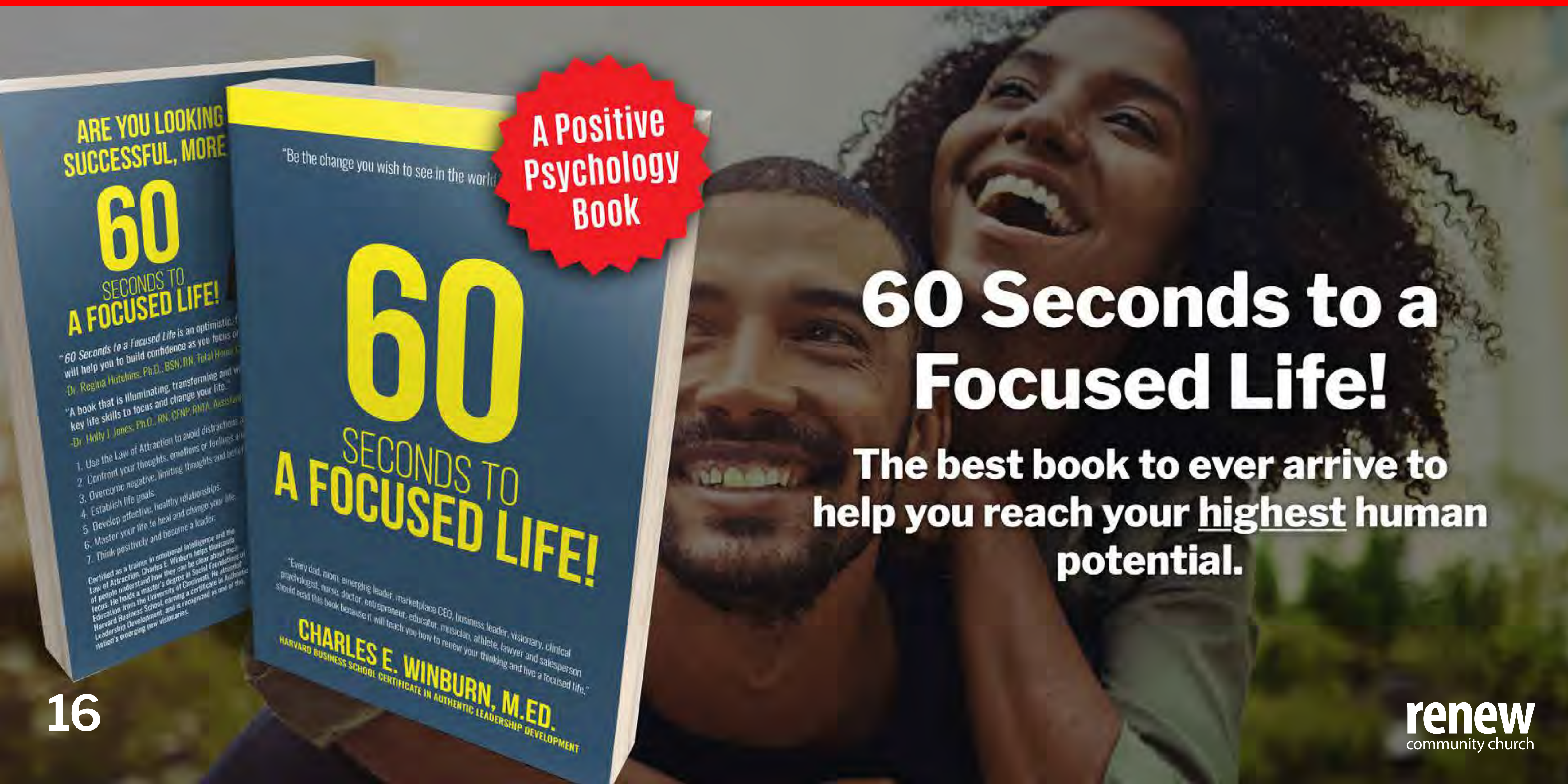
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



A Positive
Psychology
Book

60 Seconds to a Focused Life!

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

ARE YOU LOOKING
SUCCESSFUL, MORE

60

SECONDS TO
A FOCUSED LIFE!

"60 Seconds to a Focused Life is an optimistic, practical book that will help you to build confidence as you focus on your goals."
-Dr. Regina Hutolins, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will help you master key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, RNTA, Assistant Professor

1. Use the Law of Attraction to avoid distractions and achieve your goals.
2. Confront your thoughts, emotions or feelings and beliefs.
3. Overcome negative, limiting thoughts and beliefs.
4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the Law of Attraction, Charles E. Winburn helps thousands of people understand how they can be clear about their focus. He holds a master's degree in Social Foundations of Education from the University of Cincinnati. He attended Harvard Business School, earning a certificate in Authentic Leadership Development, and is recognized as one of the nation's emerging new visionaries.

60

SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

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

**Wherefore 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

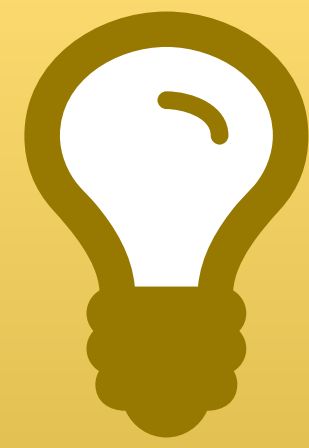
What it looks like: Weaponizing beliefs to justify controlling actions.

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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STOP PSYCHOLOGICALLY ABUSING OTHERS AND GET HEALED FROM YOUR MENTAL HEALTH CONDITION THIS SUNDAY!

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