

Outline

Spotting Emotional Immaturity: Teach Clients to Understand Emotional Immaturity

Importance of describing over diagnosing
Projective identification and the Emotionally Immature Relationship System
Characteristics of emotional immaturity and maturity
What relationships feel like with emotionally immature people

How Emotionally Immature Parenting Impacts Your Clients: What You Can Expect When They Come for Therapy

Emotional loneliness and the fear of non-being
Good coping, emotional suffering; polyvagal effects
Self-disconnection and distrust of the inner world
The four horsemen of self-defeat
Loss of emotional autonomy and mental freedom
Healing fantasies, role-self, internalizer vs. externalizer styles

Cognitive and Emotional Techniques: What Works and What Doesn't

Why clients find it so hard to break free from exploitation and emotional neglect
Why CBT and psychodynamic approaches aren't enough
Exercises to help clients express themselves without anxiety
Teach clients to simultaneously disengage and become relationship leaders
How to define and use values as guideposts for the future
Phrasing suggestions, encouraging agency and showing how it's done

End Emotional Takeovers and Coercion: Help Clients Achieve Emotional Autonomy from Emotionally Immature People

The emotionally immature person's "distortion field"
Emotional coercion: how clients can spot and deflect control maneuvers
Communication skills to establish boundaries without guilt
When to sever ties with someone

Release Self-Doubt, Shame, and Fear: Clinical Tools and Interventions to Help Clients Find Their True Selves

Techniques to release clients' feelings of personal "badness"
Interventions to address fears of being selfish and incapable of love
Tuning into energy shifts to track safety, unreliability, and threat in others
Repurpose self-doubt, shame, fear and guilt
Practicing experiencing emotionally intimate connection

Practice Tips for Working with the Adult Children of Emotionally Immature Parents

Using countertransference effectively
Honoring personal style
Invitation, collaboration and celebration vs. direction and persuasion
How to phrase suggestions
Research and treatment limitations

Live Webcast Schedule (Times listed in Eastern)

8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Distinguish between psychopathology and emotional immaturity, and establish how a disease concept model can impede therapeutic progress.
2. Demonstrate practical communication skills that clients can use to protect themselves and redirect interactions with emotionally immature people.
3. Utilize cognitive and emotional techniques to teach clients how they can set boundaries without feeling guilty.
4. Employ interventions that help clients regain self-trust and the ability to identify emotionally immature control maneuvers.
5. Formulate a treatment strategy that teaches clients how to evade attempts to undermine their mental freedom, inner-world connection, sense of goodness, and ability to reach out to others.
6. Apply effective therapy approaches to release clients from emotional coercion and self-doubt in emotionally immature relationships.

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info



Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Treating Adult Clients of Emotionally Immature Parents

How Your Clients Can Reclaim Their Lives from the Toxic Legacy of Controlling, Rejecting or Self-Involved Parents

LIVE Interactive Webcast

Tuesday, November 10, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesi.com/webcast/83946



Featuring **Lindsay C. Gibson, PsyD**, the Amazon #1 Best Selling Author of *Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting or Self-Involved Parents*

- Move clients forward without blame or fear of judgement
- Give clients the courage to set boundaries without feeling guilty
- Skillfully guide clients in how they can restructure toxic relationships
- Teach clients to protect themselves from hurtful behaviors without completely severing all ties

LIVE Interactive Webcast

Tuesday, November 10, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:

pesi.com/webcast/83946

Join us online, for this live training!

Treating Adult Clients of Emotionally Immature Parents

How Your Clients Can Reclaim Their Lives from the Toxic Legacy of Controlling, Rejecting or Self-Involved Parents

Treating Adult Clients of Emotionally Immature Parents: How Your Clients Can Reclaim Their Lives from the Toxic Legacy of Controlling, Rejecting or Self-Involved Parents

No matter what you treat, we all work with clients trying to overcome the wounds inflicted by emotionally immature, insensitive, self-absorbed, and controlling parents.

As a therapist, working with these clients can leave you feeling frustrated and ineffective as they make the same self-destructive choices again and again, struggle to set healthy boundaries, find themselves unable to walk away from the role of “rescuer” in toxic relationships, and only say what they think others want to hear – including in therapy.

Lindsay C. Gibson, PsyD is the Amazon #1 Best Selling Author of *Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting or Self-Involved Parents*. A psychotherapist for over thirty years, her work has been translated into 14 languages and has helped thousands of people reverse their toxic psychological legacy and reclaim their lives.

Join her as she shows you how you can find greater therapeutic success with clinical strategies to help your clients take control of their relationships and lives, break free from harmful patterns, connect more deeply with themselves and others, and become the person they were always meant to be.

The invaluable tools Dr. Gibson will share can help all therapists:

- Skillfully guide clients in how they can restructure toxic relationships with parents and others
- Free clients from the fear, shame and self-doubt that traps them in a life of emotional coercion
- Teach clients to protect themselves from hurtful behaviors without completely severing all ties
- Give clients the courage to set boundaries without feeling guilty

This is one training you can't afford to miss! Sign up today!

Speaker

Lindsay C. Gibson, Psy.D., is the Amazon #1 Best Selling Author of *Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting or Self-Involved Parents* (New Harbinger, 2015.) It has sold over 100,000 copies, been translated into 14 languages, and has helped thousands of people reverse their toxic psychological legacy and reclaim their lives.

Dr. Gibson's unique contribution to the field was to recognize that the anxiety, obsessions, and depression of her clients were often rooted in distorted beliefs and emotional coercions induced by emotionally immature parents.

A psychotherapist and psychodiagnostician for over thirty years, Dr. Gibson came to realize how prevalent emotional immaturity was in the family members of her clients. Many had parents that were functional people, not extreme on the spectrum of mental health conditions, yet the destructive phenomenon of parental emotional immaturity had devastating consequences for those who grew up in its wake.

Dr. Gibson continues to work as a clinical psychologist in private practice. Her follow-up book *Recovering from Emotionally Immature Parents: Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy* was released in 2019 (New Harbinger).

Speaker Disclosures:
Financial: Lindsay Gibson maintains a private practice. She is an author for New Harbinger Publications, Inc., and receives royalties.
Dr. Gibson receives a speaking honorarium from PESI, Inc.
Non-financial: Lindsay Gibson has no relevant non-financial relationship to disclose.

Target Audience: Counselors • Marriage & Family Therapists • Social Workers • Psychologists • Case Managers
Addiction Counselors • Therapists • Physicians • Other Mental Health Professionals



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Digital Seminar or DVD: You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI staff. If you are interested in becoming a speaker or have a new topic idea, please contact **Ryan Bartholomew** at rbartholomew@pesi.com or call 715-855-8225.



Online Learning Made Easy!

Join us on November 10, 2020, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It's easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

- Watch and participate in real time
- One CE Certificate is included
- **BONUS!** Receive free on-demand access for 3 months with registration!

It's easy and convenient!

Register now! pesi.com/webcast/83946

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$49.99 each

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 6.25 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit pesi.com/webcast/83946.

Counselors – AK, AZ, CA, CO, CT, FL, GA, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NE, NH, NJ, NV, NY, OH, OR, PA, SC, TN, TX, UT, VA, WI, WY

Marriage and Family Therapists – AK, AL, AR, AZ, CA, CO, FL, GA, IA, IL, IN, KS, ME, MI, MO, MT, NC, NH, NM, NV, NY, OH, PA, SC, TN, TX, UT, WY

Psychologists – AZ, CT, DE, FL, HI, IA, ID, IL, IN, KS, KY, ME, MI, MO, MT, NC (Category B), NE, NH, NY, OH, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WV

Social Workers – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, WY

For specific credit approvals and details, visit pesi.com/webcast/83946.

To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

REGISTRATION FORM

TREATING ADULT CLIENTS OF EMOTIONALLY IMMATURE PARENTS

SAVE TIME! Express Register Online: pesi.com/webcast/83946

1 Please complete entire form if sending by mail *please print legibly*



*Email address _____
***Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
***Required for event updates**

2 Pick Your Training (make copy for your records)

LIVE Interactive Webcast

November 10, 2020 [PWZ83945]

\$219.99 tuition*

8am Eastern time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

FREE BONUS:

Replay On-demand Access for 90 Days Afterwards

Digital Seminar [POS057245]

\$219.99**

Includes:

Self-study CE Certificate

Lifetime On-demand Access

Downloadable Manual

DVD [RNV057245]

\$219.99***

Includes:

Self-study CE Certificate

Lifetime Access

Downloadable Manual

3 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to **PESI, Inc.**

Purchase order enclosed (Fed ID # 26-3896894)

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ CVV*# _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI, Inc.

PO Box 1000

Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: pesi.com/webcast/83946

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PEI) privacy policy. Please visit pesi.com/privacy for more information.

Total _____
Shipping - \$6.95 (DVD only) _____
Subtotal _____
Tax _____
TOTAL _____

* For webcasts, add applicable tax in HI, NM
**For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.
***For DVD orders, add applicable tax except in AK, DE, MT, NH, OR
CE hours and approvals on products may differ from live CE approvals.
Additional CE participant prices may vary.

PLEASE RETURN ENTIRE REGISTRATION FORM