

Outline

Gaslighting in Relationships and Society

- Define what gaslighting is in measurable terms
- Review of term Gaslighting
- Romantic/intimate relationships
- Friendships
- Family relationships
- Work
- How gaslighting shows up on a larger scale: social media and advertising
- Gaslighting and communal trauma in minority groups

Signs and Side Effects of Gaslighting

- How this shows up for our clients
- Loss of self-confidence
- Emotional disturbance
- Increased vulnerability to emotional abuse
- Decreased autonomy
- Increased risk of codependency
- Retraumatizing survivors of abuse and trauma

Objectives

1. Analyze how gaslighting in the context of romantic relationships, friendships, and family relationships can lead to long term effects like trauma, anxiety and depression.
2. Employ in-session approaches to help clients become aware of gaslighting behavior in their lives and recognize the consequences.
3. Differentiate gaslighting from other forms of emotional abuse to improve your ability to recognize the subtle signs that clients may be victims.
4. Employ body-based approaches to help clients who have experienced gaslighting validate their experience and rebuild trust in themselves.
5. Utilize techniques from a variety of therapeutic approaches to unravel problematic beliefs that can prevent victims of gaslighting from making therapeutic progress.

Live Webinar Schedule - times listed in Central

8:00 am Program begins 11:15 am Program ends

There will be one 15-min break at 9:30am. A more detailed schedule is available upon request.

Clinical Approaches

- Review of Evidence-based treatments
- Insight and self-awareness – how to help clients recognize gaslighting in their lives
- Self-forgiveness and compassion techniques to heal from shame and interrupt self-criticism
- Body-based approaches to help clients validate their experience and rebuild trust in themselves
- Assertiveness training — teach clients to express needs clearly, directly, and openly
- 5 steps to help clients set healthier boundaries
- Teach clients to identify traits of healthy relationships
- Unravel problematic beliefs with IFS, DBT, narrative therapy and somatic experiencing techniques
- Research limitations and treatment risks



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Emotional Abusive Behaviors and a Closer Look at Gaslighting

Clinical Tools to Break the Cycle of Manipulation and Regain Personal Power

LIVE Interactive Webinar

Wednesday, February 3, 2021

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Emotional Abusive Behaviors and a Closer Look at Gaslighting


Clinical Tools to Break the Cycle of Manipulation and Regain Personal Power

- A must-have resource for all clinicians
- Recognize the subtle signs of this devastating form of emotional abuse
- Help clients build resilience to the effects of gaslighting and regain their personal power
- Treatment suggestions and exercises to help clients regain control of their lives

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Emotional Abusive Behaviors and a Closer Look at Gaslighting

Clinical Tools to Break the Cycle of Manipulation and Regain Personal Power

Featuring Amy Marlow-MaCoy, LPC

Author of the Amazon best-selling book *The Gaslighting Recovery Workbook: Healing from Emotional Abuse*

"It's my own fault isn't it..."

The trauma caused by the verbal and emotional abuse of Gaslighting can and leave clients doubting their self-worth, feeling isolated and questioning their sense of reality. They can lose hope as their abuser wears them down and takes control.

But Gaslighting is often subtle. It can be hard to spot, even for therapists.

Without recognizing the signs and knowing how to work with the resulting trauma in therapy, your clients could continue to suffer the effects of ongoing abuse and manipulation.

This 3-hour program is a must-have for all clinicians so you can recognize the signs of this form of emotional abuse and effectively support your clients in building resiliency, reducing their vulnerability to ongoing abuse, and developing healthier relationships as they reclaim their lives.

Join Gaslighting expert and best-selling author Amy Marlow-MacCoy, LPC, as she gives you the skills and tools you need to help your clients:

- Recognize Gaslighting in romantic, friendship and family relationships
- Build resilience to the effects of gaslighting and regain their personal power
- Cope with guilt, anxiety, and shame over setting boundaries
- Work through their traumas with techniques from IFS, DBT, narrative therapy, somatic experiencing and other approaches

Make sure you're prepared to help clients facing the devastating impacts of this growing form of psychological abuse.

Register today!

Target Audience:

Social Workers • Licensed Professional Counselors • Physicians
Psychiatric Nurse Practitioners • Psychologists • Psychiatrists
Other Mental Health and Social Work Professionals



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Meet Your Speaker

Amy Marlow-MaCoy, LPC, focuses her practice on treating complex and developmental trauma in adults raised in narcissistic, emotionally immature, and toxic families of origin.

She is the author of the Amazon best-selling book *The Gaslighting Recovery Workbook: Healing from Emotional Abuse* (Callisto Media, 2020), a workbook designed to help individuals identify, understand, and begin to heal from emotional trauma and abuse caused by gaslighting in interpersonal relationships.

Amy has been trained in Level 1 Internal Family Systems therapy. She also provides supervision to LPC candidates and regularly consults with other clinicians regarding treatment of adult children of narcissists. She earned her Master of Education in counseling psychology degree from Temple University.

Speaker Disclosure:

Financial: Amy Marlow-MaCoy maintains a private practice. She is an author and receives royalties. She receives a speaking honorarium from PESI, Inc.

Non-financial: Amy Marlow-MaCoy is a member of the American Counseling Association.

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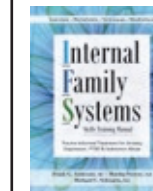
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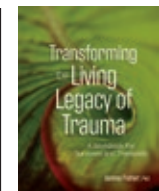
Recommended Reading:



Internal Family Systems Skills Training Manual

Frank G. Anderson, M.D., Martha Sweezy, Ph.D., and Richard Schwartz, Ph.D.

~~\$29.99~~ **\$22.99***



Transforming The Living Legacy of Trauma

A Workbook for Survivors and Therapists

Janina Fisher, Ph.D.

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