

## 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 Webinar Schedule

(Times listed in Central)

**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.

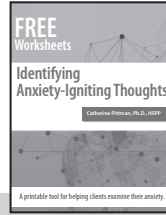
A more detailed schedule is available upon request.

## 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.

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# 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 Webinar

**Wednesday, September 15, 2021**

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



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# 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



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 Webinar

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## 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!**

### Target Audience:

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



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## Meet Your 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 30 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 Disclosure:

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.

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage & Family Therapists, Physicians, Case Managers, Psychologists, and Social Workers.**

For specific credit approvals and details, visit [www.pesi.com/webcast/85610](http://www.pesi.com/webcast/85610)

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This program is Approved by the National Association of Social Workers (Approval # 886759332-2401) for 6.0 Social Work continuing education contact hours.

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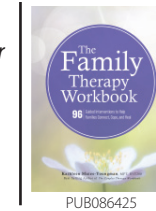
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- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-844-8260 to check for availability and pricing

### Recommended Reading:



**Feeling Great**  
*The Revolutionary New Treatment for Depression and Anxiety*  
David D. Burns, M.D.  
~~\$26.99~~ **\$19.99\***



**The Family Therapy Workbook**  
*96 Guided Interventions to Help Families Connect, Cope, and Heal*  
Kathleen Mates-Youngman, MFT, RYT200  
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