

..... Outline .....

**A More Dangerous Form of Emotional Abuse**

Potential for domestic homicide is higher  
Lifetime attachment issues for children witnessing the abuse  
Parental alienation  
Chronic loss of self-esteem; higher suicide rates  
Gaslighting probability higher in men

**Warning Signs of Gaslighting**

Intermittent positive reinforcement (breadcrumbing)  
Slow spiral into instability  
Compulsive lying with malicious intent  
Jekyll and Hyde personality

**Unpacking Profile of Perpetrator**

Narcissist, sociopath, or learned behavior?  
Nature/nurture

Demands absolute loyalty, never gives it in return

Chronic pattern of infidelity

May be very charismatic

They'll only attend couples therapy, never individual

Gaslighting the therapist

*Case study:* 38-year-old male, gaslighting his partner

**Recognizing Gaslighting Abuse in Clients**

Disconnected and isolated from family and friends

Blames self for abuse

Difficulty recognizing gradual build of abuse

Ruminates on how to "fix" relationship

Abuse in family of origin

Increase in anxious attachment style traits

Given up independence, including job and solo activities

Enters therapy because they view themselves as the "problem"

**Healing from Family-of-Origin and Complicated Grief**

Insecure attachment

Permission to detach, reduce, or cease communication

Sticking to healthy boundaries

Reverse relationship patterns

*Case study:* Cassie, 60-year-old female, family-of-origin engages in gaslighting

**Help Clients Rebuild Their Lives**

Effective strategies for co-parenting with gaslighter

Legal protections for clients and their children

Formation of healthy boundaries

*Case study:* Jamie, 45-years-old, co-parenting with a narcissist

*Case study:* 35-years-old, co-parenting with gaslighting ex-partner

**Potential Pitfalls for Therapists**

Triangulation of therapist

Being swayed by gaslighter's charisma

Frustration over client returning to relationship

Pushing own agenda of client independence

Vicarious traumatization and burnout

Risks and limitations

**Live Webinar 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. Utilize solution focused, cognitive behavioral therapy techniques to address victims of emotional abuse.
2. Differentiate between abusive behaviors defined as "gaslighting", poor communication, and other forms of emotional abuse.
3. Evaluate the effectiveness of evidence based practices to address emotional abuse
4. Determine whether a client is experiencing complicated grief as a result of leaving their abuser using techniques from attachment and complicated grief therapy.
5. Utilize clinical strategies from a trauma-informed perspective to identify vulnerabilities and trauma that abusers prey upon.
6. Educate clients to identify potential abusive behavior in future relationships.

FREE WORKSHEETS!

Identifying Anxiety-Igniting Thoughts

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

Catherine Pearson, Ph.D., MSW

A printable tool for helping clients examine their anxiety.

Get yours today at [pesi.com/ccatpworksheets](http://pesi.com/ccatpworksheets)

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

Group Training Solutions Made Easy!

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

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

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

GASLIGHTING

Help Clients Escape and Rebuild from a Narcissist's Emotional Abuse

Live Interactive Webinar  
Wednesday, May 18, 2022

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

REGISTER NOW:  
[pesi.com/webcast/87048](http://pesi.com/webcast/87048)

Join us online for this live training!

GASLIGHTING

Help Clients Escape and Rebuild from a Narcissist's Emotional Abuse

Featuring  
STEPHANIE SARKIS, PHD,  
national presenter and author of  
bestselling book, *Gaslighting: Recognizing Manipulative and Emotionally Abusive People — and Break Free*

Live Interactive Webinar  
Wednesday, May 18, 2022

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

REGISTER NOW:  
[pesi.com/webcast/87048](http://pesi.com/webcast/87048)

A Non-Profit Organization Connecting Knowledge with Need Since 1979

## Gaslighting

### Help Clients Escape and Rebuild from a Narcissist’s Emotional Abuse

Gaslighting is an insidious form of emotional abuse that causes immense damage to clients’ psychological and physical health!

Many victims of this gaslighting feel they’re unable to disclose the abuse, or, unaware of the abuse because they’ve been discredited by the perpetrator as “crazy” and left feeling unsure of reality...

...trapped in a web of manipulation and control.

**Help your clients identify gaslighting and extract themselves from unbearable suffering perpetrated by narcissists and sociopaths.**

Join Stephanie Sarkis, PhD, author of *Gaslighting*, to get the tools you need to identify and treat the emotional abuse of gaslighting, and understand the behavior patterns of those inflicting the emotional abuse.

You’ll learn:

- Top 10 questions for uncovering gaslighting abuse in your clients
- The profile of the gaslighting perpetrator
- Signs and fallout from emotional abuse
- How to differentiate gaslighting from other forms of abuse
- The complexities of the grieving process when leaving a gaslighter
- Tools to help clients rebuild self-awareness and emotional balance

And More!

Don’t let this underserved population of abuse go untreated. The quicker we can identify the signs and psychological ramifications of gaslighting, the sooner we can help clients rebuild their lives.

**Register today!**

#### Target Audience:

Counselors • Social Workers • Psychologists • Marriage and Family Therapists • Physicians  
Addiction Counselors • Mental health professionals who specialize in women’s issues,  
work in domestic violence shelters, work with LGBTQIA+ clients.  
Therapists that work in private practice, group settings, inpatient, and at schools.



**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

#### PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [www.pesi.com/info](http://www.pesi.com/info)!

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).

**Have a seminar idea? A manuscript to publish?** The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Josh Becker** at [jbecker@pesi.com](mailto:jbecker@pesi.com) or call **715-855-6363**.

## Meet Your Speaker

**Stephanie Moulton Sarkis, PhD, NCC, DCMHS, LMHC**, is a bestselling author and psychotherapist specializing in anxiety, gaslighting, narcissistic abuse, and ADHD. She is the author of several books, including the best-selling *Gaslighting: Recognize Manipulative and Emotionally Abusive People - and Break Free* and *10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals*. She was named a Diplomate and Clinical Mental Health Specialist in Child and Adolescent Counseling of the American Mental Health Counselors Association, one of only 20 professionals in the United States with this dual designation. Dr. Sarkis is also a National Certified Counselor, Licensed Mental Health Counselor, and a Florida Supreme Court Certified Family and Circuit Mediator. Dr. Sarkis is the founder of the Sarkis Institute, specializing in the treatment of comorbid anxiety and ADHD. She is a contributor to *Forbes*, *Psychology Today*, and *The Huffington Post*. Her *Psychology Today* posts have been viewed over 35 million times. Her *Psychology Today* article “11 Warning Signs of Gaslighting” went viral, with over 13 million views. She has taught the graduate-level classes Diagnosis and Assessment of Mental Health Disorders in addition to Law and Ethics of Counseling at the University of Florida and Florida Atlantic University. She is the host of the Talking Brains podcast and the cohost of the Nerds in Love podcast. Dr. Sarkis earned a PhD, EdS, and MEd in Mental Health Counseling from the University of Florida, named by *US News and World Report* as the top counselor education program in the country. Dr. Sarkis has appeared on CNN, 10% Happier with Dan Harris, Sirius XM Doctor Radio, ABC (U.S.), ABC (Australia), and many more media outlets. Her research on comorbid ADHD and its impact on pediatric executive function was published in the *Journal of Attention Disorders*. She is based in Tampa, Florida, where she provides evaluations and psychotherapy via telehealth. She has been in private practice for 20 years. You can visit her website at [www.stephaniesarkis.com](http://www.stephaniesarkis.com).

#### Speaker Disclosure:

Financial: Stephanie Sarkis is the founder of the Sarkis Institute. She has received monetary awards for her research and has worked as a sub-investigator for major pharmaceutical companies, such as Abbott Laboratories, Glaxo/SmithKline, and Lexicor. Stephanie has books published by New Harbinger Publications and receives royalties. She writes blogs for Psychology Today and Huffington Post. She receives a speaking honorarium from PESI, Inc.

Non-financial: Stephanie Sarkis is on the Professional Advisory Board of Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD). She has received an American Psychological Association Outstanding Dissertation Award.

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit [pesi.com/webcast/87048](http://pesi.com/webcast/87048)

#### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

\*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 Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: [www.pesi.com/webcast/87048](http://www.pesi.com/webcast/87048)

This program is Approved by the National Association of Social Workers (Approval # 886759332-6079 for 6.0 Social Work continuing education contact hours.



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 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.

Earn up to  
**6.25 CE**  
Hours for one  
low price!

## SIGN UP-TODAY! Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

**Register Online at: [pesi.com/webcast/87048](http://pesi.com/webcast/87048)**

### Live Interactive Webinar (*Option 1*)

**May 18, 2022** [PWZ87047]

**\$219.99** tuition

8am Eastern time

#### Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar

*\*Live CE is only available when viewed live*

**Get a Group Discount!** Contact us at [pesi.com/info](http://pesi.com/info) to save for groups of 5 or more

### On-Demand Digital Seminar (*Option 2*)

**\$219.99** [POS057880]

#### Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
  - Access to the program materials
  - Enjoy lifetime on-demand access
  - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability.

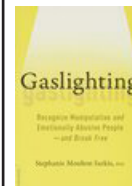
### DVD (*Option 3*)

**\$219.99** [RNV057880]

#### DVD Experience:

- 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 800-726-3888 to check for availability and pricing

### Recommended Reading:



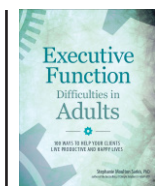
#### Gaslighting

*Recognize Manipulative and Emotionally Abusive People - and Break Free*

Stephanie Sarkis, PhD, NCC, DCMHS, LMHC

~~\$16.99~~ **\$14.99\***

SAM086085



#### Executive Function Difficulties in Adults

*100 Ways to Help Your Clients Live Productive and Happy Lives*

Stephanie Moulton Sarkis

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

PUB085200

*\* Discount Included with purchase of the Webinar*

#### OTHER WAYS TO REGISTER

**Phone: 800-726-3888**

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000

Eau Claire, WI 54702-1000

\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

#### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

#### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

#### TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



©2022