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

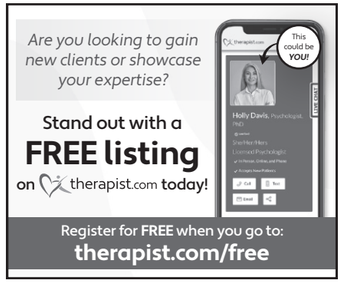
Live Webinar Schedule
(Times listed in Mountain)

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.



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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,
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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.

Speaker Disclosure:

Financial: Dr. Stephanie Moulton Sarkis maintains a private practice. She serves as a contributor to Forbes, The Huffington Post, and Psychology Today and is an advisory panel member for Evergreen Certifications. Dr. Sarkis is a facilitator for Collaborative Divorce. She receives royalties as a published author. She receives a speaking honorarium, recording, and book royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Stephanie Moulton Sarkis is a professional expert for Understood.org, part of the National Center for Learning Disabilities. She is a member of the Attention Deficit Disorder Association, American Mental Health Counselors Association, Children and Adults with Attention Deficit Disorder, and the National Board for Certified Counselors.

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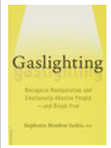
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