

OUTLINE

Pathways to Estrangement

Common reasons for estrangement and what they mean for your practice  
Collectivism versus individualism - changing meaning of family  
Generational differences in understanding abuse, harm, neglect, and trauma  
How to prepare for and deal with threats to the status quo of family dynamics  
Key assessment questions to evaluate estrangement history and potential

From Setting Boundaries to Cutting Off Contact

Guidelines for discerning the level of toxicity of the family system  
Differences between emotional cut-off, alienation, and estrangement  
Address tension, reduce conflict, and set boundaries  
When you know the diagnosis of non-client family members  
Common mistakes of therapists in the arena of blame and shame

Clinical Tools for When the Client is the Initiator of the Estrangement

Overcome obstacles that maintain painful feelings of rejection, fear, guilt, and anger  
Confidently answer the “is this relationship healthy?” question  
Manage estrangement-related guilt and shame  
Re-configuring family: support identity changes that occur along with estrangement  
Treat estrangement-related trauma and grief  
Tailored interventions for when the initiator has mental illness or addiction

Therapy Strategies for When the Client is the Estranged Individual

Clinical approaches to doing no harm  
Strategies for facilitating a potential reconciliation  
How to help clients cope when there are cycles of contact  
Re-establish identity stability in the face of ambiguous grief and shame  
Interventions for estranged parents  
Considerations for when the estranged individual has mental illness or addiction

Clinical Considerations

Manage countertransference issues rooted in the therapists’ family relationships  
Ethics in family estrangement  
Determining when to work with additional family members or the whole family system  
How to collaborate with co-providers when there is a family estrangement  
Support resources for estranged family members  
Limitations of the research and potential risks

**Live Webinar Schedule**  
*(Times listed in Pacific)*

**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. Describe three common reasons that estrangements occur.
2. Analyze generational differences in understanding abuse, harm, neglect, and trauma.
3. Evaluate two differences between alienation and estrangement.
4. Choose treatment strategies to reduce estrangement-related trauma and grief.
5. Plan interventions for estranged family members based on knowledge of their current mental health status.
6. Manage countertransference issues rooted in the therapist’s own family relationships to improve treatment outcomes.

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Comprehensive Training for the Silent Epidemic of Family Estrangement

# ESTRANGED RELATIONSHIPS

## Clinical Tools to Navigate the Divide Between Family Members



LIVE Interactive Webinar

Monday, November 7, 2022

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



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# ESTRANGED RELATIONSHIPS

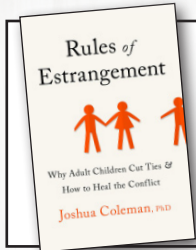
## Clinical Tools to Navigate the Divide Between Family Members



**Joshua Coleman, PhD,**  
International Expert on Family Estrangements

Featured in *The New York Times*, *The Atlantic*, *Psychology Today*, *CNN.com*, *NBC’s Today Show*, *ABC’s Good Morning America*, *PBS*, *NPR*, and more

- Know when - and when not - to support cutoffs
- Help family members reconcile when it’s possible and move forward when it’s not



Praise for Dr. Coleman’s book

“Finally, here’s a hopeful, comprehensive, and compassionate guide to navigating one of the most painful experiences for parents and their adult children alike.”

— Lori Gottlieb, psychotherapist and New York Times bestselling author of *Maybe You Should Talk to Someone*

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# ESTRANGED RELATIONSHIPS

## Clinical Tools for When Family Members Cut Each Other Off

**Estrangement from family is on the rise.** And therapists are being asked to weigh in on these separations.

Clients use therapy to work through so many challenging family-related experiences - toxic communication styles.. childhood trauma.. lack of attuned parenting.. unchecked sibling rivalry.. parental divorce.. mental illness or addiction in a family member..

What should you do when clients begin to lean toward cutting off family members? **When is estrangement the best choice?** How can you know whether the family system is truly toxic? What if your client cuts off contact and it creates more problems than it solves?

Maybe you are seeing cut-off family members in your practice. They are hurting and confused about their role in what happened. **Therapists can easily misstep and unintentionally make existing separations worse.**

Joshua Coleman, PhD is the author of *The Rules of Estrangement: Why Adult Children Cut Ties and How to Heal the Conflict* and a leading expert on family relationships. He's appeared on the *Today Show*, *Good Morning America*, *NPR*, *PBS* and other major media outlets. More than an expert, Dr. Coleman brings his lived experience to this important work as a father whose daughter cut off contact for several years and later reconciled.

Join Dr. Coleman for this live one-day webinar and **fill the knowledge and practice gap around estrangement** so that you will be able to:

- Respond with confidence to clients who ask your opinion about cutoffs
- Gain **tools for addressing tension, conflict, and boundary-setting**
- Support your clients experiencing estrangement-related guilt, shame, trauma, and grief
- Implement **key interventions for facilitating a potential reconciliation**

Don't miss this chance to **provide your clients with the emotional tools they need to reconcile when it's possible and move forward when it's not.**

Register today!



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## MEET YOUR SPEAKER



**Joshua Coleman, PhD**, is a psychologist in private practice in the San Francisco Bay Area and a Senior Fellow with the Council on Contemporary Families, a non-partisan organization of leading sociologists, historians, psychologists, and demographers dedicated to providing the press and public with the latest research and best-practice findings about American families. He is the author of several books, including *Rules of Estrangement: Why Adult Children Cut Ties and How to Heal the Conflict*, and *When Parents Hurt: Compassionate Strategies When You and Your Grown Child Don't Get Along*. Dr. Coleman has written for numerous newspapers and magazines, including *Atlantic Magazine*, *Psychology Today*, *The New York Times*, and *CNN.com*. He has television and radio appearances including on *NBC's Today Show*, *ABC's Good Morning America*, *Sesame Street*, and *NPR*.

Speaker Disclosure:

Financial: Dr. Joshua Coleman maintains a private practice. He receives royalties as a published author. Dr. Coleman receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Joshua Coleman has no relevant non-financial relationships.

### Target Audience:

Counselors • Social Workers • Marriage & Family Therapists • Psychologists  
Physicians • Addiction Counselors • Psychiatric Nurses

## 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, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

### 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 webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84372>.



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This activity is pending approval from the National Association of Social Workers.



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**November 7, 2022** [PWZ87847]

**\$219.99** tuition

8am Pacific time

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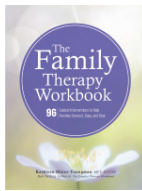
## Recommended Reading:



**Peaceful Parent, Happy Kids Workbook**  
*Using Mindfulness and Connection to Raise Resilient, Joyful Children and Rediscover Your Love of Parenting*  
Laura Markham, PhD

~~\$24.99~~ **\$19.99\***

PUB085395



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

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

PUB086425

*\* Discount Included with purchase of the Webinar*

### OTHER WAYS TO REGISTER

**Phone: 800-726-3888**

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### QUESTIONS

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