

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

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

Live Interactive Webinar Friday, December 9, 2022

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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*

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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,
Therapists that work in private practice, group settings, inpatient, and at schools



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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*. Dr. Sarkis is a facilitator for Collaborative Divorce. She is a published author and receives royalties. She receives a speaking honorarium, recording royalties, and book royalties from PESI, Inc. Dr. Sarkis has no relevant financial relationships with ineligible organizations to disclose.

Non-financial: Dr. Stephanie Moulton Sarkis is an advisor to the Institute of Certified ADHD Professionals and a Professional Expert Understood.org, part of National Center for Learning Disabilities. She is a member of Next Generation Divorce, Hillsborough County Bar Association, Attention Deficit Disorder Association, American Mental Health Counselors Association, Children and Adults with Attention Deficit Disorder, Florida Mental Health Counselors Association, Suncoast Mental Health Counselors Association, and the National Board for Certified Counselors.

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

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\$219.99 tuition

8am Eastern time

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DVD (Option 3)

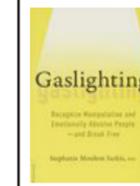
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DVD Experience:

- Self-study CE certificate available

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Recommended Reading:



Gaslighting
Recognize Manipulative and Emotionally Abusive People - and Break Free
Stephanie Sarkis, PhD, NCC, DCMHS, LMHC
~~\$16.99~~ **\$14.99***

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