

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.

Are you looking to gain new clients or showcase your expertise?

Stand out with a **FREE listing** on therapist.com today!

Register for FREE when you go to: [therapist.com/free](https://www.therapist.com/free)

Group Training Solutions Made Easy!

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

www.pesi.com/inhouse

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

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

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
Friday, December 16, 2022

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



REGISTER NOW:
[pesi.com/webcast/88035](https://www.pesi.com/webcast/88035)

Join us online for this live training!

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
Friday, December 16, 2022

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



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:
[pesi.com/webcast/88035](https://www.pesi.com/webcast/88035)

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



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 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!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at 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 **Ryan Bartholomew** at rbartholomew@pesi.com or call 715-855-8225.

Meet Your Speaker

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* (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: Dr. Lindsay Gibson maintains a private practice. She is a published author and receives royalties. Dr. Gibson receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Lindsay Gibson has no relevant non-financial relationships.

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, 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.



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.



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



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.

Self-study credit: To check availability for your profession, go to 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.

Earn up to
6.25 CE
Hours for one
low price!

For all credit approvals and details, visit: www.pesi.com/webcast/88035

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/88035

Live Interactive Webinar (Option 1)

December 16, 2022 [PWZ88034]

\$219.99 tuition
8am Central 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 to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 [POS057245]

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 or call 800-726-3888 to check for availability.

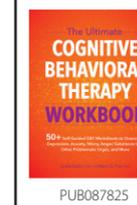
DVD (Option 3)

\$219.99 [RNV057245]

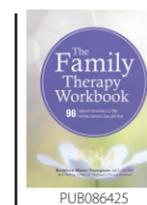
DVD Experience:

- Self-study CE certificate available
CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



The Ultimate Cognitive Behavioral Therapy Workbook
50+ Self-Guided CBT Worksheets to Overcome Depression, Anxiety, Worry, Anger, Substance Use, Other Problematic Urges, and More
Leslie Sokol, PhD | Marci Fox, PhD
PUB087825 ~~\$29.99~~ **\$19.99***



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

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 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 or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

