

HEALING FROM TOXIC RELATIONSHIPS

Toxic relationships come in all types— *romantic partners, business partners, parents, siblings, friends...*

and everyone, at some point in their lives, has experienced a toxic relationship.

As a therapist you'll encounter at least one client a month who is preparing to leave or has left a toxic relationship. They're emotionally fragile, so being well-educated on how to provide the best care for your client is a must - as well as how to deal with your own feelings of frustration when your client returns to the toxic relationship.

Stephanie Sarkis PhD is the author of the best-selling books *Gaslighting: Recognize Manipulative and Emotionally Abusive People— and Break Free* and *Toxic Relationships: Help Your Clients Recover from Gaslighting, Narcissism, and Emotional Abuse*.

Join Dr. Sarkis, for this LIVE two-day webinar where she shows you, through evidence-based practice: *trauma-informed therapy, dialectical behavior therapy, solution-focused therapy, acceptance and commitment therapy, cognitive-behavioral therapy, case studies* and her 20 years of experience, how to help clients rebuild their lives after the trauma of a toxic relationship:

- Knowing what to do when your client gets “hooked” on the cycle of abuse & reconciliation
- Client who continues to seek out similar toxic relationships
- Moving on without closure
- Letting go of anger and self-blame
- Establishing boundaries
- Practicing self-care
- Grief – working through the loss
- Rebuilding emotionally healthy relationships

Don't miss out on getting answers to an all-too common but under-discussed personality type!

Sign up today!

Target Audience:

Mental health professionals who specialize in women's issues, work in domestic violence shelters, work with LGBTQIA+ clients, marriage and family therapists, and therapists that work in private practice, group settings, inpatient, and at schools.

Members of the American Association for Marriage and Family Therapy, American Psychological Association, American Association of Sexuality Educators, Counselors, and Therapists, and American Mental Health Counseling Association would benefit.

Meet Your Speaker



Stephanie Moulton Sarkis, PhD, NCC, DCMHS, LMHC, is a psychotherapist specializing in narcissistic abuse, gaslighting, anxiety, and ADHD. She is the author of eight books and one workbook, including the best-selling *Healing From Toxic Relationships: 10 Essential Steps to Recover from Gaslighting, Narcissism, and Emotional Abuse* and *Gaslighting: Recognize Manipulative and Emotionally Abusive People - and Break Free*. Dr. Sarkis is a National Certified Counselor, Licensed Mental Health Counselor, American Mental Health Counselors Association Diplomate (Clinical Mental Health Specialist in Child and Adolescent Counseling), and a Florida Supreme Court Certified Family and Circuit Mediator. She has been in private practice for 22 years. She is a senior contributor for *Forbes*, and is also a contributor to *Psychology Today*. She is the host of the Talking Brains podcast. She is based in Tampa, Florida. 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.

Objectives

1. Employ evidence-based practice from trauma-informed therapy, dialectical behavior therapy, solution-focused therapy, acceptance and commitment therapy, and cognitive-behavioral therapy to assist clients in rebuilding their lives.
2. Assess suicidality effectively and treat it through integrative psychodynamic psychotherapy and dialectical behavior therapy.
3. Determine a diagnosis of complex PTSD through trauma-informed interviewing skills.
4. Evaluate the research-based benefits of altruism through volunteering in increasing self-esteem and self-efficacy.
5. Analyze how parental alienation further traumatizes clients and their children.
6. Build 10 tools to help clients reestablish healthy boundaries via research-based activities.
7. Utilize clinical strategies to uncover and heal client's family-of-origin trauma.
8. Reduce symptoms of post-traumatic stress disorder through trauma-informed therapeutic techniques.
9. Prescribe individualized therapeutic care to improve client engagement when discussing experience of abuse.
10. Determine level of family-of-origin pathology in order to inform choice of treatment interventions.
11. Demonstrate knowledge of vicarious trauma for purposes of reducing clinician burnout.
12. Diagnose complex post-traumatic stress disorder in a clinical setting.

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2-Day:
HEALING FROM TOXIC RELATIONSHIPS

Help Your Clients Recover from Gaslighting, Narcissism, and Emotional Abuse

Live Interactive Webinar
Thursday & Friday, January 26 & 27, 2023

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

REGISTER NOW: pesi.com/webcast/88194

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2-Day:
HEALING FROM TOXIC RELATIONSHIPS

Help Your Clients Recover from Gaslighting, Narcissism, and Emotional Abuse

Featuring **Stephanie Moulton Sarkis, PhD, NCC, DCMHS, LMHC** psychotherapist specializing in anxiety, gaslighting, narcissistic abuse, and ADHD. She is the author of bestselling *Gaslighting* and newly released *Healing from Toxic Relationships*.

- Neurobiological reasons for getting “hooked” on the cycle of abuse and reconciliation
- Evidence-supported questions to determine comorbid diagnosis & conditions
- CBT, DBT and ACT to manage inner dialogue and complicated grief
- Case studies of both clients who survived toxic relationships and clients who identified themselves as perpetrators

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Outline

Neurochemical Cycle of Abuse: Every Day is a Recovery

Harder to leave when trauma bonding has occurred

Abuse = cortisol levels and adrenaline increases

Reconciliation = dopamine and oxytocin increase

Client's brain can get addicted to this cycle

Withdrawal and/or reframing grief after the relationship (i.e., drug withdrawal)

Phases of Toxic Relationships – Cycle of Abuse

Attachment Style – Predictor of abuse vulnerability

Idealizing - Relationship begins - seems too good to be true, pressured commitment

Devaluing - Toxic person starts emotional abuse, eventually ramps up into physical abuse

Discarding - Client discovers toxic person's infidelity, "financial cheating" or toxic person leaves

Results of Toxic Relationships

Complicated grief

Questioning what was "real" in the Relationship

Complex PTSD

Dissociative episodes

Brief psychotic episode

Dissociative identity disorder

Suicidality

Case study: Sarah, a 52-year-old female who is experiencing complex grief as a result of an abusive family of origin and abusive relationship

Returning to the Toxic Relationship

Leave toxic relationships at least three times before they leave for good or are killed

Abusers "hoover" victims to get their "narcissistic supply"

Therapists may start "fixing" rather than supporting client – codependent behavior

Solution-Focused Therapy to Relearn Self-Care

Creating future plans

Emotional and physical safety

ADL's – in extreme cases

Reconnecting with healthcare (infidelity, etc)

Seeking injunction – restraining order

Reframing self-care as a necessity rather than a luxury

Case study: James, a 53-year-old male relearning basic life skills that were lost as a result of severe abuse and depression

Trauma-Informed Therapy to Break Free from Codependence

Multicultural therapy's view that codependence is a culture-bound term

Multi-cultural implication – divorce, religious, traditional gender roles/abuse

Determining clients "secondary gain" from codependent behavior

Toxic Family of Origin

Abuse can be intergenerational

Family of origin substance abuse

"Splitting" - golden child and a scapegoat child

Siblings may maintain dysfunctional roles into adulthood

Using genograms to identify client's familial behavior patterns

Transgenerational family therapy

Caregiving and elderly toxic parents

Existential Therapy Tools to Manage Suicidality

Best way to assess for suicidality according to research

Myths about suicidal behavior

Hidden signs of suicidality

Evidence-based treatment of suicidality resulting from abuse

Case study: Emma, a 17-year-old who has ended an abusive relationship

Coparenting with a Toxic Personality

Parental alienation

Using detailed parenting plan

Resources available - parent coordinator, family law attorney (some do pro bono work)

Communicate via a coparenting app

Case study: Ian, a 48-year-old who is learning how to coparent with their ex-partner who has been diagnosed with narcissistic personality disorder.

DBT & Grief Therapy Techniques to Redefine Closure

Toxic person will not give closure

Toxic people keep exes and friends "in rotation"

Helping clients find their own closure

Forgiveness is not necessary for closure

Dangers of pushing an agenda of forgiveness on clients

Sometimes closure is not possible

Clients can have fulfilling lives without closure or forgiveness

Reconnecting with Trusted Friends and Family

Reassessing emotional health of client's loved ones

Client's level of disclosure about the abuse to friends and family – how much is too much

Case study: Jimmy, a 28-year-old male reconnecting with family after going no-contact with his mother

ACT & Trauma-Focused Techniques to Help Client Forgive Themselves

Forgiving can be a continual process

Empty chair and writing techniques

CBT – changing inner dialogue (to non-violent communication)

Altruism as pathway to healing volunteerism – increase self-esteem and self-concept

The Power of Language in Session

When to refer to a relationship as "abusive"

Go at same pace of your client

Ask client what words they prefer

Some words can be triggers

Case Study: Sheila, a 38-year-old mother of two who feels she is the cause of the difficulties in her marriage

Trauma-Informed and Solution Focused Therapy - Prepare for Life After a Toxic Relationship

Helping clients identify signs of a healthy person

Addressing client's concerns about a healthy relationship feeling "boring"

Addiction to the excitement of a toxic relationship

Reviewing client's progress

TIPS for Therapists

Attend regular therapy sessions and clinical supervision

Beware of client's experiences triggering your trauma

Expect to be contacted by abuser

You may be involved in litigation

Protecting yourself and your practice

Look for signs of burnout

Practice proactive self-care

Live Webinar Schedule (both days) (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.

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"I appreciate all the extra information you gave in today's seminar. You are a natural! The greatest thing, though, is that you are able to reach so many people in need. You have truly been a great resource. Thank you!" - sw

★★★★★

"I was moved by the information you presented. So many of us are impacted by these disorders and more." - KF

★★★★★

"Thank you for an excellent seminar, it was the most informative presentation I have attended." - PA

★★★★★

"I thoroughly enjoyed and appreciated your seminar. You provided very helpful context to findings we all too often see in relationships" - FJ

★★★★★

"I can't tell you what a relief it is to know that this topic is being as carefully and clearly presented as you have done." - GJ



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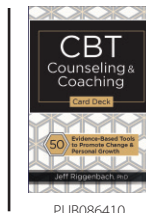
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Stephanie Sarkis, PhD, NCC, DCMHS, LMHC
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