

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. Minimize 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:
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Help Your Clients Recover from Gaslighting, Narcissism, and Emotional Abuse

Live Interactive Webinar
Thursday & Friday, May 18 & 19, 2023

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

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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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