

AGENDA

Helping the Adult Client with Toxic Parents

Via Zoom

February 4, 2022

9am-4:30pm

8:30-9:00 Registration

9:00-10:15: A: The History of Influence

How has mental health previously seen the influence of parents on their children?
Is it nature or nurture? Or could it be both?

B: From the transpersonal perspective what are adult children saying regarding the impact of toxic parents on their upbringing?

C: The threat of non-being arises when we are treated like objects.

D: Self or no Self? How have our ideas about the earliest stages of development with regard to the Self?

E: From a transpersonal perspective, what effect does mirroring or lack of it have on the developing child?

10:15-10:30: Break

10:30-12:00: A: A study of the survival personality: The identity. Why we do it, what it accomplishes, and what it derails.

B. Definition and discussion of some of the classic identities:

The Superhero

The Victim

The Bully

The Scapegoat

The Black Sheep

The Clown/Peter Pan

The Golden Child

The Runaway

The Superwoman

C. What is a toxic parent?

The parent's lack of or low empathy

The emotionally immature parent: 4 types (Gibson)

The emotional parent

The driven parent

The passive parent

12 Noon to 1 pm: Lunch

1pm to 2:30pm

A. What is the toxic parent? (Continued)

- The addicted parent
- The verbal abuser
- The emotional abuser
- The physically abusive parent
- The sexually abusive parent
- The spiritually abusive parent
- B.** Barriers to recovery/coping mechanisms:
 - The child takes responsibility.
 - Denial
 - Bargaining
- C.** Healing: Self-Realization as the transpersonal goal
- D.** The long process of outgrowing our upbringing
 - Finding Self, the how-to.
 - Finding Self:
 - Dealing with the idea that it's selfish to care for self.
 - The good/evil complex
 - Finding Self: The transpersonal task
- E.** There is no obligation to forgive.

2:30pm to 2:45 pm: Break

2:45 to 4:30 Healing (Continued)

- A.** Assigning responsibility.
- B.** The grief process: anger and outrage
- C.** Mourning the losses.
- D.** Taking personal responsibility for adult living and healing.
- E.** Interacting with toxic parents as an adult.
- F.** Boundaries.
- G.** To confront or not to confront.
- H.** Finding a partner who does not look/act like the toxic parent.
- I.** The authentic Self.