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.