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ON-DEMAND WEBINAR

Leaving Gaslighting Behind: Helping the Client on the Road to Recovery

Description:



Dr. Robin Stern,
Ph.D

Gaslighting is a term used to describe a dynamic that can occur in romantic, parental, & workplace relationships, that involves the "gaslighter", who persistently puts forth a false narrative, & the "gaslighted", who struggles to maintain their individual autonomy and reality. Typically, gaslighting is effective when there is an unequal power dynamic, where one partner is consistently listening & considering the other partner's perspective; & one partner is consistently negating the other's perception, insisting they are wrong, or telling them that their emotional reaction is irrational. When gaslighting happens over time, the listening partner may exhibit anxiety disorders, depression, or low self-esteem. Please join psychoanalyst **Dr. Robin Stern**, author of "The Gaslighting Effect" in our new webinar. She will help you help your client to spot the personal red flags, understand the destructive power of gaslighting, help the client recognize how they entered the gaslighting dynamic, & learn strategies to stop the gaslighting or, to leave the relationship.



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