



LIVE WEBINAR: May 26, 2026, 10 – 12 MT

Adult Daughters of Narcissistic Mothers:

Patterns, Trauma, & Treatment



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OBJECTIVES:

- 1 Identify common relational patterns associated with narcissistic maternal dynamics and their impact on adult daughters.
- 2 Describe common trauma, attachment, and nervous system responses seen in adult daughters of narcissistic mothers.
- 3 Recognize family system roles and adaptations that may shape adult presentation and functioning.
- 4 Apply trauma-informed treatment considerations when working with clients affected by chronic maternal invalidation, control, and identity disruption.
- 5 Support clients in strengthening self-trust, internal safety, boundaries, and identity development during recovery.

ADULT DAUGHTERS



NARCISSISTIC MOTHERS

Includes:

- A certificate of completion,
- The live webinar event if registering prior to commencement,
- The on-demand recording to watch at your convenience for 1 year,
- A handout in PDF format for viewing or self-printing

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