

WEBINAR WEDNESDAYS

Virtual Training Series

Join us on Wednesday for our next Webinar session! Our sessions grant behavioral health professionals continuing education credits

Helping Estranged Families: Strategies to Heal the Pain When Reconciliation Isn't Possible

Speaker: Dr Joshua Coleman
March 20th, 2024 | 12:00 – 1:30 pm CST



Session Description

In this webinar we'll discuss how to help parents manage the pain when their adult children cut off contact with them. We'll discuss the importance of radical acceptance, self-compassion, and the use of DBT strategies to help them learn how to cope with the pain of estrangement. We'll also examine how the parent's own childhood traumas may make these processes difficult. In the second half of the webinar, we'll discuss how to help parents write a letter of amends: why it can be so difficult and why it is one of the best tools toward reconciliation.



THE MUSCOGEE (CREEK) NATION
P.O. Box 580 | OKMULGEE, OK 74447
918.732.7600 | 800.482.1979

Register For This Session Here:
<https://cvent.me/KXEBS5>

