



# CALL2PARENT

TRANSFORMING CHILDHOOD TRAUMA INTO WHOLENESS

MINI-WORKSHOP SERIES



## Critical Parent: Friend or Foe...?

PRESENTED BY ROBERT N. - SANTA FE, NM – ACA 37 Years

The Call2Parent Mini-Workshop Series is a collection of 2-hour, single topic deep-dive sessions on key topics from the 2020 Call2Parent Fall Workshop Series.

The pervasive, unrelenting ‘critical inner voice’ may be the most prominent challenge for all adult children dealing with healing/transforming the adulthood effects of childhood trauma. How we deal with this “voice” can make a HUGE difference in the pace and depth of our healing. Is ignoring or “thanking” this ‘voice’ helpful...? How about praising and attempting a helpful co-existence...? Is that even possible...? Is ending the connection, to render her/his/their ‘voice’ powerless, even an option...? What options are fleeting, the ‘voice’ keeps coming back...? Is sustainably rendering the ‘voice’ powerless feasible...?

Here are key workshop topics:

- Honest, Objective Relationship Assessment
- Stark Reality vs. Magical Thinking
- Consequences/Benefits of Resolution
- Practical Action - Building Resilience to Resolve

**SATURDAY, JUNE 5 1-3PM MOUNTAIN TIME**

Advance registration is required. Register Here: <http://tiny.cc/c2pmini-registration>