

CARING FOR A PARENT THAT DID NOT CARE FOR YOU

Special Webinar Presentation



May 29, 2024 | 11:00 am PST
ONLINE VIA ZOOM

This course offers a compassionate and insightful exploration into the complex dynamic of caring for parents who may not have reciprocated the same level of care in the past. Through a blend of psychological insights, practical strategies, and empathetic discussions, participants will delve into the emotional, psychological, and practical challenges inherent in such situations and learn how to navigate complex emotions, set boundaries, and cultivate self-care while providing compassionate support to their parents.



Presented by:

Dr. Nina Brown

Dr. Brown is a professor and eminent scholar in the department of Counseling and Human Services at Old Dominion University. Dr. Brown has published over 40 books on the topics of narcissism, therapy, and counseling.

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