

Unheard Mothers

(Online meetings for your convenience)

Developed by: Psychotherapist, Daysha Phimphone LPC,LPN,CCATP

Learn how to become aware of the hurt that impacts your ability to parent your children effectively. 6 modules for mothers who need to be heard so they can stop carrying over the same hurt that has left them emotionally scarred.

Module 1-The Assessment (this Module will help determine the direction of the next few Modules. I'll learn about the family dynamics)

Module 2 Part 1-*The Awareness* (exploring your background and how it affects your relationships with your children, taking a deep look into how you're parenting your children)

Module 2 Part 2-*The Look from the Child's Eye* (determining what your child needs from you. Exploring the relationship with a new, fresh pair of eyes, empathy training, taking a look from the child's perspective)

Module 3-*The Healing (Cleaning Up on the Inside)*

Module 4-*Nurturing the Self* (Forgiving others, Forgiving yourself, proclamation of self-love)

Module 5-*Nurturing the Child* (whispers in the dark, learning to reprogram the subconscious with love, assurance, and affirmations)

Module 6-*Bringing it All Together* (overview of how to live out the things you've learned over the 5 week course, final assessment of the self and the needs of the child)

*****These modules will teach you how to get through your own struggles so that you can be the mother you have always wanted to be for your children. If you are not sure if this course is for you, ask yourself the following questions: "Do you find yourself pushing your children away even when you don't want to? Are you angry, hurt, and emotionally exhausted? Are you carrying hurt from your past? Does this hurt cause you to be emotionally distant from others? Are your children angry, isolated, and defiant? Enroll today!**

(This course is meant for individuals. The sessions will not be in a group setting).

*****Psychotherapist, Daysha Phimphone, LPC,LPN,CCATP**