**Healing from Family of Origin Wounds**

**Resources**

\*Adult Children of Emotionally Immature Parents – Gibson

\*Running of Empty (Overcome Your Childhood Emotional Neglect)– Webb

\*God Attachment – Clinton and Staub

**Treatment Plan**

\*Parent Self – Neglectful Parent

Have to learn to care for self – consistently

Build systems and communities in order to do this

Remove emotional blocks

\*Parenting their children

**Assessment:**

[Microsoft Word - MSCS - Brief.docx](https://catherinecookcottone.com/wp-content/uploads/2018/04/MSCS-Brief-2018-Update.pdf)

[7 Traits Assessment LP - Focus on the Family](https://www.focusonthefamily.com/7traitsassessment/?sfcid=003Uh000002jNk6IAE&utm_medium=email&utm_campaign=2263009&utm_source=Transactional)

**Reminder in counseling:**

Do the opposite of mom (overbearing vs nonexistent)