

# Understanding and Transforming Parental Guilt/Shame

June 26, 2025

10:00-11:30am MDT

All parents contend with the familiar and uncomfortable emotions of guilt and shame and these emotions can hamper the relationship between parent and child. This webinar will touch on this vast topic to help define both guilt and shame, identify ways in which these emotions may manifest in beliefs about oneself as a parent and person, and how these feelings and beliefs may affect parental behaviour. Practical ways to address these experiences will be discussed.



## Learning Outcomes:

- Understanding of emotions of guilt and shame
- Understanding of how feelings affect thoughts and behaviours
- Practical strategies for managing and working with these emotions

## Speakers:

Ms. Marcy Dormer, MC, Registered Psychologist; Equinox Therapeutic and Consulting Inc. - contractor; Have worked within Indigenous school populations as child therapist, Child and Family Services as family therapist, with indigenous individuals, couples and children as private Psychologist



Target Audience: Parents who experience guilt and shame; parents who find themselves struggling to parent due to these emotions

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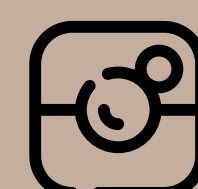
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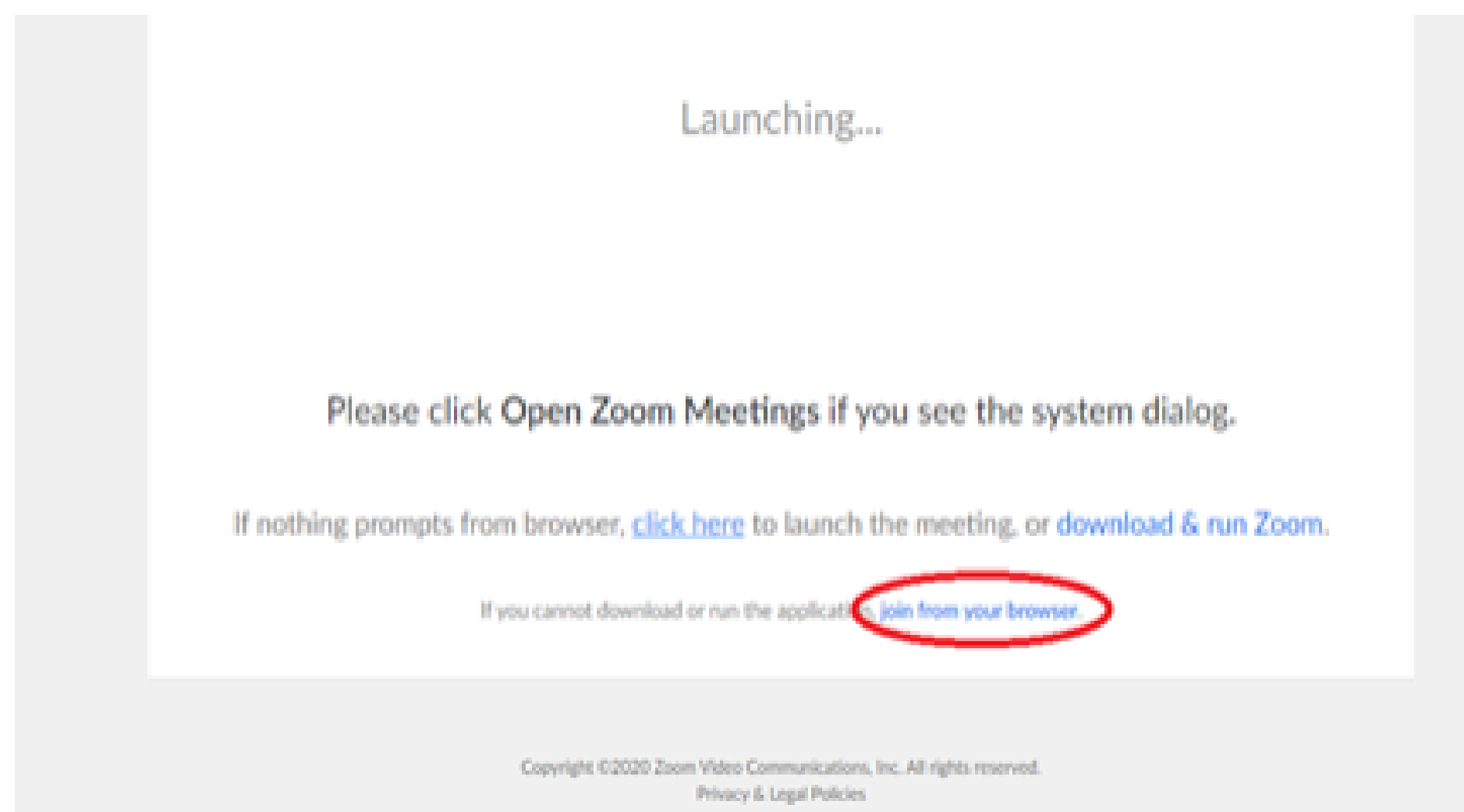
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