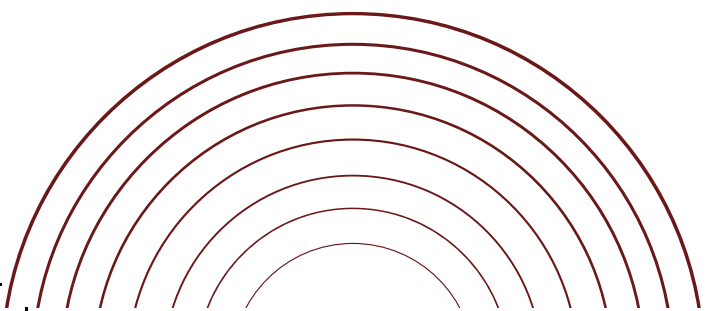


**BEING A PARENT IS THE  
BEST JOB IN THE  
WORLD, AND THE MOST  
DIFFICULT.**

- Are the challenges of parenting contributing to difficulties managing your emotions?
- Are you sometimes surprised by your own reactions in your interactions with your children and wonder where they come from?
- Are disturbing thoughts you had not thought about in many years coming into your mind again since you became a parent?



**Mission:**

Empower Individuals to live healthy purpose-filled lives on their terms.

**Vision:**

To engage individuals, families, and communities in personalized whole self-care based on a boundless belief in personal potential.

**Value:**

Unyielding Empowerment, Relentless Resiliency, Inspirational Integrity, Active Accountability, and Radical Acceptance

**For Questions or to schedule an  
assessment,  
Call 641-243-7277 or  
641-424-2391**

**Angeles Morcuende, MD**



Therapy for  
Parents  
Recovering from  
Childhood  
Trauma



## WHAT IS PARENTS RECOVERING FROM CHILDHOOD TRAUMA?

This is a treatment model designed to address the specific challenges of parents who experienced serious adverse childhood experiences and who are now overwhelmed by parenting their own children.

These parents notice that their memories from childhood get triggered in interactions with their children and this interferes with their relationship.

These parents know they want to do things differently with their own children, but they find it hard, or they don't know how.

Above all, these parents want to protect their children from the experiences they had growing up and they are afraid they will not be able to do it despite their best efforts.

## WHO IS THE THERAPIST?



Dr. Angeles Morcuende is a psychiatrist and psychotherapist who has worked with parents for over a decade. She specializes in complex trauma and its consequences in adults. She has a particular interest in how unresolved trauma affects multiple generations in the same family.

Dr. Morcuende is trained in Attachment Theory, Trauma Theory, and Reflective Parenting, the essential components of this integrative model.

Dr. Morcuende has helped many parents build resilience that improves their lives and will transfer to the next generation.

## HOW DOES IT HELP?

This program helps parents gain a better understanding and sense of control over their reactions by increasing their capacity to reflect on their own and their child's thoughts and feelings.

By reflecting instead of reacting, they will see new meaning in their child's behavior and discover new parenting skills.

As a result, parents will know they are meeting their children's emotional needs and they will experience increasing joy in parenting.

The program is divided into 24 topics promoting the use of reflection through discussion and exercises. It can be provided individually or as a group, and it can be added to other forms of treatment. It is not specific for children of a particular age.

Parents are not required to provide a detailed account of trauma memories.