



International Council for Education Research and Training
Pennsylvania, USA

**ICERT EDUTALK:
RETHINKING FAMILY OBLIGATIONS &
MENTAL WELL-BEING**

(Based on 'The Obligation Myth')

Executive Summary

ICERT EduTalk – Rethinking Family Obligations and Mental Well-Being

On May 4, 2026, the International Council for Education, Research and Training (ICERT) hosted a profound EduTalk session titled "Rethinking Family Obligations and Mental Well-Being". Hosted by Dr. Navneet Kaur (**Director, ICERT-Sophia: Education & Learning Advancement Division**), the session featured Dr. Lisa D. Stinson, a clinical psychologist and author of *The Obligation Myth*, who specializes in complex PTSD and narcissistic abuse recovery. The talk addressed the intricate psychological challenges faced by adult children navigating caregiving for toxic or narcissistic aging parents.

Key Clinical Frameworks: Dr. Stinson introduced the "Internal Board of Directors" framework to help clinicians and individuals understand the conflicting psychological voices involved in caregiving decisions:

- The Guilty/Wounded Child: Navigating internalized debt and transactional views of family.
- The Hopeful Child: The part that still seeks validation from a difficult parent.
- The Angry Protector: Managing the defensive reactions to past trauma.
- The Authentic Self: The goal of clinical work, focusing on individuation and healthy boundaries.

Core Discussion Points

- Transactional Relationships: The session critiqued the view of family as a debt-based transaction, which often leads to overwhelming guilt and re-traumatization for caregivers.

- Family Roles: Dr. Stinson detailed how childhood roles—such as the Scapegoat, Golden Child, Invisible Child, and Enmeshed Child—are reactivated during caregiving crises.
- Estrangement: Discussion focused on estrangement as a difficult last resort resulting from years of failed repair attempts, rather than the "quick fix" often portrayed on social media.
- Behavioral Insights: The Q&A explored applying these dynamics to educational settings, helping educators understand underlying drivers of student behavior and setting supportive boundaries.




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 Guest Speaker
Dr. Lisa Stinson


 Host & Moderator
Dr. Navneet Kaur

Explore emotional boundaries, family relationships, and mental well-being. Gain insights for students, researchers, and professionals.

Monday 4 May 2026
 Virtual (Zoom)

SCAN & REGISTER

E-Certificate For All Attendees

9:00 AM – 10:00 AM EDT, Pennsylvania Time

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Watch on Youtube: <https://www.youtube.com/live/9kNgnkOeDD4>

620 participants registered from India, Nigeria, Malaysia, Uganda, Bangladesh, Saudi Arabia, Philippines, France, Japan, USA, UK, Australia, Pakistan, Romania, Northern Ireland, Kenya, Ethiopia, Ivory Coast, Qatar, Iraq, Morocco, Brazil, Canada, Finland, South Africa, Fiji, and Oman, and attended the session on Zoom and Youtube.