



Conscious Life presents

TRAUMA SUPER CONFERENCE

Healing the impact of emotionally immature parents

Guest: Dr Lindsay Gibson

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[00:00:09] Meagen Gibson

Hello, and welcome to this interview. I'm Meagen Gibson, cohost of the Trauma Super Conference.

Today I'm speaking with Dr Lindsay Gibson, a licensed clinical psychologist and author, who specializes in understanding and treating adult children of emotionally immature parents.

Her Amazon best-selling book has a five star status, gathering over 13,000 reviews and has been translated into 22 languages around the world. She engages in therapist training and writing books in this subject series. Lindsay Gibson thank you so much for being with us today.

Dr Lindsay Gibson

My pleasure to be here, Meagen. Thanks for having me.

Meagen Gibson

The title of the book kind of says it all, but, I really want to get into what is emotional immaturity?

Dr Lindsay Gibson

Yes. It's a concept that really piqued the interest of my publisher when I first brought it up with them. It was sort of like, oh, that's interesting. I never thought about what that was. But it's something that I thought about for a long time because in my master's program before I got my doctorate, I was in a program that really stressed developmental psychology and understanding development in terms of doing psychological testing.

If you did a psychological test on somebody, you interpreted the data, but you also tried to hang it together, so that you described them as being at a certain level, a certain maturational level psychologically, because it was very helpful to the people using the report to have that little thumbnail guidance, like he really functions emotionally as a four year old, even though he's a 22 year old, or he's a well functioning man in business and so forth, but in his relational life, he's more like a 15 year old.

So that's where I got interested in it. And then I noticed with my psychotherapy clients that they were describing a lot of emotionally immature behavior in the people that they were having trouble with in their lives. I had this ironic insight that all the people who were looking to change and better

themselves were coming in for psychological diagnosis and therapy, and all the people who were doing whatever they wanted whenever they wanted were pretty much running wild, and nobody was diagnosing them.

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So, I became very interested and kind of protective of my clients and wanting to understand what they were up against, and then helping them to understand that. Because when I explained that their father was acting like a three year old, when he went into rages or demanded that everybody center around him, that was a new conceptualization for a lot of people.

And it kind of put two things together that they hadn't put together before, that their successful, authoritarian father was actually acting like a little kid in the emotional realm. And so, when I saw how helpful that was to people, that's when I got the idea for writing the book.

Meagen Gibson

It's interesting, because most people, if their line of work isn't psychology, they don't think of people in regard to levels of development in certain lines. Because you can be an incredibly successful business person, or you can be regarded in your community and have a ton of friends, and also have this one area where you're not very far developed and you are emotionally immature.

Especially in a parent-child relationship, you look at your parent who is an authority on a bunch of things and very smart and very successful, and so you interpret the emotional immaturity that you haven't been able to identify as, there must be something wrong with me. I must be the problem here if this person who's a fully formed adult and very successful and very smart, who I admire and love, treats me terribly, that must be because I'm bad.

Dr Lindsay Gibson

Yeah. Parents are the gods of childhood. They're twice as tall as we are. They have all these magical abilities like being able to open doors and drive cars. We are the peons in that family dynamic, and of course it's unthinkable that that parent would have anything wrong with them.

But I really do want to emphasize that we have these different lines of development. Like you just mentioned, we have our intellectual line of development. You can have someone who's absolutely brilliant and they can be emotionally immature, or you can have someone who is socially skilled and very well regarded in their community, has a lot of friends, is a very popular, very involved person, they can be emotionally immature.

And of course, we all regress and become more emotionally immature if we're sick or tired or we're under some kind of stress. So, it's a movable marker, okay. But a little later, maybe we'll talk about the hallmark characteristics that really kind of define and separate the groups of relative maturity and relative immaturity. It's a fascinating thing that we can have such different development in these different areas of our personality.

Meagen Gibson

Absolutely. So I do want to get to that in a second. But first, for people listening, they might be the emotionally immature person. We never know. But at a trauma conference, I find that most of the people are not emotionally immature. They're here because of a level of emotional maturity and a

desire toward growth, right? And so what I want to focus on for now is how does growing up with an emotionally immature parent, or parents, affect a person?

[00:06:34] Dr Lindsay Gibson

Yeah, well, there are different ways and it's interesting how you ask that question, because I was just working on a guided journal for adult children of emotionally immature parents that will be coming out in the fall. And I thought that the best approach for that would be to talk about the way that the emotionally immature parent affects your life, so that people can not just understand about the parent, but they can understand some of these impacts on their life so that they make sense of it.

But there are so many different ways that growing up with that kind of parent can affect you, but one of the biggest ways is that your sense of your own goodness can be affected. For the very reason that you explained a minute ago when you said that the child looks at a disagreement with a parent or an unhappy parent or an angry parent and says, whoa, I'm bad.

I mean, little children are very black and white, as are emotionally immature parents. The child learns to see themselves in these very black and white terms, and the whole thing about, you know, I'm not mad at you, I'm mad at your behavior. Children don't make that distinction. That's really one of those things that makes adults feel better.

But the child is always... one of their developmental tasks is to look to the parent and sort of be asking the question always, am I good? Am I worthy? Am I lovable? Do I belong? Are you mine?

That's what children are asking throughout their childhood. And the parent that is emotionally immature doesn't have the kind of sensitivity or resonance with the child to understand how impactful their treatment of the child will be. So they're likely to express their feelings, express their judgments, and then sort of expect the child to roll with it. And they may even say later oh, honey, I didn't mean that, or I was just upset, or don't worry about that.

But at that point, the hurt has been done. So, I would say that's the biggest thing. And then from the parent's reactions, the child learns to have a certain attitude toward their own needs and feelings, their inner world, their inner life. This is your interior, that is the basis of your sense of self, basis of your personality, and what can happen is that the parent isn't able to mirror who the child is in an accurate way.

So, in addition to all the things I said previously, the child is also asking the parent, who am I? I will tell from your face who I am and what kind of person I am. So if you look at me with love and acceptance and interest, I'm going to have a good feeling about myself.

But if you look at me with annoyance and impatience, if you look at me with irritation or contempt, I'm going to take my cues from you about the type of person that I am. So, that sense of defining oneself as being able to have your own needs, your own preferences, your own desires is also something that's affected very deeply because emotionally immature parents have very poor stress tolerance.

They may do great at the office, they may do great on a job, but they use all that up at work, and when they come home they're likely to be quite trigger happy in terms of their emotional reactivity. So, the child learns that when I'm upset, it's better if I don't go to mom or if I'm

having a bad day and I need to have someone to talk to, I better not go to dad when he's reading the paper, because I'm too needy or I get in the way. I'm a nuisance, I'm a bother.

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We form these parts of our self-concept that are so inaccurate, but we would never know that as a little child. We would just be taking the absolute evidence that we were getting every day.

Meagen Gibson

Absolutely. And I was even thinking when you were talking that maybe they're not any different at work, but at work, that behavior is rewarded in some environments, right?

But then you come home and apply the same rule of law with developing minds, and it's not quite the same. I also want to talk about, because I can feel myself, as a parent, even though I've read your book extensively, and understand it quite thoroughly, I can also feel myself as a parent like, well, I'm not perfect, what happens when I do screw up?

Because every single parent in the history of time has been less than patient or has not lit up when their kid walks into the room, or has had a bad day at work and their kid is banging on a drum, not that I'm talking from personal experience, and been like, whoa, you're too much. I need you to quiet down, right? So every parent has been through that I think, if I could speak for all of us.

So the difference between regular parenting mistakes and the mistakes of an emotionally immature parent, if you can maybe outline that for me?

Dr Lindsay Gibson

Yeah, well, the emotionally immature parent personalizes it because they are inherently egocentric, very self preoccupied. Everything is about them. All roads lead to Rome. So whatever the child does, you know, if the child is sleepy or hungry, and is fussy, or had a bad day at school, and they have a reaction to the parent that feels disrespectful or inconsiderate, that parent would be likely to react first and ask questions later.

They would just let fly with their emotional response and not look any deeper into, gee, I wonder why she was so uncharacteristically irritable today or tonight? Those parents cannot get off of the belief that everything is directed at them and is about them.

So if you are doing something for yourself as a child, like you're obeying some growth imperative by writing on the walls, your emotionally immature parent is likely to see that as you're being disrespectful. You don't have any regard for me. You don't know how hard I work. You're making life miserable for me. They personalize everything.

So that's very hard on a child. And the other thing is that because emotionally immature people are not fond of self reflection, actually, they just don't do it, they don't ask themselves the question how did I contribute to this? Or, did I do anything that made this worse? Or, do I need to apologize or make amends?

No, they don't ask that question, because their analysis of the situation is nonexistent. It's all reactivity and defensiveness. Now, that doesn't mean that in their finer moments, they might not reflect for a moment, but it's not going to be part of their process, as we say. So when a child does

something and the parent reacts in a hurtful way, the emotionally immature person is likely to continue to blame that incident on the child.

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The child may be crying, and they would say something like, well it serves you right, you should know that you shouldn't do such and such. Or, don't give me those crocodile tears, you knew that you were doing the wrong thing, or go to your room, or something to shut down the emotional reaction.

They just don't have the empathy to put themselves in the shoes of that child and imagine the hurt or the embarrassment of the child. It becomes very important if you're going to parent in an emotionally mature way, that you do have that empathy, that you are able to see the child as a less than fully developed little person who is full of impulses, who doesn't literally have the brain control to inhibit an impulse, who's always going to be making mistakes and spilling milk and creating a lot of work for that parent.

That just is not something that the parent can see. The emotionally mature parent is going to be stung by the child's pain. That's going to bother them. And they will realize that their reaction to what the child did was not commensurate with the child's intention. And they'll adjust. They'll come back in and they will make amends with the child. They'll say, honey, I'm sorry, I didn't mean to make you cry, but blah, blah, blah.

Or they might say, forgive me, I really lost it that time. I'm so sorry. You didn't deserve to be yelled at like that. You're a good boy. I am just tired. They might explain, like we would with any relationship, what our problem was, but we would come back in and we would repair the relationship and we would let the other person know that this was our part in it because we can self-reflect if we're adequately mature.

So that's the biggest thing, the biggest difference between the mature and the immature parent, that empathy and that ability to come in and repair a breach in the relationship.

Meagen Gibson

Absolutely. My favorite phrase is, wow, I really overreacted there, didn't I? Just immediately like, wow, alright... And they'll be like, yeah, you did. I'm like, okay, sorry about that.

Dr Lindsay Gibson

Think of what that does for your child's future relationships because now the child has got a construct in their mind called overreaction. So maybe they're dating somebody, things are going great and all of a sudden that person overreacts about something, the child knows what that is.

The child knows that that's a certain kind of behavior. And the child has a healthy model of what people are supposed to do when they overreact. They're supposed to apologize and take responsibility. So if their new boyfriend overreacts and then doesn't, they're going to notice that.

Meagen Gibson

And they may not even cognitively notice it, but they're going to feel it. Like in their body, they're going to be like, gosh, that didn't feel right.

[00:19:02] Dr Lindsay Gibson

Exactly. But if they have not had that experience, it may feel familiar, like gee this guy is just like family. That's a good thing, right?

Meagen Gibson

Actually, this is a great point because I want to pivot into if you're an adult now because we've talked about the context of growing up with an emotionally immature parent. But now, let's say you grew up with one and now you're an adult and you aren't aware of this dynamic either in yourself and the relationship with your parent, that your parent even was emotionally immature.

You haven't had the kind of the language and the framework for this and you find yourself feeling guilty or selfish or confused, and explain that dynamic a little bit and how you can start to piece apart how you're going to change these relationships that you have necessarily.

Dr Lindsay Gibson

Well, if you have gotten into a relationship that isn't working, the way I look at that is that there is something that created a bond between you and that person. John Bowlby, who was one of the early attachment researchers, said that for family bonding, you only needed two things. It was familiarity and proximity. That's all. Didn't have to have a great relationship, didn't have to be soulmates.

Just if you are close to somebody physically for a long time and they become very familiar to you, it creates a family-like bond feeling. So if you are in a relationship with somebody who is emotionally immature, you may bond, and especially if it turns into a sexual relationship very early, you can bond to a person who's really not a good fit for you in terms of their developmental level.

But you might not notice it for a long time because you may have been trained in your family to put up with a lot of behavior and a lot of, if not actual mistreatment, lack of empathy, lack of regard, lack of helpfulness and availability. You might learn to tolerate more than you should if this person is acting in a way that feels familiar to you...

Meagen Gibson

Because that's what love looked like when you were growing up and developing these senses about yourself.

Dr Lindsay Gibson

Right. And then the child of the emotionally immature parent may take that as a call to help the person change, quote unquote, that you're going to help them grow. You're going to help them realize what they're doing so they can change themselves into a person who could be capable of a good relationship.

Because a lot of times these children are parentified by the parent and sort of given the message that they're supposed to be taking emotional care of that parent and stabilizing the parent emotionally instead of the other way around, which is properly how it should be.

[00:22:25] Meagen Gibson

The child learns how to be measured and choose their words and actions carefully and all of this to avoid outburst or avoid emotional immature actions and behaviors and words and therefore actually becomes a more mature adult than the actual adult in the room.

Dr Lindsay Gibson

Exactly. Yeah. And they also feel responsible for making that person feel good about themselves, for kind of monitoring and shoring up their self esteem. So that's not a good combination for an adult relationship where you're responsible for making sure that their self esteem stays okay and you're responsible for making sure that they're emotionally stable all the time. I mean, those are things that should be happening inside a person automatically, not someone who has to depend on another person to supply that.

Meagen Gibson

Absolutely. This is a great point for us to bring up the difference between internalizers and externalizers because this was fascinating to me when I read it in your book. I was like, oh, my God, so many things make sense about so many people now.

So if you could explain the difference between the two and why it's so important to understand emotionally immature parents.

Dr Lindsay Gibson

Yeah. I was struck by how different people are in families, for instance, of course, the internalizers who I'll explain in just a second, they're the ones who are coming in for therapy because they internalize things. They take stuff in, they do something with it, they think about it, they reflect on it, they love to figure stuff out.

They're very psychologically minded. That's the internalizer. That person you can depend on to try to fix the relationship on their own and to take responsibility for their part in it, to the point of coming for psychotherapy and asking the therapist, am I doing something to make her act like that?

That kind of person is so different from the externalizing sibling that they have. And the externalizing sibling that they might have would be someone who is very impulsive, does what feels good, blames other people for their mistakes or their lot in life, feels like things just drop out of the sky on their head and they have no idea why they have all this bad luck. They externalize the cause of everything.

They don't see themselves as the prime mover in their own lives, and they can be pretty hard to live with because, as you can imagine, they tend to blame things on other people in relationships. I got interested in it because the internalizer who was coming to see me for therapy would describe these siblings who are like the externalizers. And I'm thinking, how in the world did these people from the same parents, in the same family, turn out so differently?

It still boggles my mind. I think there's a reason for it, but on the surface it looks like the complete opposite. And so I began to describe these two ways of approaching life. It's very boiled down and of course, you can have internalizers who get stressed and then they act like an externalizer. And

you can have externalizers who may hit rock bottom, all their blame mechanisms and acting out suddenly doesn't work anymore.

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And they have a dark night of the soul where they begin to say, this isn't working, what is the matter? And of course, in AA and programs like that, they help externalizers begin to take responsibility for what they're doing and learn about themselves psychologically. Those are the overall differences between the two. And you can imagine how tiring it is for the internalizer to be hooked up with the externalizer.

Meagen Gibson

Yes, I can imagine, as a matter of fact. Oh yeah. And one of the fascinating things that you said as well was about time, the relationship of an externalizer to time, which had never occurred to me, so many things snapped into place in my brain.

I wish you could have watched it happen like a CGI or something in a movie. I was just like, oh my gosh, all of that makes sense now, like the way that externalizers just have no relationship to time. Can you say a little bit more about that?

Dr Lindsay Gibson

Yes, well, you know, as the internalizer is thinking about things, they're bringing all these memories and thoughts and they're bringing it all together and they're integrating it. They don't like it when things don't make sense. So, for instance, when you're reading a book, like you just described, and you read something new, your mind goes ping, ping, ping, ping.

And it's making these connections with other things that are like that, that you may have thought about before and suddenly there's an explanation for it and all these little threads get attached. It becomes integrated, incorporated into the way you think about things. That's what internalizers do. It's part of the reason why they love to learn because they enjoy that internal process of things clicking like that. They love to get it.

The externalizer, not so much, that is not fun for them because they don't integrate. In fact, their life is like, you can imagine their personality as being like pearls in a box and they're just in there just rolling around, not connected to each other, occasionally they hit each other and ricochet off. But essentially they're not pearls on a string, like on a necklace, where they hang together and there's a continuous thread that allows them to move back and forth in their experiences along a timeline.

Instead, it's sort of like this happened, then that happened, then this happened, that happened, and they're separated. This is absolutely hard for an internalizer to understand, but it explains so much of their behavior. If you take an externalizer to task for something that they did over here in this pearl in the box, and they are now over here in this pearl in the box, they will say, well, that was then, and this is now.

I'm not like that anymore. I'm not going to do that anymore. Why do you keep bringing this up? Because they can't conceptualize a person who has a string going through the pearls. That's got a thread where the past retains its reality and its emotional punch. They have no concept of that. So lots of times when they're asked to think about what they've done or apologize or be remorseful

for what they've done, they really don't understand what you're so upset about because that's over and they've moved on.

[00:30:53]

So why don't you move on? But their sense of time is very different. It's isolated bits of experience. It's not on that thread, like the thread that internalizers create in their own minds.

Meagen Gibson

Yeah. And I know that, just from experience, that internalizer mindset is protective in nature. We're using our logical brains as our cave dwelling ancestors intended to make sense of things and recognize patterns and things to protect us from not only bears and cougars, but also people and relationships that don't serve us and don't help us stay alive, for that matter.

Dr Lindsay Gibson

Absolutely. In terms of what tends to work better as a coping approach, the internalizer has it all over the externalizer, with certain notable exceptions. Unfortunately, a capitalist society is really set up for helping externalizers succeed because when a person has a forceful enough externalizer personality, this thing of moving ahead, no matter what, following your impulses, leaving destruction in your wake, as long as you are succeeding, that all tends to be forgiven.

And so they can become very successful in a capitalist society without the need to have their personal life, their personal relational life, be a consideration.

Meagen Gibson

Absolutely. And, you know, even more fuel for my next question is, how do internalizers communicate with externalizers? Because I imagine you've got the two of them in a relationship and the internalizer is saying, this pattern of behavior is hurtful to me and this is how I would like to be treated. And the externalizer is saying, well, there's no evidence of any of that being a problem anywhere else in my life. You're the problem.

Dr Lindsay Gibson

Exactly. And the internalizer is always trying to reach the externalizer, always trying to get them to see. Because for them, insight is the most powerful thing you can do to effect change in them. If someone points something out to them that's true, that they never thought about before, they're like, oh, okay, I get it. Yeah, that's valuable information. Thank you.

But the externalizer is not interested in self development. I mean, that's not even a concept for them. Skill development might be, but not personal development. There's no felt need for it because they are blowing off tension in some kind of action or some sort of choice that is going to make them feel better in the short run.

They're masters of that. They know how to make themselves feel better. Unfortunately, that can lead to a lot of substance abuse problems, other kinds of addictive behaviors, because they need that external help to modulate how they're feeling inside. They have no interest in that kind of insight thing and they're really annoyed by the appeal to them to change or to think about what they're doing. They just don't understand what the big deal is.

[00:34:51] Meagen Gibson

Given all of that, how do you tell people to conduct their lives with the externalizers in their lives if they're an internalizer? What's the recommended path of communication or boundaries or what's the system for dealing with those relationships?

Dr Lindsay Gibson

It's sort of like reality first. I think that's why the book has been so popular is because it's saying, in effect, here is a piece of reality you may not have conceptualized in this way before. But if you think about it this way, a lot of stuff is going to make sense and you're going to stop blaming yourself and you're going to step back and maybe think about what you want to do about this situation and how you want to respond.

Instead of hurling yourself against the locked door all the time, you might decide that you're going to do something else. So, of course, it's always the client's decision what they're going to do with the information. But let's figure out what the reality is first.

The second thing that we have to do is to help the person to begin to get in touch with how that behavior makes them feel because they're not used to tuning in, they're used to coping.

So if that externalizer is doing things that are hurtful or frustrating, that kind of thing, they may have kind of cut themselves off from those kinds of feelings to the point where they're putting up with a lot of stuff that is draining them, exhausting them, and they're not even aware of the impact on them.

I remember trying to get a client of mine to explain to me what it was like for her being in this relationship with her husband who she mysteriously wanted to divorce and she didn't really want to divorce because she had three little children. She didn't want to break up her marriage. She was terribly unhappy, but she didn't understand why.

And I said, well, okay, can you give me a metaphor for how you feel? Just sit there for a second and let something come to you. Give me an image of what it feels like to be you these days. And she said, it's like I'm a coral reef that's dying.

That was our way into the fact that she was kind of emotionally dying inside with this externalizer husband of hers and wasn't getting any emotional nurturance or spiritual uplift from their relationship at all. In fact, she was losing her color and her vitality in this relationship, but she couldn't feel it.

She didn't know what was wrong. And so we had to do that process where she begins to tune into those parts of herself. And then that led us to a lot of stuff about her parents and how she had learned to suppress all that stuff about her own needs in order to take care of her really very childlike parents.

You have to help them to feel what's going on before they can even begin to decide what they want to do about that relationship. Of course, you can do pointers on how to step back, how to realize what's going on, how to communicate without setting things off as much. There are a lot of skill based things that you can do, but, most basically, you're trying to reconnect the person with themselves again.

[00:39:08] Meagen Gibson

I love that because it's so true, right. If you've dismissed your needs chronically because of the relationships that you've built over time, then just establishing that you have needs, it reminds me of the quote that you had in the book that I wrote down which was, "The loneliness of being unseen is as damaging as physical pain".

And I underlined it and highlighted it. That's so validating for people to feel, that coral reef dying, cannot be understated. That being emotionally unmet is not without cost.

Dr Lindsay Gibson

I love that phrase of yours, being emotionally unmet, since this is a trauma conference, I just want to mention that this whole concept of relational trauma is what we're talking about here. And it is traumatic for people to not be responded to or be seen or validated at that emotional level because we are made for it.

There is a template inside every one of us that was made to have optimal development under certain conditions, under certain treatment, by the parent. And that's in all of us. That's why babies cry. The baby knows this isn't right. Baby knows it's not getting its needs met. Where does that come from?

It's an intrinsic part of being human, and we can trust that. I would say a high percentage of the therapy focus for my clients and me is to focus on being able to read your own mind, to read your own heart, to become aware again of how things affect you, because that thing inside, it's like a compass, it will always tell you what true north is, and it will always tell you what hurts.

Meagen Gibson

Absolutely. The last thing I want to touch on before I let you go is what occurs to me is as people are getting back in touch with their emotions and they're feeling their feelings, feeling what needs are not being met, how they're not being met in relationship, regardless of whether it's romantic, that they're repeating behaviors from emotionally immature parenting or what, but that if you've figured out what your needs are, and then those relationships start to change.

And what a lot of people don't realize is down the line what the future is is that the people around you don't understand why those relationships aren't changing for their own reasons, because they're all their own individuals and have their own relationship to your relationships. So, any advice that you've got around dealing with other people's reactions to your changing relationships as a result of this knowledge and this need to meet yourself first.

Dr Lindsay Gibson

I think people are going to increasingly be explaining some of these concepts to people as they go ahead, because they'll say something like, I just didn't feel seen. I couldn't talk to him. We couldn't communicate anymore. It was all about him. It was all about her.

If someone doesn't understand that dimension of relationship, it may be hard to explain it to them because maybe they don't get that, but you may be in a position where you have to introduce this concept of emotional closeness being like oxygen, you know, and how hurtful it is to feel

emotionally neglected or overlooked or withdrawn from in a relationship, how important emotional nurturance and closeness really is.

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I think that people may end up in the role of being an educator about the importance of that dynamic in relationships, because it's fairly recent that we have started looking at expecting that we would get those needs met.

It used to be that you got married, if your person was a good mother and got along with your mother and you had a job, everything's fine. What more do you need? But now relationships are being seen more as, oh, they're being seen more as partnerships, as crucibles in which we can pursue our own development through this relationship with this other person.

We're asking a lot more emotionally of our relationships now. And so when people further educate other people about the importance of that, it's really good. Everybody is lifted up and educated about how important this is.

Meagen Gibson

Absolutely. Wonderful. Lindsay Gibson, how can people find out more about you, your book, your work?

Dr Lindsay Gibson

It would probably be the easiest thing to go to my website, which is www.drLindsayGibson.com, and there's information there on my books and there's articles and a blog and stuff like that that people can do. And any other information that they might like from me, they can absolutely look me up on the Internet, and they will find contact information there.

Meagen Gibson

Fantastic. Thank you so much for being with us today.

Dr Lindsay Gibson

It was my great pleasure. Thanks for having me.