

CALENDAR EVENT: July 21, 2023

FOR IMMEDIATE RELEASE

“Are You Being Gaslighted? What Are the Telltale Signs?”

KSQD 89.5, 89.7 & 90.7FM “Be Bold America!”

Sunday, July 30, 2023 at 5:00pm (PDT)

In 2007, **Dr. Robin Stern** coined the phrase “gaslight effect” to explain the long-term effects of repeated gaslighting: **an insidious, and sometimes covert form of emotional abuse** in which a *gaslighter* undermines and controls another person by deflecting, twisting and denying the reality.

Gaslighting can happen in a romantic relationship between family members, or at work – but in every case it **leaves, you constantly second-guessing yourself**, unable to make simple decisions, and destabilize from the constant reality shift.

Also, have we been politically gaslighted on a national level?

Interview Guest:

Robin, Stern, PhD, is the **cofounder and associate director of the Yale Center for Emotional Intelligence** and co-developer of RULER, an evidence-based approach adopted by over 4000 schools worldwide.

Dr. Stern is a license psychoanalyst with 30 years of experience and the author of *Project Rebirth*, *The Gaslight Effect*, *The Gaslight Effect Recovery Guide*, and the host of "The Gaslight Effect Podcast,"

Dr. Stern offers **invaluable insights** into the dynamics of gaslighting and its impact on emotional well-being. She regularly **contributes to esteemed publications and media outlets** on topics related to psychology and emotional intelligence.

Podcast now available on:

Apple Podcasts, Anchor.fm, Google Podcasts, Spotify, Breaker, RadioPublic, PocketCasts, Overcast, jillcodyauthor.com, and KSQD.org!

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