

UNDERSTANDING MOTHER-DAUGHTER DYNAMICS

Speaker Event Panel Discussion at Girls Inc. of the Island City, Alameda on Feb 7, 2007. Mothers and daughters of all ages and those who work with and love them are invited to hear a panel of experts – including mothers and daughters – discuss the intricate and complex dynamics that go on between mother and daughters. Panelists will start the discussion and will then invite members of the audience to participate in the dialogue with questions and insights of their own.

The connection between mothers and daughters is a very important and formative one. So many of our skills in relationship are formed within this bond. As developing women, we learn how to esteem ourselves and others if our experiences in this relationship are positive. This relationship is constantly changing, by virtue of our own developmental transitions (age-related) as well as the context of our lives (community, school). Most women admit that the relationship between mother and daughter is a challenge to keep open and productive.

The speaker panel event seeks to provide some basic education about how the mother-daughter dynamic changes with developmental age. In addition, the panelists will involve members of the audience in role-playing problem situations and provide some coaching on how to re-align problem communication patterns to improve their relationship.

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Dr. Tana Clark, Ph.D (moderator) has been a practicing health psychologist for over twenty years. She held a faculty appointment at the New York University School of Medicine, where she developed and implemented an integrated mental health services program for the neurology department epilepsy service. Her teaching experience includes resident physicians, faculty and allied health professionals in various settings such as hospitals, community health centers, industry and California Department of Health. Dr. Clark recently completed a year-long study for the California Health Care Foundation implementing the chronic care model with patients who have poorly controlled diabetes. Dr. Clark maintains a private practice in Marin County California where she specializes in treatment of persons with psychological problems co-existing with health challenges. She has worked successfully with children, families – including mothers and daughters – and individual adults in her general psychology practice as well as her specialty in health psychology in both hospital and private practice settings.