

DR. JANE BOLTON IN THE NEWS
Dr. Jane Bolton, PsyD, LMFT, CC
Psychotherapy and Master Results Life Coaching

Culver City People

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Bolton Hired by Airport Marina Counseling

While continuing her psychotherapy private practice, Dr. **Jane Bolton** has been rehired as Supervisor to Interns at Airport Marina Counseling Services, and has recently taught at the California Graduate Institute, Santa Monica Family Center, as well as at Airport Marina. She is now a liaison to the Los Angeles Association of Marriage and Family Therapists Newsletter.

She is currently writing an article on how adult daughters and parents with daughters can identify and overcome what she calls "The Perfect Daughter Syndrome."

In a healthy family, parents work to meet the emotional needs of the child. In families with The Perfect Daughter, the

situation is reversed: the daughter is required to meet the parents' emotional

needs. Sometimes the daughter can express only certain emotions. The daughter may have to give the needy parent attention, or listen to their problems. She becomes an extension of the parent, working incredibly hard to meet others' agendas, and loses her self.

The article on "The Perfect Daughter Syndrome" offers hope and help to those

hardworking, competent women who have struggled their whole lives to please unpleasable parents, and to the parents who wish for their daughters to own their own full lives.

