



Sherrie Campbell, PhD, is a licensed psychologist who specializes in helping healthy people cut ties with the toxic people in their lives. She is a nationally recognized expert on family estrangement, an inspirational speaker, a social media influencer, and author of *Adult Survivors of Toxic Family Members* and *Adult Survivors of Emotionally Abusive Parents*.

Her podcast, [Sherapy Sessions: Cutting Toxic Family Ties](#), is ranked in the top 1% of all podcasts. Dr. Sherrie's unique approach, along with her own personal experience as a survivor, provides listeners with real-time help as they work toward acknowledging and healing from profound psychological abuse by one or both parents. And in her just released TED Talk she broaches the taboo topic that ***not all parents are good***.

[Dr.SherrieTEDx](#)

Dr. Sherrie works in North Orange County California where she oversees her full time therapy practice. Born and raised in Colorado, she is an avid skier, hiker, trail runner and loves to read, listen to true crime, and spend time with her loved ones, especially her daughter London.

In her latest book, [Adult Survivors of Emotionally Abusive Parents. How to Heal, Cultivate Emotional Resilience & Build the Life & Love You Deserve](#), Dr. Sherrie pulls the curtain back on the widely held perception that all parents are good parents:

Not all parents are good parents.

Children have no option to choose their parents.

All children want to be good.

All children are susceptible to their parents' influence, positive or negative. These truths cut to the core.

The myth that all parents are good is strongly perpetuated socially, religiously, and culturally, as well as in family law and, ironically, in the field of psychology and mental health. A hard truth to acknowledge is that not all parents are good parents. For example, some parents are severely character disordered, which means that they have a severe personality disorder.

These parents may insist they love their children, but because these parents are unhealthy it would follow that whatever they believe about love is unhealthy. A dysfunctional parent's twisted idea of love is to force their own needs onto their children and expect automatic compliance. What these parents fail to grasp is that neither love nor connection can be forced.

For this reason, it is critical to acknowledge the common misassumption that any time a child displays abnormal behaviors that the child is somehow the problem. Instead, the way in which parents treat their children and any accompanying trauma should be examined as the core source of those.

For media, speaking and partnership inquiries please contact her at: [Dr.Sherrie](#)