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Landmark Recovery Podcast
Tuesday at 9 AM Pacific
November 16th 2021: Holiday Pajamas, Family Dynamics, & Our Wounded Selves

What is it about the holidays that causes us to feel emotional, anxious, and stressed? Zach and Michael interview Claire Fierman to kick-off a series of episodes with various guests that will help listeners prepare emotionally for the holidays. In this episode, Claire talks about everything from wearing family holiday pajamas to creating healthy boundaries. She shares about how her family found recovery after addiction and offers advice on codependency, how to set up healthy boundaries, and ways to be there for your kids when they have been impacted by trauma. Claire is a Licensed Professional

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Featured Guest



Claire Fierman

Claire Fierman is a Licensed Professional Counselor based in Birmingham, Alabama, holds a Master's degree in counseling with a concentration in Marriage & Family Therapy from the University of Montevallo, and she specializes in treating trauma, anxiety, depression, and substance use disorders. She has over 11 years of clinical experience, having worked in residential treatment as a primary therapist and clinical director, and starting her own private practice. Claire's expertise and interest in the field stems from her personal experience having family members who have struggled with addiction and, more importantly, found recovery.

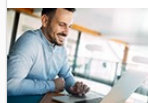
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