



WORK WITH ME



I Help Busy Moms Who Want to Meaningfully Connect and
Develop Close Bonds with Their Daughters

About Dr. Michelle Deering

My name is Dr. Michelle Deering. I am a speaker, writer, licensed clinical psychologist, board certified sport psychologist, and mother-daughter relationship consultant who encourages, empowers, and equips women to connect intentionally so they can improve relationally.

My work is dedicated to you.

I know how important it is to have a close confidant that both listens and speaks; that sister or mom whose open ear and well-timed words strengthen and encourage you to know your worth and to keep pressing forward.

Though we may not have met in person yet, I hope to be a life-giving part of your journey.

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Mother-Daughter Relationship Personal Trainer



Mom's with Teen Daughters



Relationships with Your Own Mom

We guide you through a process of pausing to considerSM where your mother-daughter relationship is, where you are in it, where you desire it to be, and what steps to take to get there.

[LEARN MORE](#)

As your Mother-Daughter Relationship Personal Trainer, you will have consultative access to my nearly 20 years of experience working with moms to help them understand and fix their relationship.

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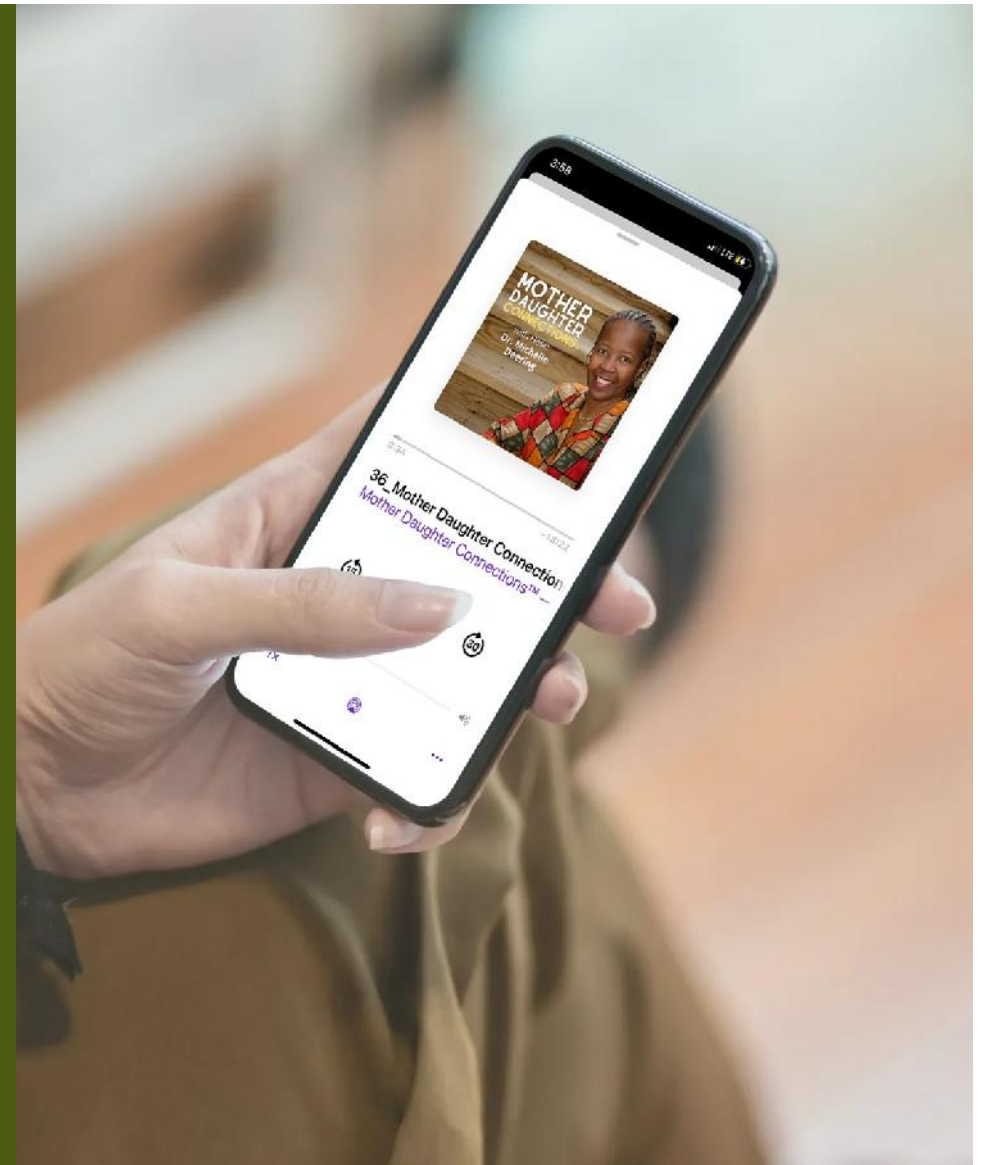
Mother Daughter Connections™

What if you could hang out with an expertly trained and compassionate mom, ask her any questions or share any concerns you had about your relationship with your daughter; then take an insight or two to transform your mother-daughter relationship?

That's what we do each week on The Mom Stops Here™ Podcast. Hosted by Dr. Michelle Deering — Mother-Daughter Relationship Personal Trainer, best-selling author/speaker, CEO, and mother of twin daughters — every episode is an honest in-depth look at how to navigate the journey of motherhood and the complex terrain of the mother-daughter relationship—the good, the bad, and the pulling-your-hair-out aspects of being a mom.

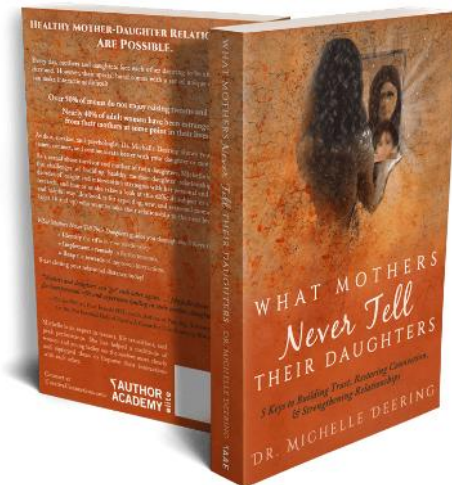
The goal is to help you rebuild, restore, and renew the foundation of your relationship in this special place—your space—with Mother Daughter Connections™.

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Book

What Mothers Never Tell Their Daughters



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BUY NOW

Wishing – you had less tension in your mother-daughter relationship?

Desiring – to be closer with your daughter?

In *What Mothers Never Tell Their Daughters*, I guide you through my patented framework (The Life Mirror Remedy™) in a way that's conversational and affirming.

My childhood was full of criticism and abuse.

In my book, I bring together my experiences as a daughter, mother of twin daughters, and licensed psychologist as I look into the mirror of my life and reflect on the struggles I have experienced as well as the difficulties that my clients and I have overcome.

Healthy Mother-Daughter Relationships Are Possible.

I know you desire to be affirmed and understood.

As you read, you'll learn strategies from decades of personal and clinical stories research, with a dash of humor. If you want to transform your mother-daughter relationship, then this book is for you. Buy your copy today!

Blog

Blogging is a way for me to pause, consider, and share with my readers thoughts I have about aspects of being a daughter, woman, mom, and mother of daughters. I want moms & daughters to know that they are heard, understood, and supported in their mother-daughter relationship journey. Writing a blog is my way of giving moms time-tested, research-based, psych-informed tools and strategies that will help transform their relationship with their daughter.



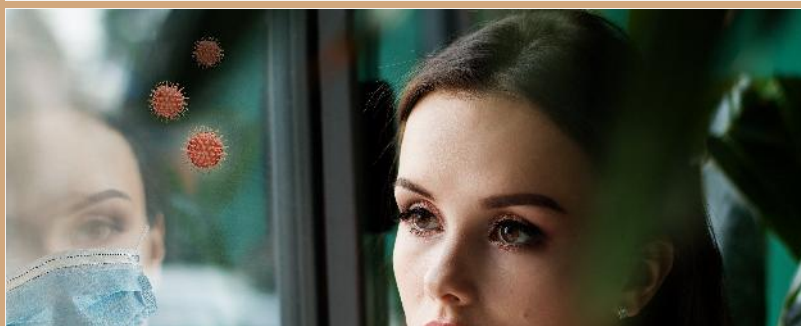
How To Stop Overcompensating As A Mom

Overcompensating is a balm not just for lips but for a woman's heart. It is the main way that women, and mom ...



How To Deal With Criticism

In order to understand criticism, it'll be important to understand the Anatomy of Criticism. Criticism is a type of communication that occurs ...



How To COPE With The Cosmic Pause of COVID19

The "cosmic pause" of COVID19 pandemic has ushered in a time of firsts in human history: First pandemic in lonnnng time. ...

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ABOUT

Curative Connections is a consulting company in the Research Triangle Area of North Carolina. Headed by CEO & Founder, Dr. Deering provides mother-daughter relationship consultation and motivational speaking services.

 (732) 991-3918

 info@curativeconnections.com

RECENT POSTS



How To Stop Overcompensating As A Mom



How To Deal With Criticism



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WORK WITH ME

I offer a few different ways of working with clients. Click below to explore and find the right fit for you.

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