

## Bio & Background



Maybe I could share other tidbits about my authenticity, humor, intelligence and ability to ask questions and really hear and reflect back what people say. But that's not what I'm going to do...

My name is Joanne Dougan. I was born into a dysfunctional family. I became a family therapist and by the time I had a child, I thought I knew everything about how NOT to be like my parents. In stressful situations, I was exactly like my parents – angry, out of control, demanding and a disciplinarian. I hated myself and I hated parenting. I love being a mom and I really, really, really love my kid. But I have struggled to become the kind of mother I wanted to be – especially when the stress showed up.

I always had great gifts as a parent, but I was cursed by the trauma of my past with my parents. What they taught me. And, especially, what they didn't teach me. Over many years I learned how to understand the patterns and what to do instead. That is the birth story of Plan C Strategies. Plan C Strategies is the culmination of my life work. It is the way to understand what happens when things get stressful and give you five steps that will always take you to a much better way of handling whatever is happening. I am here to share it with parents who are loving being parents, but are finding their traumatic past impacting their lives in unhealthy ways. You can stop using your primal brain and handle 21st-century parenting brilliantly!

*Born and raised in NYC.  
Walden School, 1973,  
Bard College, 1977, B.A. American Studies/Women's Studies,  
University of Massachusetts, 1987, M.Ed., Counseling/Psychology*

**Joanne Dougan, M.Ed.**

*Counseling Psychologist*

*Creator of Plan C Strategies*



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