

Texas Counselors Explore How Children Mirror Parents' Emotional Patterns

MOUNT PLEASANT, TX, UNITED STATES, June 11, 2026 /EINPresswire.com/ -- Two Texas Counselors Collaborate on Article Exploring How Children Reflect Parents' Unresolved Emotional Patterns

Joseph D. Hayes, MS, LPC, NCC, "Counselor Joe," and Federico Mendez, MS, LMFT-S, AAMFT-CF, combine trauma counseling, EMDR, attachment, Jungian insight, and family systems theory in a new Medium article.

Joseph D. Hayes, MS, LPC, NCC, known professionally as "Counselor Joe," and Federico Mendez, MS, LMFT-S, AAMFT-CF, of Intimacy Counseling & Consulting, PLLC, have collaborated on a new educational article titled "When Our Children Become Mirrors: The Hidden Purpose of Seeing Ourselves Through Their Struggles."

The article is published on Medium and explores how children's emotional struggles, identity development, anxiety, rebellion, avoidance, or pain can sometimes reveal deeper unresolved patterns within parents and family systems.

Rather than viewing a child's struggle only as an isolated behavioral or emotional issue, Hayes and Mendez invite readers to consider a deeper question: What if what we see in our children is also showing us something unfinished within ourselves?

“

Find Peace & Harmony in
Life by understanding self”
Joseph Hayes MS,LPC,NCC

The article brings together several counseling perspectives, including trauma-informed care, attachment theory, Jungian concepts of shadow and individuation, Bowen Family Systems Theory, and relational therapy. Together,

these frameworks help explain how unresolved grief, fear, emotional cutoff, rigid expectations, and inherited family roles may move from one generation to the next until they are finally recognized and addressed.



"Counselor Joe" Joseph Hayes
MS,LPC,NCC.

[“Many parents believe they are simply watching their children develop,”](#) said Joseph D. Hayes, MS, LPC, NCC. “But often, they are also witnessing parts of their own unfinished emotional development. When we are willing to look at the pattern rather than only the behavior, the child’s struggle can become a doorway into deeper awareness, healing, and change.”

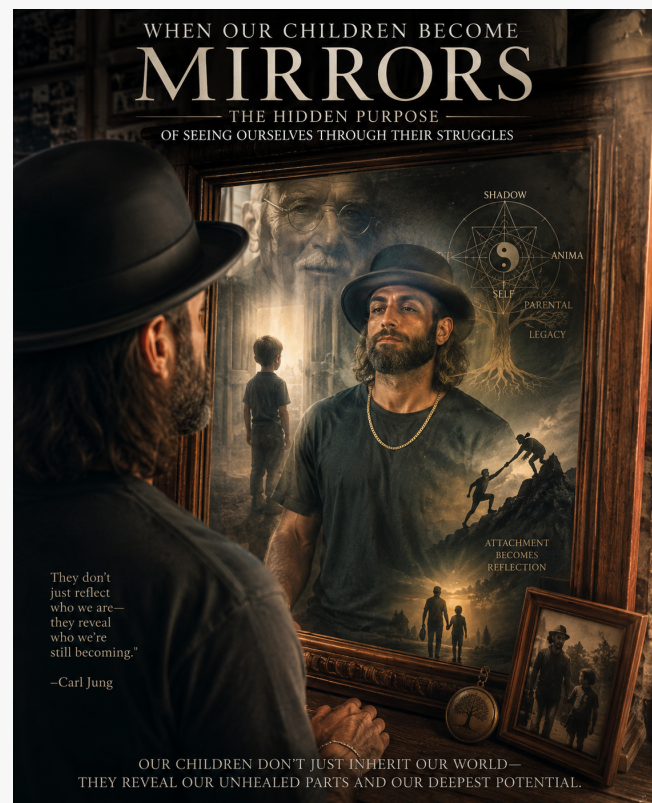
Hayes has provided professional counseling services since 1998 and is an [EMDRIA Certified EMDR Therapist](#). His clinical work focuses on adults and veterans dealing with trauma, PTSD, anxiety, depression, panic, emotional regulation, life transitions, and military-related stress. As a VA Community Care counselor in Mount Pleasant, Texas, he also works with veterans referred through the [U.S. Department of Veterans Affairs and TriWest Healthcare Alliance](#).

Known publicly as Counselor Joe, Hayes has also contributed to mental health education through writings published on Medium, and other websites. His topics include trauma, PTSD, bipolar disorder, litigation-related stress, veteran mental health, emotional growth, family stress, and the process of helping individuals find greater peace and stability in life.

Federico Mendez, MS, LMFT-S, AAMFT-CF, contributes a family systems and relational therapy perspective to the article. Mendez is a Licensed Marriage and Family Therapist-Supervisor with experience helping adults, couples, relationships, and families address anxiety, trauma, relationship distress, out-of-control sexual behaviors, family-of-origin patterns, chronic illness, neurodivergence, LGBTQAI2S+



Federico Mendez, MS, LMFT-S, AAMFT-CF



Seeing ourselves in our children

concerns, and bicultural or immigrant family experiences.

Mendez's work is grounded in Bowen Family Systems Theory, a relational approach that helps clients understand inherited emotional patterns, develop greater differentiation of self, and take a clearer position in their relationships. He also has additional training in trauma-informed care, Medical Family Therapy, chronic illness and disease, and family systems.

"This article is about seeing families through a wider lens," said Federico Mendez, MS, LMFT-S. "A child's struggle does not exist in isolation. Family systems often carry patterns across generations, and when those patterns become visible, families have an opportunity to respond with greater clarity, compassion, and differentiation."

The collaboration between Hayes and Mendez brings together two complementary clinical voices. Hayes contributes decades of trauma-focused counseling experience, EMDR therapy, veteran counseling, and Jungian-informed psychological insight. Mendez adds a strong relational and family systems foundation, emphasizing how family roles, emotional cutoff, multigenerational transmission, and differentiation shape individual and family functioning.

The article is written for parents, counselors, family therapists, trauma professionals, and adults seeking to better understand why certain struggles with children can feel so emotionally powerful. It suggests that children often become mirrors not because they are intentionally challenging their parents, but because their growth, choices, pain, and independence can reveal emotional material the parent may have never fully processed.

This can include unresolved attachment wounds, family expectations, suppressed anxiety, unspoken grief, fear of rejection, or inherited emotional roles that shaped the parent long before the child was born.

At its core, the article offers a hopeful message: awareness can interrupt repetition. When parents begin to recognize the pattern, they are no longer trapped inside it. They can choose a more grounded response, build healthier relationships, and support their children without losing themselves in fear, control, guilt, or emotional reactivity.

"When Our Children Become Mirrors: The Hidden Purpose of Seeing Ourselves Through Their Struggles" is now available on Medium at:

<https://medium.com/@hayesjoey/when-our-children-become-mirrors-the-hidden-purpose-of-seeing-ourselves-through-their-struggles-ef0f77055696>

About Joseph D. Hayes, MS, LPC, NCC — Counselor Joe

Joseph D. Hayes, MS, LPC, NCC, known as Counselor Joe, provides professional counseling and EMDR therapy at 106 S. Jefferson, Suite 101, Mount Pleasant, Texas 75455. Licensed as a

Professional Counselor in Texas since 1998 and a National Certified Counselor since 1997, Hayes specializes in trauma, PTSD, anxiety, depression, panic, anger regulation, life transitions, and counseling for adults and veterans.

Counselor Joe is an EMDRIA Certified EMDR Therapist and a VA Community Care provider. He offers in-person counseling in Mount Pleasant, Texas, and telehealth services for clients located in Texas and Louisiana.

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About Federico Mendez, MS, LMFT-S, AAMFT-CF

Federico Mendez, MS, LMFT-S, AAMFT-CF, is a Licensed Marriage and Family Therapist-Supervisor and doctoral candidate at Texas Woman's University. He serves individuals, couples, and families through Intimacy Counseling & Consulting, PLLC. Mendez works in English and Spanish and provides affirming care to LGBTQAI2S+ clients, neurodivergent clients, and the Mexican-American and broader Latino community.

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