

## Outline

### Narcissistic Personality Disorders in Abusive Family Relationships

Narcissistic Personality Disorder – what clinicians need to know  
How narcissistic abuse differs from emotional abuse  
Malignant, covert, and communal Narcissists... how they're different and why it matters?  
Mother-daughter role reversal – when clients are put in the role of parent as children  
Narcissism and attachment theory

### Shame and Guilt in Adult Clients of Narcissistic Parents: Exercises and Interventions to Help Clients Better Process Negative Emotions

Radical acceptance of reality – why acknowledging a relationship with a narcissist is the first key to recovery?  
Vulnerability exercises to help clients understand shame and how to let it go  
Interventions to release the guilt for things out of their control  
Managing self-blame – how therapists can help clients assign responsibility where it belongs  
Step-by-step guide for writing a letter to a parent

### Relationship Management for Clients with Narcissistic Parents: 5 Steps to Improve Boundary Setting, Communication, and Coping

Taking the sting out of triggers – teach clients to recognize and respond to trigger events  
Help your clients overcome The Four-F's in triggering situations  
Setting boundaries without guilt  
Clear and concise communication to use with the narcissist

## Objectives

1. Distinguish parental narcissistic abuse and other types of emotional abuse.
2. Integrate tools to help ease shame and guilt of adult children of narcissistic parents.
3. Apply techniques to increase rapport and secure attachment development in clients.
4. Distinguish malignant and covert narcissists and how treatment differs for those who have experienced their abuse.
5. Create treatment plans that help your client set boundaries, communicate their needs, and develop a stronger sense of self.
6. Develop proficiency in teaching client's positive attachments in relationships and rebuilding self-esteem.

Codependency – help clients understand and unlearn this behavior

When to separate from a parent? Learn when and how to help your client confront their parent

### Break the Cycle of Abuse: Trauma-Informed Approaches to Build Self-Esteem, Self-Care and Support

Trauma and grief - learn how to walk with your client through that grief of what could have been

Counter your client's need to be their parents' narcissistic supply

Build support – the importance of having people in their corner

DBT exercises that help clients release control and practice acceptance

Thwart intergenerational trauma from narcissistic parents to protect your client's children

### The Power of Feeling: Build and Rebuild a Healed Sense of Self

Guide your client's conversation with their inner child

Help clients stop gaslighting themselves and reconnect with their core self

Reconcile and resolve attachment injuries

Re-build self-esteem – guide clients in valuing themselves

How to guide clients in creating specific goals toward recovery

Research, risks and limitations

#### Live Webinar Schedule (Times listed in Central)

**8:00** Program begins

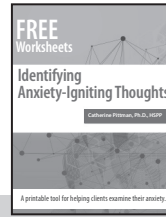
**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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# Therapy with Adult Children of Narcissistic Parents

## Strategies to Release Shame, Resolve Attachment Injuries, and Create a Sense of Self

**LIVE Interactive Webinar**  
Friday, September 17, 2021

**BONUS!** – Registration includes FREE on-demand access for 3 months.



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# Therapy with Adult Children of Narcissistic Parents

## Strategies to Release Shame, Resolve Attachment Injuries, and Create a Sense of Self

- All new exercises to reduce shame and increase vulnerability
- Confronting parents and correcting damaged attachment
- Overcome childhood trauma triggers



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# Therapy with Adult Children of Narcissistic Parents

## Strategies to Release Shame, Resolve Attachment Injuries, and Create a Sense of Self

Your client may have suffered narcissistic abuse at the hands of their mother or father.

Adult children of narcissistic caregivers hold enduring traumas that fill your office with shame, guilt, and the resounding disappointment of shattered lives.

The women and men who grew up with narcissistic caregivers just cannot get solid footing in life. Their relationships are always on the brink of fallout. Their work lives are chronically unstable. They don't know how to parent their own children. And, they agonize over the same questions session after futile session:

Do I stop talking to my mother? How do I set boundaries with my father? Should I confront my parents? Am I doing what I experienced to my own children?

Liberate your client from the grip of their narcissistic caregiver by joining Brenda Stephens, therapist and author of *Healing from Narcissistic Mothers: A Daughter's Recovery Guide*, for a live webinar where you'll learn to quickly identify the symptoms of this abuse and guide effective treatment.

- Re-examine the impact of shame and release its paralyzing grip on client's growth
- Resolve attachment injuries and improve client's relationships
- Help your client develop a core sense of self to engage fully with life

The healing power of this training is immeasurable.

Don't wait, transform yourself into the enlightened witness and role model your client desperately needs now.



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## Meet Your Speaker



**Brenda Stephens**, is a Licensed Professional Clinical Counselor who works solely with survivors of narcissistic abuse and trauma. She obtained her education through the University of Wisconsin system and is a board member for CALPCC, the professional organization for clinical counselors in the state of California. Brenda is the founder of a group and coaching practice in Southern California, The Narcissistic Abuse Recovery

Center, assisting survivors of narcissistic abuse globally. She offers training to other therapists to help them support their clients who are children, partners, and others who have been abused by a person, or persons, with narcissistic traits. She is the author of *Recovering From Narcissistic Mothers: A Daughter's Guide* and *The Narcissism Recovery Workbook: Healing from Emotional Abuse*.

#### Speaker Disclosures:

Financial: Brenda Stephens is the founder of The Narcissistic Abuse Recovery Center. She is an author and receives royalties. Ms. Stephens receives a speaking honorarium from PESI, Inc.  
Non-financial: Brenda Stephens is a board member for CALPCC.

### Target Audience:

Counselors • Social Workers • Psychologists • Psychiatrists • Psychotherapists • Therapists  
Addiction Counselors • Marriage and Family Therapists • Case Managers • Nurses  
Other Mental Health Professionals

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Professionals, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit [www.pesi.com/webcast/85664](http://www.pesi.com/webcast/85664)

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September 17, 2021 [PWZ85663]

**\$219.99** tuition

8am Central time

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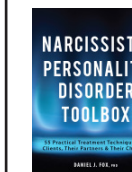
## DVD (Option 3)

**\$219.99** [RNV058270]

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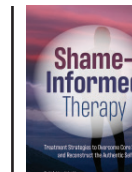
- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-844-8260 to check for availability and pricing

## Recommended Reading:



**Narcissistic Personality Disorder Toolbox**  
*55 Practical Treatment Techniques for Clients, Their Partners & Their Children*  
Daniel J. Fox, PhD  
~~\$29.99~~ **\$22.99\***

PUB085505



**Shame-Informed Therapy**  
*Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self*  
Patti Ashley, PhD, LPC  
~~\$29.99~~ **\$22.99\***

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\*Discount Included with purchase of the Webinar

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