

The Rise of Narcissism in America

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Agenda



- What is Narcissism?
- What is included under the term Narcissistic Abuse?
- Trends with Narcissism on the rise
- Review Key Concepts and Tactics
- Review Case Examples

Trigger Warning



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Exercise



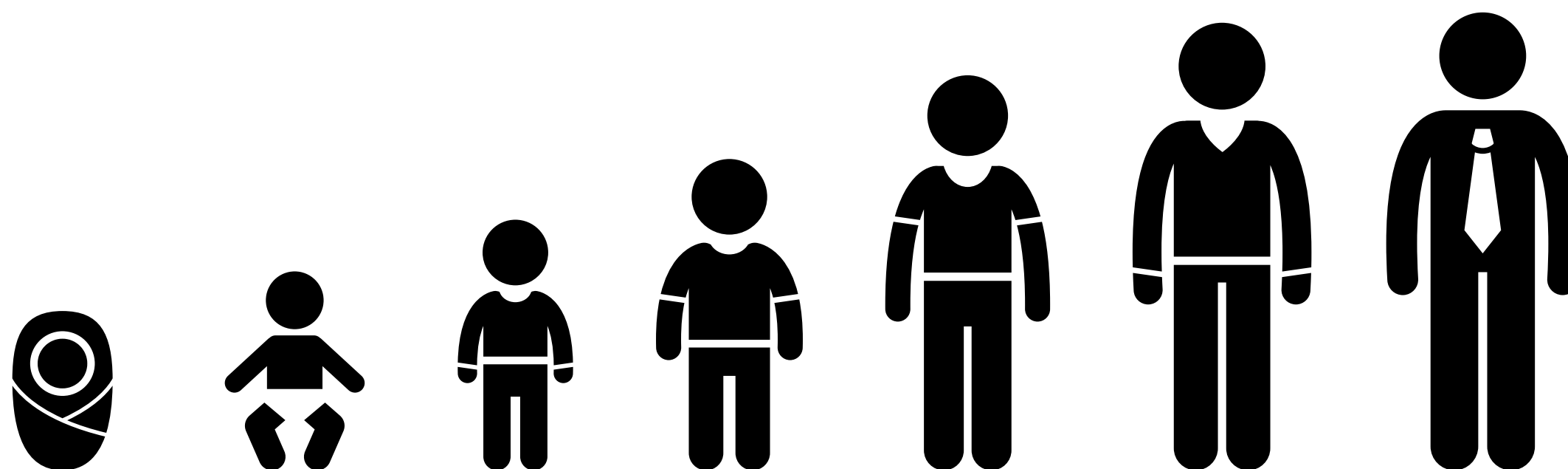
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What is your origin story in counseling?

What questions did you hope to answer about yourself?

About the world?

Who did you hope to treat and why?



Coming out of the Fog



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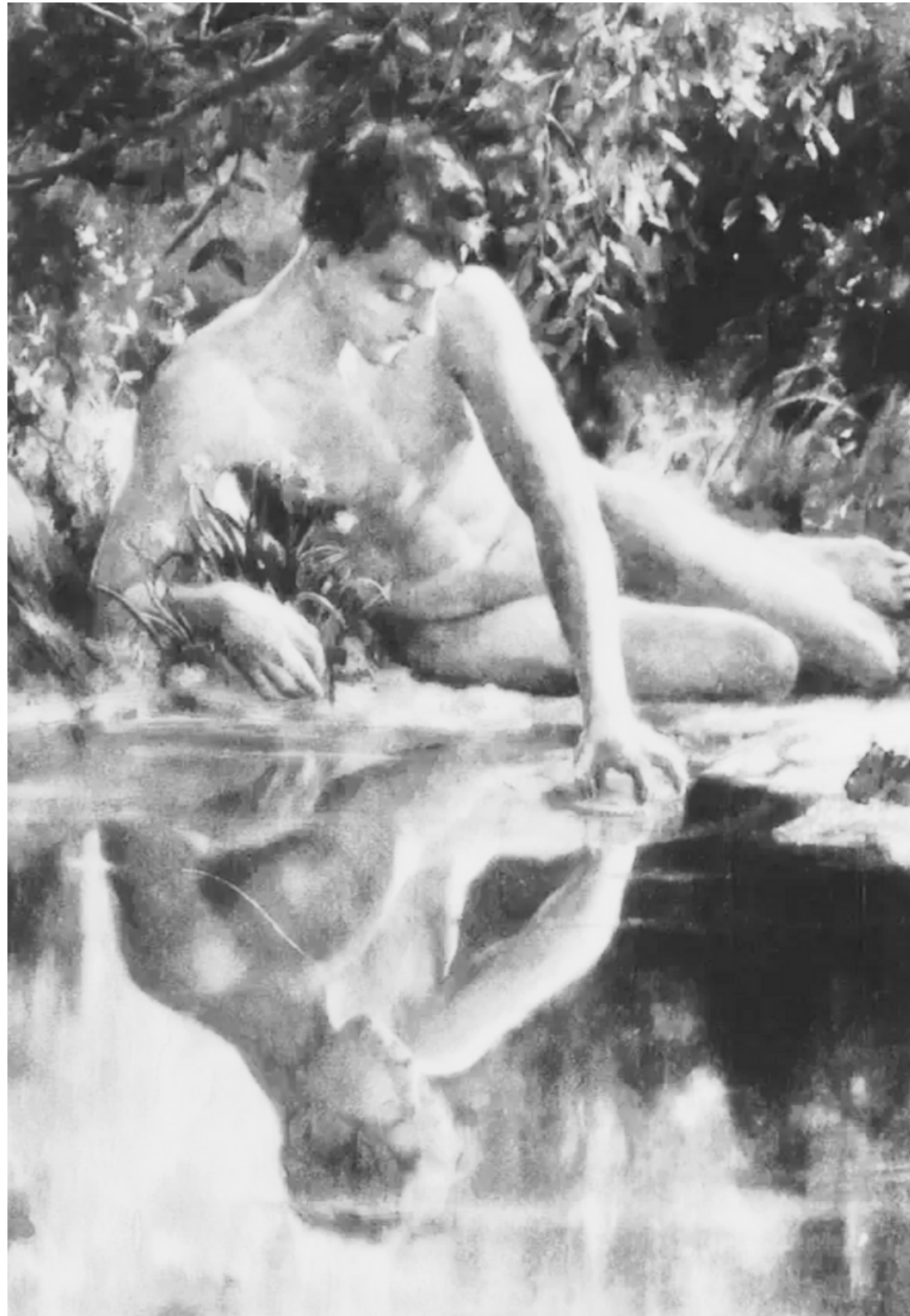
Narcissus



Greek God

Fell in love with his reflection and
perished

Turned into a flower
Daffodil-Narcissus



Narcissistic Personality Disorder



- Official DSM Diagnosis in 1980
- Pervasive pattern of behavior
- Beginning by early adulthood
- Prevalence 0% to 6.2% in community samples
- 50-75% male

Narcissistic Personality Disorder



At least 5 of the following 9 criteria:

- Grandiosity
- Fantasies of unlimited success, power, brilliance, beauty, or ideal love
- Belief that they are special and unique
- Need for excessive admiration
- A sense of entitlement
- Interpersonally exploitive behavior
- A lack of empathy
- Envy
- Arrogance

Alternative DSM-5 Model for Personality Disorders

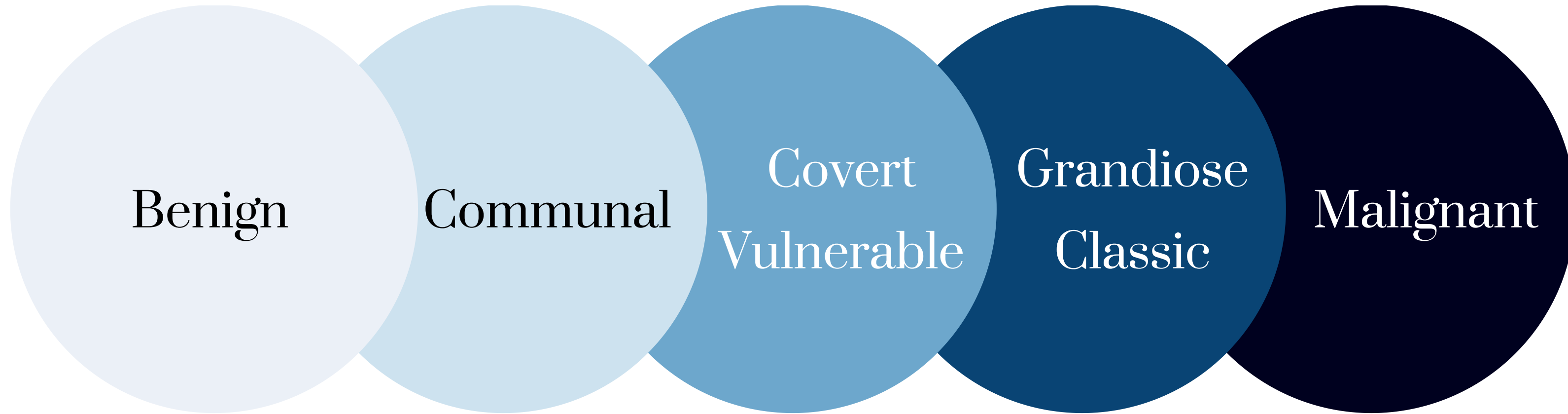


- Antisocial, Avoidant, Borderline, Narcissistic, Obsessive-Compulsive, and Schizotypal
- 5 pathological trait domains or 25 specific traits

Typical Behaviors of NPD

- Variable and Vulnerable Self Esteem
- With attempt of regulation through attention and approval seeking
- Either Covert or Overt Grandiosity

Narcissism on a Spectrum



Severity of behavior and harm to others increases

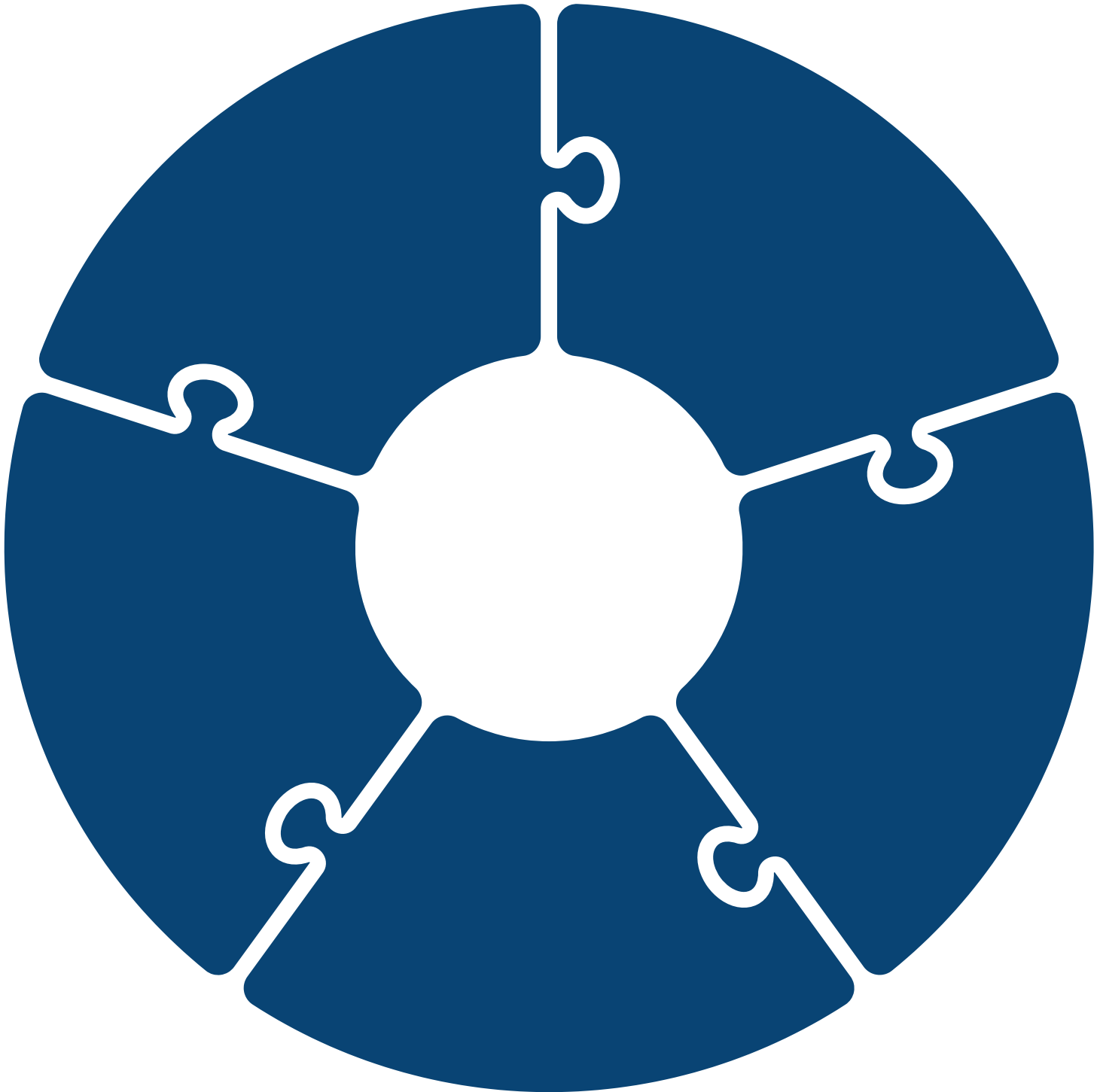
Clusters of Narcissism



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Behavioral

Antagonistic



Interpersonal

Dysregulation

Cognitive

Cluster-Behavioral



Superficial

Covetous

Envious

Cheap

Careless

Cluster-Interpersonal



Lack of Empathy

Manipulative

Projection

Lying

Jealousy

*Gaslighting

Controlling

Poor Boundaries

Cluster-Dysregulation



Anger/Rage

Validation Seeking

Unable to be Alone

Fragile/Insecure

Shame

Cluster-Antagonistic



Grandiose

Entitled

Passive-Aggressive

*Arrogant

Deflects-

Responsibility

*Vindictive

*Exploitative

Cluster-Cognitive



Paranoid

Hypersensitive

Petulant

Lack of Insight

Skewed Sense of

Justice

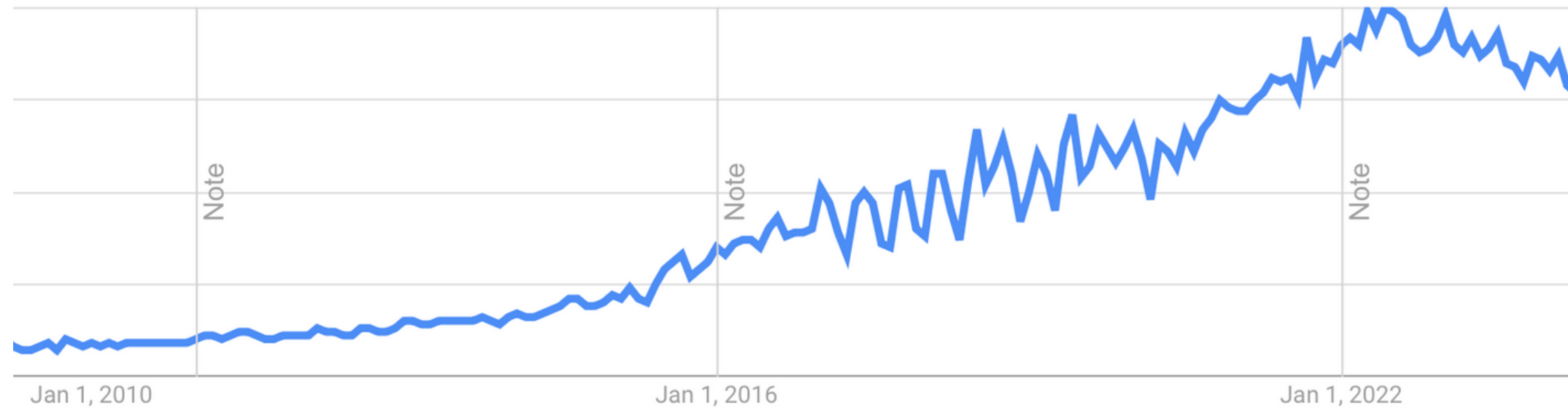
Hypocritical

Lack of Guilt

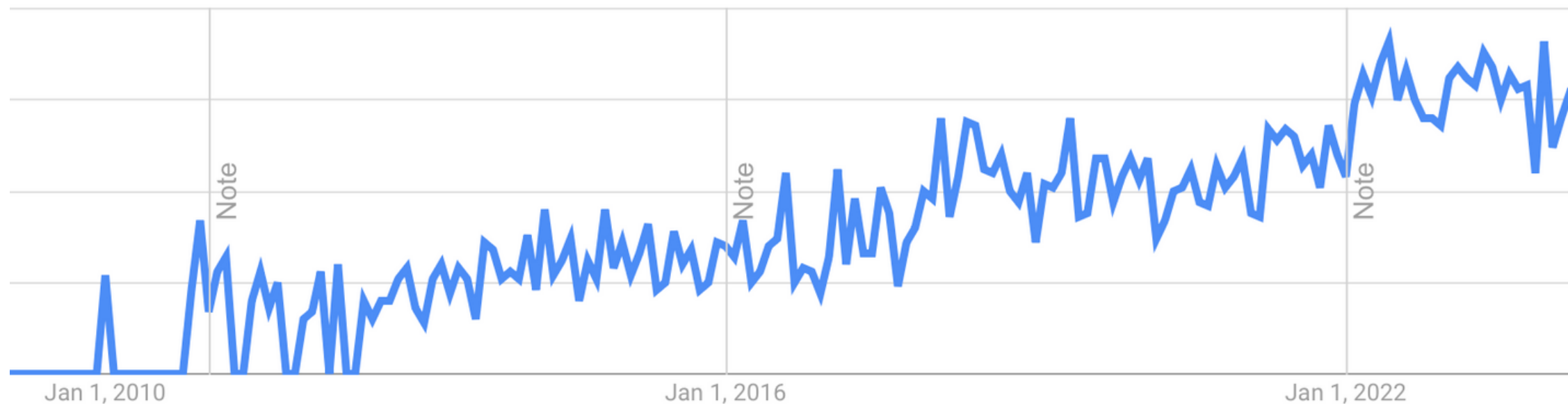
Narcissism on the Rise



Google Trends: Narcissist



Google Trends: Narcissist Signs



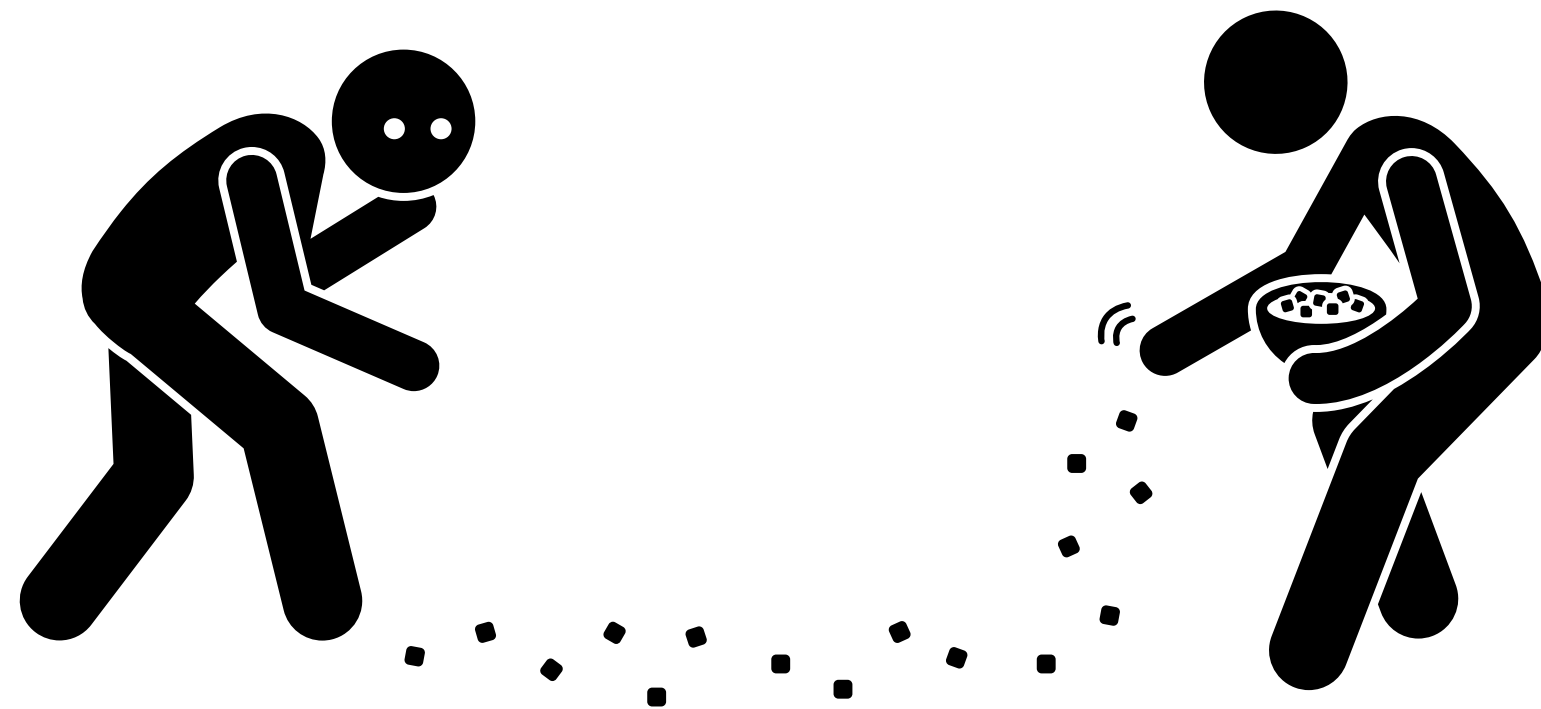
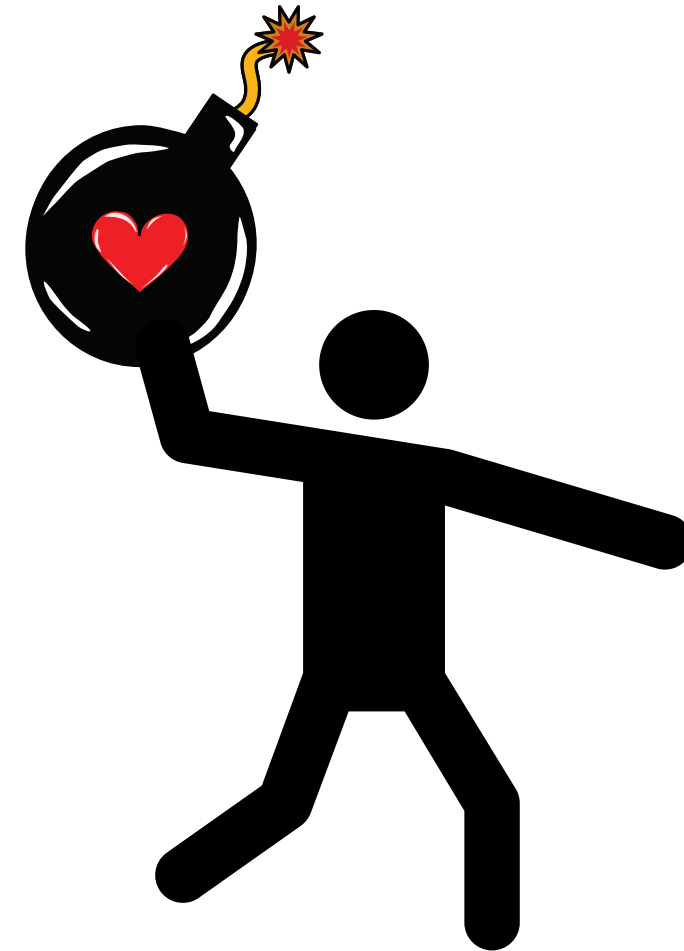
2022 Webster Word of the Year: Gaslighting

Terms and Tactics

Hoovering

Bread Crumbing

Love Bombing



Terms and Tactics



Gaslighting

Flying Monkeys

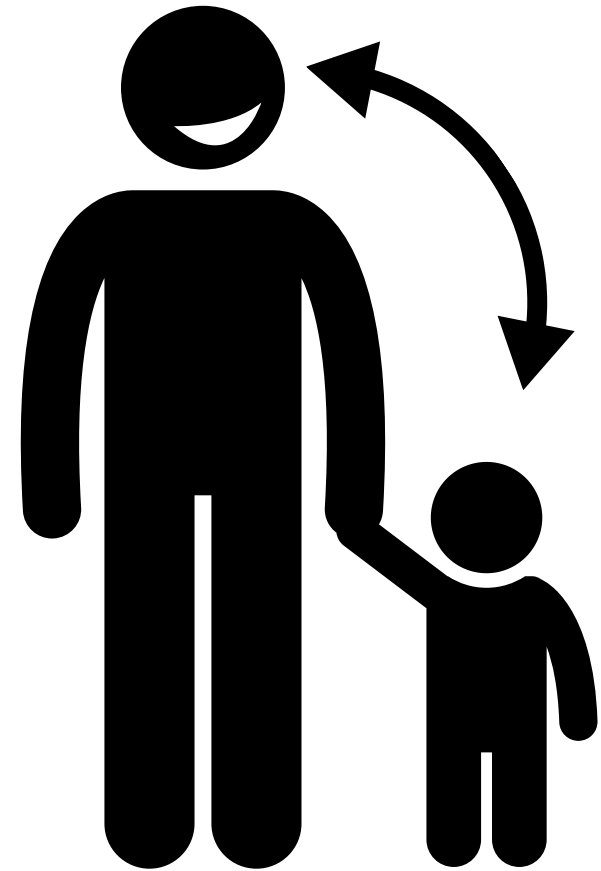
Subtext

DARVO

(Deny, Attack, Reverse
Victim and Offender)



Terms and Tactics



Parentification

Emotional Incest

Parental Alienation

Golden Child



Narcissistic Abuse



Personal Descriptors:

- Fixers
- People-Pleasers
- Mediators
- Type A
- Perfectionists
- Family Peace-Keepers
- Feeling Anxiety and Burnout

External Cues:

- Unable to set boundaries
- Apologize a lot
- Unable to say no
- Passive in communication
- Will talk about traumatic experiences with flat affect
- Very in tune with the needs and emotions of others

Intergenerational Trauma



Programming

- Very similar to cults
- Slow and over long periods of time-grooming
- Family slogans “Blood is thicker than water”
- “Normalized” patterns of behavior
- Minimizing and comparison- “Your childhood was worse than mine”
- Parroting “I had a great childhood”

Communication



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If we frame this in the context of needs:



Direct



Passive



Passive Aggressive



Aggressive

The Narcissist's Prayer



That didn't happen.

And if it did, it wasn't that bad.

And if it was, that's not a big deal.

And if it is, that's not my fault.

And if it was, I didn't mean it.

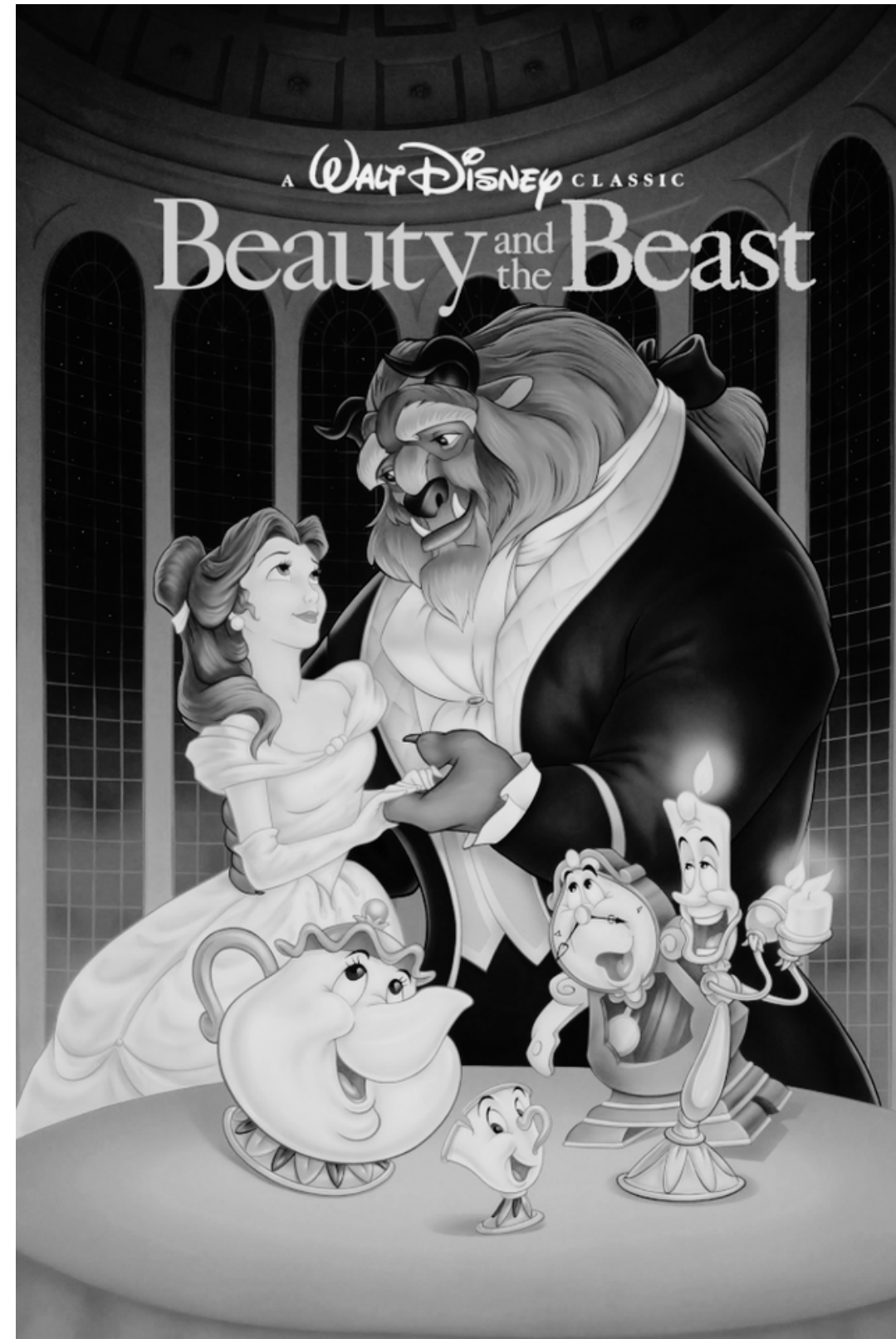
And if I did, you deserved it.

Exercise



Reflection:

Who is the villain in this movie?



Critical Thinking:

How do we know he is the villain?

Resources



National Domestic Violence Hotline (800)799-7233

or text START to 88788 for help

988 Suicide and Crisis Lifeline

National Suicide Prevention Lifeline- 1(800)273-talk (8255)

Stalking Resource Center-victimsofcrime.org

Teen Healthy Dating-Loveisrespect.org

StopCyberbullying.org

www.womenslaw.org

Resources



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Thank You!



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