

Treatment Planning & Considerations for Narcissism and Narcissistic Abuse

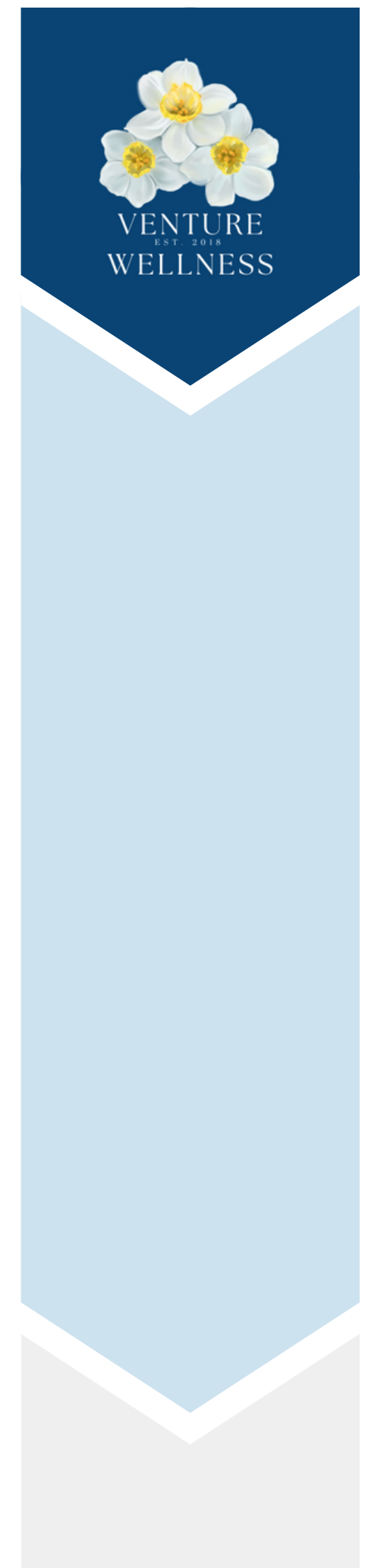
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Agenda



- Practical Considerations in Private Practice
- Treatment Planning for Narcissistic Abuse
- Risks and Considerations
- Explore Countertransference
- Address Compassion Fatigue, Vicarious Trauma and Burnout

Trigger Warning



Taking Care of Business



- Airtight Informed Consent and Practice Policies
 - Will prevent claims of abandonment
 - Proper Referrals
 - Emergency Contact Lists
 - Secondary for DV concerns
 - Counselor must hold boundaries
 - Very clear and defined expectations
 - Rapport and Trust Building
- ***Narcissists will not stay in treatment for long***

Treatment Planning



- Complex Trauma and Grief Work
- Psycho-education (Define Abuse)
- Skill Building (Communication, Boundaries, etc)
- Self-Esteem, Self-Worth and Self-Efficacy Building
- Identify Needs, Wants and Values
- Address Belief Systems
- Manage Co-Morbid Disorders
- Build Social Support System

Safety Planning



- Every time!!!
- Cover varied situations
 - Lizard Brain
- In person office versus online
- Myth: Safest thing to do is to leave

Client Vignette: Construction Worker

Identifying Victims of Narcissistic Abuse



Client will describe themselves as:

- Fixers
- People-Pleasers
- Mediators
- Type A
- Perfectionists
- Family Peace-Keepers
- May wonder if they are the Narcissist

Identifying Victims of Narcissistic Abuse



Clinician Will Notice:

- Unable to set boundaries
- Apologize a lot
- Unable to say no
- Often passive in communication
- Flat affect when discussing trauma
- May not identify abuse
- Very in tune with the needs and emotions of others

Teaching Skills



Unknown or Repressed Wants, Needs and Values

- Start small with basic needs
- Use structured worksheets
- Be patient

Communication and Boundaries

- Work to be more direct

Parenting

- Teach kids the above

Client Vignette: Horse Trainer

Risks and Considerations



- Clinician Bias
- Clinician Flexibility for Non-Linear Progress
- Safety Risks in Treating Victims
- Pace and Depth of Work
- Client Denial
- Client may want to rush through the process
- Lack of Clinical Research

Countertransference



A clinician's redirection of feelings towards a patient

- May help with forming a diagnosis

Client's with NPD will trigger:

- Feeling flattered or admired
- Feelings of inadequacy and low self-worth

Client Vignette-House Wife

Burnout, Vicarious Trauma, Compassion Fatigue



Space between Sessions

Limiting Caseload

Taking Time Off

Creating Community for Consultation

Finding Balance with Intentionality

Resources



National Domestic Violence Hotline:

(800)799-7233 or text START to 88788 for help

Suicide and Crisis Lifeline-988

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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