



3 Techniques for Managing Narcissism

Thoughts for Counselors, Psychotherapists, and other Helping Professionals

LIVE WEBINAR
Thursday, March 14, 2024
4:30 PM (Eastern Time- US)

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What We Will Be Covering

- ✓ A quick overview of the current clinical understandings of narcissism.
- ✓ An exploration of **3 techniques/approaches** that counselors/therapists and other helping professionals can apply to help manage presenting narcissism
- ✓ If you stay to **the end**, you will get access to a PDF copy of the **webinar slides**, access to a post-test for with **0.75 CE hours**, and some other **offers**.
- ✓ And for those in the webinar live, we will have a brief **Q&A** at the end as well.

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Defining Narcissism

- To be diagnosed with Narcissistic Personality Disorder (NPD), at least **five** of the following must be present:
 1. Has a grandiose sense of self-importance.
 2. Is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love.
 3. Believes that he/she is “special” or unique and can only be understood by, or associates with, other special or high-status people (or institutions).
 4. Requires excessive admiration.

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Defining Narcissism

- To be diagnosed with Narcissistic Personality Disorder (NPD), at least five of the following must be present (continued):
 5. Has a sense of entitlement (i.e., unreasonable expectations of especially favorable treatment or automatic compliance with his or her expectations).
 6. Is interpersonally exploitative (i.e., takes advantage of others to achieve his or her own ends).
 7. Lacks empathy: is unwilling to recognize or identify with the feelings and needs of others.
 8. Is often envious of others or believes that others are envious of him or her.
 9. Shows arrogant, haughty behaviors or attitudes (APA, 2022)

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Seeing Narcissism in “Spectrum”

- Some mental health professionals, such as Len Sperry, M.D., Ph.D. have pushed for an understanding of disorders of the personality to be seen more in a “spectrum.” With a small percentage of individuals falling into the category of diagnosable Narcissistic Personality Disorder, but with many other individuals showing fewer, or less severe, traits (Sperry, 2016)

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Technique #1

Do not Fight the “Resistance”

- ✓ Understand what can be heard and when
 - ✓ It has been shown that narcissistic personality styled people see the therapist as less competent, and therapy as less effective, when they are receiving negative feedback (Kernis & Sun, 1994).
- ✓ Embracing the stage of change
 - ✓ Often times, counselors/therapists have ideas about the goals and pacing of therapy that are not congruent with the client. In recognizing ego-fragility; collaborative and well-boundaried therapy does not have to be a fight (Mitchell, 2009).

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Technique #2

Cultivate Balanced Empathy

- ✓ Recognize what kind of “empathy” there is to work with
 - ✓ Typically, narcissists are shown to have highly impaired emotional empathy, but fairly intact (or even enhanced) cognitive empathy (Ritter et al, 2011).
- ✓ Enhancing Therapist Empathy for Client
 - ✓ By holding the tension that those with strong narcissistic traits are both “wounded” as well as “wounders” then therapists can maintain beneficent posture to the client while not ignoring the impact of their possible transgressive actions against others (Choi-Kain et al, 2022).

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Technique #3

Pacing and Self-Care


- ✓ Though therapeutic growth is “always” possible, the degree and pace of change has been found to be strongly connected to the level of functionality/health of the client related to personality disordered traits.
- ✓ Beyond having well set expectations for the pace of therapy, having clear time/relational boundaries and mindful awareness of countertransference have been shown to have major impact on therapist burnout (Tanzilli et al, 2015).

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About to get to the CE access and slides...

...and for some more thoughts on effective work with Narcissism

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Becoming a Narcissist Whisperer

Contextualization and Techniques for Effective Work with Narcissistic and Related Personality Traits

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Contextualization and Techniques for Effective Work with Narcissistic and Related Personality Traits

- ✓ This course comes with [Lifetime Access](#) and [12.25 clock hours](#) of continuing education (CE).
- ✓ The course looks at an in-depth contextual process for understanding narcissism and other Cluster B personality styles, differential diagnostics with narcissism and other personality types, cultural dynamics of current narcissistic presentation, how narcissism presents in relationships, and best counseling/psychotherapy treatment practices.
- ✓ The course has recorded lectures, curated research articles, and outside content with experts such as Dr. Frank Yeomans and Dr. Diana Diamond.
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....which would put this course enrollment at between **\$392** and **\$600**

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