TREATMENT MODALITIES FOR WORKING WITH NARCISSISTIC PERSONALITY TRAITS

Narrative Therapy

A postmodern approach with philosophical grounding in post-structuralism and existentialism, narrative therapy respects an individual's agency and experience and views the client as the expert on their own story. In treating individuals with narcissistic tendencies, this can reduce client resistance and avoid power struggles. Narrative therapy helps clients to examine and develop their story and to find new possibilities.

Transference-focused Psychotherapy

Based in the object relations school of psychodynamic therapies, TFP was developed specifically to treat individuals with personality disorders. TFP attends to both transference and countertransference in the therapeutic relationship to address identity diffusion in clients. Therapists help clients develop perspective-taking, distress tolerance, and emotional regulation abilities. Adaptable to varying levels of functioning.

Mentalization-based Therapy

MBT helps clients to develop mentalization skills, allowing them to better understand their own mental state and those of others. Mentalization can address both self and interpersonal functioning. It also helps to address the inherent lack of empathy experienced by individuals with narcissistic traits. For more information on MBT in the treatment of narcissistic traits, see **THIS ARTICLE** from Drozek and Unruh (2020).

Dialectical Behavior Therapy

DBT was developed to treat individuals with borderline personality disorder, but has utility in the treatment of other personality disorders as well. In the course of treatment, target behaviors are identified and addressed via skill-building. Therapists also utilize validation to help individuals make sense of their experience and distress. DBT with individuals with narcissistic tendencies may require a high level of insight and self-reflection to identify problematic target behaviors.

For more information on the treatment of narcissistic personality disorder, please see **THIS GUIDE** from Roningstam (2022).