



PSYCHED VENTURES

Further Reading and Resources on Narcissism

Extract taken from book *My Parent the Peacock* by Kathleen Saxton

Further reading on narcissism

- It's Not You – *Dr Ramani Durvasula (2024)*
- You're Not the Problem – *Helen Villiers and Katie McKenna (2024)*
- Raised by Narcissists – *Dr Sarah Davies (2024)*
- Adult Children of Emotionally Immature Parents – *Lindsay C Gibson PsyD (2015)*
- Silently Seduced: When Parents Make Their Children Partners – *Kenneth M Adams PhD (2011)*
- Will I Ever Be Good Enough? Healing the daughters of Narcissistic Mothers – *Karyl McBride (2008)*
- Understanding Parental Alienation: Learning to Cope, Helping to Heal – *Karen Woodhall and Nick Woodhall (2017)*
- The Covert Passive-Aggressive Narcissist: Recognizing the Traits and Finding Healing After Hidden Emotional and Psychological Abuse – *Debbie Mirza (2017)*
- Rethinking Narcissism: The Secret to Recognizing and Coping with Narcissists – *Craig Malkin (2015)*
- The New Science of Narcissism: Understanding One of the Greatest Psychological Challenges of Our Time—and What You Can Do About It – *Keith W Campbell and Carolyn Crist (2020)*

Further reading on reclaiming the self

- The Untethered Soul: The Journey Beyond Yourself – *Michael A Singer (2007)*
- Internal Family Systems – *Richard C Schwartz (1997)*
- No Bad Parts – *Richard C Schwartz (2021)*
- The Drama of the Gifted Child – *Alice Miller (1979)*
- Co-dependent No More – *Melody Beattie (1986)*
- Attached – *Amir Levine and Rachel Heller (2010)*
- A Game Free Life – *Stephen B Karpman, MD (2014)*
- The Body Keeps the Score – *Bessel van der Kolk, MD*



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Further reading on therapeutic techniques discussed

- Empty chair and two-chair Gestalt technique: <https://www.mentalhealth.com/library/gestalt-therapy-the-empty-chair-technique>
- The Karpman Drama Triangle: <https://karpmandramatriangle.com/>
- Internal Family Systems framework: <https://ifs-institute.com/resources/articles/internal-family-systems-model-outline>
- Alchemical process of transformation – citing Nigel Hamilton: <https://www.ingrid-dengg.at/sites/ingrid-dengg.at/files/attachments/alchemy.pdf>
- True and False Self – Winnicott Theory: <https://www.youtube.com/watch?v=Ao2Ucd6monY>
- Family constellations framework: <https://www.hellinger.com/en/family-constellation/>
- Window of tolerance: <https://drdansiegel.com/>
- Neuroplasticity: <https://drjoedispenza.com/dr-joes-blog/evolve-your-brain>
- Glossary of narcissistic abuse terms (DARVO/enablers/trauma bond, etc.): <https://mynara.app/glossary>

Top podcasts on narcissism and recovery

Narcissist Apocalypse: Patterns of Abuse

Description: This podcast features survivor stories, providing insights into various forms of narcissistic abuse and offering support to those affected.

Platform: Available on Spotify and Apple Podcasts.

Link: Narcissist Apocalypse on Spotify – <https://open.spotify.com/show/3MYWa9mrMIN3FSTLiFkK7F>

In Sight - Exposing Narcissism

Description: Hosted by Katie McKenna and Helen Villiers, this podcast delves into topics related to narcissism, parentification and emotional abuse, aiming to empower listeners through psychoeducation.

Platform: Available on Apple Podcasts.

Link: In Sight - Exposing Narcissism on Apple Podcasts – <https://podcasts.apple.com/us/podcast/in-sight-exposing-narcissism/id1613030538>

Trauma & Narcissism Redefined

Description: This podcast explores the intricacies of trauma and narcissism, offering insights into the narcissistic abuse cycle and strategies for healing.

Platform: Available on Spotify.

Link: Trauma & Narcissism Redefined on Spotify – <https://open.spotify.com/show/6nVRF6t2Eg4XIQHkYjMIWU>

Waking Up to Narcissism

Description: Hosted by Tony Overbay, LMFT, this podcast helps individuals recognize and navigate narcissistic traits in their relationships and within themselves, focusing on emotional immaturity and personal growth.

Platform: Available on Apple Podcasts and Spotify.

Link: Waking Up to Narcissism on Apple Podcasts – <https://podcasts.apple.com/us/podcast/waking-up-to-narcissism/id1582045099>



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The Covert Narcissism Podcast

Description: This podcast focuses on understanding covert narcissism, offering support and insights for those affected by covert narcissistic individuals.

Platform: Available on Apple Podcasts and Spotify.

Link: The Covert Narcissism Podcast on Apple Podcasts – <https://podcasts.apple.com/us/podcast/the-covert-narcissism-podcast/id1566895530>

Navigating Narcissism with Dr. Ramani

Description: Hosted by Dr Ramani Durvasula, a renowned clinical psychologist, this podcast delves into the complexities of narcissistic relationships and offers guidance on navigating them.

Platform: Available on Apple Podcasts and Spotify.

Link: Navigating Narcissism on Apple Podcasts – <https://podcasts.apple.com/us/podcast/navigating-narcissism-with-dr-ramani/id1629909313>

The Narcissistic Abuse & Trauma Recovery Podcast

Description: This podcast provides insights and strategies for recovering from narcissistic abuse and trauma, aiming to empower survivors on their healing journey.

Platform: Available on Apple Podcasts and Spotify.

Link: The Narcissistic Abuse & Trauma Recovery Podcast on Apple Podcasts – <https://podcasts.apple.com/us/podcast/welcome-to-the-narcissistic-abuse-trauma-recovery-podcast/id1527479270?i=1000487939888>

The Narcissist in Your Life Podcast

Description: Hosted by Linda Martinez-Lewi, PhD, this podcast explores the intricacies of narcissistic personality disorder and offers guidance for those dealing with narcissists in their lives.

Platform: Available on Apple Podcasts and Spotify.

Link: The Narcissist in Your Life Podcast on Apple Podcasts – <https://podcasts.apple.com/us/podcast/the-narcissist-in-your-life-podcast/id1278783469>



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Top YouTube channels for narcissism recovery

- Dr Ramani – Hosted by clinical psychologist Dr Ramani Durvasula, this channel provides in-depth discussions on narcissistic personality disorder and strategies for healing. <https://www.youtube.com/doctorryamani>
- Surviving Narcissism – Led by Dr Les Carter, this channel helps viewers understand narcissism and establish healthy boundaries in relationships. <https://www.youtube.com/c/SurvivingNarcissism>
- Inner Integration – Hosted by Meredith Miller, this channel focuses on healing from narcissistic abuse with practical recovery tools. <https://www.youtube.com/c/InnerIntegration>
- Narcissistic Abuse Healing – This covers narcissistic tactics, terminology and the effects of abuse to support survivors on their healing journey. <https://www.youtube.com/channel/UCI6yC6no7mJxOjqt43KYhHA>
- The School of Life – While not exclusively about narcissism, this channel explores psychology and relationships to help people navigate toxic dynamics. <https://www.youtube.com/c/theschooloflifetv>
- Jerry Wise Relationship Systems – Jerry Wise, a self-differentiation expert and relationship coach, provides guidance on breaking free from narcissistic abuse patterns. <https://www.youtube.com/@jerrywise>
- Jill Wise (The Enlightened Target) – Jill Wise shares personal experiences and professional insights on healing from narcissistic abuse. <https://www.youtube.com/@theenlightenedtarget>
- Jim Brillon – This therapist shares insights on narcissistic relationships and how to recover from emotional abuse. <https://www.youtube.com/@JimBrillon>
- Emily Gibson & Co – This channel offers a mix of personal stories, psychological insights and practical recovery strategies for those affected by narcissistic abuse. <https://www.youtube.com/@emilygibsonandco>
- Charliechalk12 on TikTok – This brainspotting therapist and narcabuse survivor is the most pioneering and refreshing new contributor in this space. Worth a follow. <https://www.tiktok.com/@charliechalk12>
- Karenwoodhall.blog – Karen Woodhall's blog is a vital resource for raising awareness about the harmful effects of parental alienation on children. Worth subscribing. <https://karenwoodall.blog/>



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Narcissistic recovery support groups

Recovering from relationships with narcissists can be challenging, but numerous support groups are available both in-person and online to assist individuals on this journey. Below is a curated list of notable support groups in the UK, the US and globally, categorized by in-person and online options.

When seeking support, it's essential to find a group that resonates with your personal experiences and comfort level. Whether you prefer in-person interactions or the flexibility of online communities, these groups offer various resources to aid in your recovery journey.

United Kingdom

In-person support groups:

London Narcissistic Trauma & Abuse Survivor Support Group: A group offering a safe space for survivors to share experiences and support each other in healing from narcissistic abuse. https://www.meetup.com/topics/narcissism-survivor/gb/?utm_source=chatgpt.com

Online support groups:

Victims of Narcissistic Abuse (MyNARA) Support Group: A Facebook community providing support and resources for individuals affected by narcissistic abuse. https://www.facebook.com/groups/1173575726175953/?utm_source=chatgpt.com

MyNARA App: A professionally guided domestic abuse recovery app designed for those in relationships with narcissists, offering resources and support for recovery. https://mynara.app/?utm_source=chatgpt.com

United States

In-person & Online support groups: <https://www.meetup.com/>

Survivors of Narcissistic Abuse & Co-dependency Support Group: A group providing a platform for individuals to share their experiences and support each other in overcoming narcissistic abuse and co-dependency.

Reclaim Your Life After Narcissistic Abuse: Focused on helping individuals reclaim their lives post-abuse, a group offering support and resources for healing.

Global

Online support groups:

Narcissism Survivor Groups on Meetup: Meetup hosts various groups worldwide dedicated to supporting survivors of narcissistic abuse. Members can find both in-person and online meetings tailored to their needs. <https://www.meetup.com/find/?source=GROUPS&keywords=Narcissism%20Survivor>

Overcoming Narcissism: The Narcissistic Abuse Conference: An annual conference that brings together experts and survivors globally to share insights, strategies and support for overcoming narcissistic abuse. https://www.overcomingnarcissism.com/?utm_source=chatgpt.com