

***"Narcissists are masters of pathologizing your emotions. They convince you that your emotional reactions to the abuse are the problem rather than the abuse itself."***  
**-Shahida Arabi-**



## **HEALING FROM NARCISSISTIC ABUSE: WOMEN'S SURVIVORS GROUP**

The term “narcissism” has become a part of our everyday vernacular, but is often misunderstood and misattributed to self-involvement. In reality, narcissism is defined by structural deficits disguised by an inflated sense of self-importance and resulting in a lack of insight, empathy and understanding and with damaging effects on loved ones, who tend to personalize the narcissist’s bad behavior and are unequipped to deal with what comes their way, due to their own wounds. This support group helps to define narcissism and narcissistic abuse, helps participants recognize narcissistic behavior, and provide participants a safe space to understand their own role in unhealthy dynamics, take responsibility for their own behavior, and, ultimately, learn how to create healthy boundaries and heal their wounds.



**Cost: \$60 per session**  
**Virtual via Zoom**  
**Tuesdays 5:30 pm - 6:45 pm**

**Bren M. Chasse, LMFT (LMFT94662) is a leading provider in Pasadena, California. Bren specializes in the experience of psychological trauma, high conflict divorce, and narcissistic abuse. Bren is an EMDRIA Approved Consultant and trained at a master level in AF-EMDR and Ego Stated (parts) work.**