



HEALING FROM NARCISSISTIC ABUSE Women's Survivors Support Group



**Group Held Weekly via Zoom
Wednesdays, 7:00 - 8:15pm
Starting August 2023
Cost: \$75 per Session**

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.

If you are interested in participating in the Healing from Narcissistic Abuse - Women's Survivors Group, please call (626) 765-9944 or visit www.AnchorPsychotherapy.com.

"With a narcissist in your life you can feel crazy, exhausted, and completely alone. Connecting with others through shared experience can be a powerful part of your healing journey"

ABOUT FACILITATOR LAYLA SUMMERS, AMFT, JD:

Layla Summers, Associate Marriage & Family Therapist #139715, has extensive experience working with adults and children of all ages, both in therapy and in her past career as a family law attorney. Layla specializes in integrating trauma-informed and attachment-focused therapy into her work. Layla is currently supervised by Bren M. Chasse, LMFT #94662.

