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Survivorship, healing and thriving: Moving beyond the accomplishment of surviving narcissistic abuse

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Women who have experienced narcissistic abuse are at a greater risk for acute stress disorder, adjustment disorder, and PTSD. Most women have navigated the family courts only to be victimized by experts who are unable to assess or put into place the necessary resources to protect them from further relentless manipulation; robbing them of much-needed peace.

Surviving is the action victims take to move forward. Healing occurs while surviving and entails having an intellectual and emotional understanding of narcissism. Delays occur when victims experience being an object of pathological lying, and when individuals with NPD cause their victims to hate them as a way to maintain and preserve themselves in their lives so the individual with NPD avoids abandonment. Psychotherapy promotes healing by working on the victim's awareness and gaining an intellectual and emotional understanding. Surviving and healing from narcissistic abuse are accomplishments, however, when the threat or trauma has passed it is time to move onto thriving. The purpose

of this talk is to discuss what it means to move past being a survivor into thriving. An overview of narcissistic abuse will be explained in conjunction with causing acute stress disorder, adjustment disorder, and PTSD. I will give a brief overview of family court as it is viewed through the eyes of a victim of narcissistic abuse and give highlights of what my patients and clients have done to survive a traumatic divorce. I will explain the importance of psychotherapy and examples of sociopathic lying and an attachment via the dynamic of hating. More importantly, I will discuss the meaning of thriving vs making survivorship the prime focus of one's life.

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