Course: untangling the web: helping clients recover from narcissistic abuse

Address: https://asadis.net/en/course/helping-clients-recover-from-narcissistic-abuse/

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Narcissistic abuse leaves enduring psychological wounds. Gaslighting, manipulation, intermittent reinforcement, and emotional invalidation often generate complex trauma responses—chronic self-doubt, anxiety, depression, and disruptions in identity and relational functioning.

This advanced clinical training offers mental health professionals a comprehensive framework for understanding and treating survivors of narcissistic abuse. It highlights the distinctive dynamics of this form of trauma, situates it within attachment and developmental theory, and examines its impact on self-worth, regulation, and interpersonal bonds.

Grounded in contemporary trauma science, you will:

• Refine your clinical eye to detect subtle patterns of narcissistic abuse and evaluate their effects on identity formation, attachment, and nervous system regulation.
• Strengthen your treatment framework to distinguish narcissistic abuse from other relational traumas and adapt interventions accordingly.
• Apply evidence-based strategies for trauma processing, somatic stabilization, and identity reconstruction.
• Integrate focused therapeutic tools to work with shame, restore boundaries, and support authentic selfhood.

Drawing on four decades of clinical expertise, Dr. Patti Ashley provides a nuanced, shame-informed methodology that addresses not only symptoms but the core psychological injuries inflicted by narcissistic abuse. By the end of this training, you will be equipped with advanced assessment tools, intervention

protocols, and a clinically grounded roadmap to guide clients from crisis toward lasting recovery and integration.

Learning objectives:

1. Identify the key traits of narcissists and the dynamics that bind vulnerable clients to them
2. Understand the psychological impact of narcissistic abuse on individuals
3. Apply therapeutic strategies to support the recovery and empowerment of clients
4. Recognize trauma responses and support post-abuse identity reconstruction

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This course is intended for mental health professionals.

The expert

Dr. Patti Ashley, PhD, LPC is a renowned psychologist and trauma specialist with over 40 years of clinical experience treating complex trauma and narcissistic abuse. As founder of Authenticity Architects, she pioneered innovative approaches integrating neuroscience, attachment theory, and developmental psychology.

Her groundbreaking work on shame-informed therapy has transformed treatment protocols for survivors of narcissistic abuse. Dr. Ashley holds a PhD in Psychology from the Union Institute and University, with additional specialization in developmental psychology and trauma treatment.

A respected researcher and author, she wrote the influential text *"Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self"* (2020). Dr. Ashley regularly conducts advanced clinical trainings internationally, helping practitioners develop expertise in trauma-informed, attachment-based approaches to healing.

Her integrative treatment model combines:

• Neurobiological trauma processing
• Attachment-based interventions
• Somatic regulation techniques
• Identity reconstruction protocols
• Shame-informed therapeutic strategies

Syllabus

PowerPoint
Introduction
Understanding Narcissism and Its Impact
Narcissistic Personality Disorder

Types of Narcissism
Factors Influencing the Attraction to a Narcissist Part I
Factors Influencing the Attraction to a Narcissist Part II
Impact of Early Shame
Sanctioned Mini-Trauma & Shame Narratives
The “Shame” Story (False Self)
Characteristics of Narcissistic Abuse
Healing and Recovery Tools
Ten Helpful Strategies for Healing Part I
Ten Helpful Strategies for Healing Part II
Writing a New Story
The Nervous System in Relation to the Polyvagal Theory
Activate the Right Brain
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*