

Video Resource Pack: Working with Narcissism & its Manifestations

Video Resource Pack

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Video Course
CPD/CE credits: 11

Price: £225 instead of the regular price of £265 (a saving of £40)



Online video access remains available for 1 year from the date you receive the video course.

This video resource pack includes:

- *Me, Myself & I: Working with Narcissism and its Pathological Manifestations* (Dr Gwen Adshead, discussions hosted by and Dr Jan McGregor Hepburn)
- *Narcissistic Injuries, Neglect & Relational Trauma* (Christiane Sanderson)
- *Narcissism, Gender Roles and Psychopathy: Exploring intersecting and reciprocal relationships* (Dr Gwen Adshead & Dr Michael Beattie)

Narcissism arches over a broad spectrum, covering a **multiplicity of forms ranging from adaptive to malignant**. In this video course bundle, we look at the pathological manifestations of Narcissism, its dynamic representations, as well as the symptomatology. We discuss **the clinical manifestations, behaviours and look at the therapeutic interventions that we, as clinicians, are able to provide**.

Thanks to the contributions of Heinz Kohut, there is now a greater understanding that such manifestations can be representative of narcissistic injuries – the development of narcissistic traits that co-existed with impaired attachment in childhood, leading to deficits in the structure of the self. **We discuss whether relational trauma can be a key contributor to the development of Narcissism, the role of Shame** in its development and how do we provide a non-shaming therapeutic space for recovery to clients suffering from Narcissism.

In the last part of the bundle, we explore Narcissism and its development in an increasingly social-media obsessed world. Specifically, we consider: What is the role of shame in gender socialisation and how might narcissism and psychopathy help to defend us against feeling shamed by others? How can we learn to build trust in our relationships and hold our gender roles less rigidly? Importantly, we discuss how the **intersections of gender roles, narcissism and psychopathy present in clinical settings**.

This video resource pack contains three complete workshops (CPD Hours: 11) that cover:

Part 1:

- The ever-shifting representations of narcissism – when the same behaviour may be considered developmentally natural in one setting but pathological in another
- The roots of narcissistic disorders and **the symptomatology for Narcissistic Personality Disorder**
- Narcissism as a defence mechanism – how the client faces up to vulnerability and / or distress
- Countertransference issues with narcissistic clients – from **the client who looks-down on the therapist to the one who intensely scrutinises the therapist's actions**
- Ideas about healthy and pathological narcissism and how these are evolving today
- Clinical manifestations of narcissism and behaviours associated with narcissistic disorders
- Indicated treatments for these disorders and their problems

Part 2:

- Can relational trauma induce narcissism? What are the underlying dynamics that we need to comprehend?
- How can we **conceptualise narcissism on a spectrum, ranging from domineering and extroverted to introverted and neurotic?**
- The linkages between narcissism and narcissistic injuries to early childhood trauma, neglect and relational trauma (as explained through Kohut's Self Psychology)
- **The key distinctions between healthy narcissism and dysfunctional narcissism** – including the traits we need to be able to identify
- The **role of shame and dissociation in the development of narcissism** and the implications this has for the therapeutic relationship

Part 3:

- **Thinking about traditional gender norms:** Although it is acknowledged that there are multiple ways of being masculine and performing masculinity, the way in which men in Western culture understand their gender role is influenced by certain norms
 - We explore these core norms and the ways they influence how boys and men gain acceptance into and maintain their position within the masculine tribe
 - We will also touch briefly on the norms of **orthodox femininities to see how a culture of complementary opposites can act to produce a very binary and split gender narrative**
- **Thinking about narcissism and psychopathy:** Narcissism and psychopathy are comparatively modern concepts associated with 'badness' and social undesirability
 - We evaluate **the shared features across narcissism, psychopathy and traditional accounts of masculinity**
 - We also discuss the function of such concepts in both popular discourse and in therapeutic contexts
- **Exploring intersections:** Some of the defining characteristics of masculinity and narcissism appear to map onto one another, so how do we make sense of this?
 - We bring together the two strands of the webinar and explore the intersections and reciprocal relationships between gender norms, narcissism and psychopathy
 - **Is there a pro-social aspect to narcissism and psychopathy** where traditionally the tribe has needed these traits to be held by members to ensure the safe functioning of the group?
 - If these traits are socially endorsed as norms, how important is it to understand their flexible application?



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