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| |  |  | | --- | --- | | Narcissist Survivor  Support Group | Birds flying birds in the sky  Description automatically generated | | For those who grew up with or were (are) partners with an emotionally or physically unsafe person. This is a peer therapy support group where you come together with others, share your experiences and know you are not alone. Each week a focused topic will be presented and discussion will be facilitated.  Additionally, a 15-minute pre-screened Zoom meeting is a prerequisite with all interested participants. Once accepted into the group, a $100 deposit is required to secure your space. Group members are limited so register early so secure your spot. | **January, 2025**  6-week Women's Virtual Group Mondays 6:00 - 7:30 CT  January 13 - February 17 $80/session (6 weeks) $480 | |
| A person smiling at the camera  Description automatically generated  *One of the most important things you can do on this earth is to let people know they are not alone. ~ Shannon L. Alder*  Topics include:   * Defining Emotional Abuse * Understanding the Cycle: Idealize, Devalue, Discard * Your Brain on Narcissism: Identifying the Debris * What is a Safe Person?   Natalie Sum, LPC   * The Cost of Freedom   As a trauma-trained, licensed therapist, Natalie brings depth and tenderness to her groups. She can be found at [NatalieSumResources.com](http://nataliesumresources.com/) and currently facilitates training story groups with The Allender Center.   * Breaking the Cycle |

Thank you for your interest in the Narcissistic Survivor Support Group. I am honored that you would explore this as a step in your personal growth. Due to the sensitive nature of this group, please read the following and consider questions you may have.

People who participate in groups have the opportunity to benefit from sharing personal experiences, giving and receiving support/constructive feedback, and experimenting with new interpersonal behaviors. In order for group to work, a safe environment must be created and expectations for members and group leaders must be understood by the participants. The best way to create a safe environment for personal growth is for you to understand and to agree to the guidelines below.

**Confidentiality**Sharing in group can be anxiety-provoking; therefore, you are asked to keep all information discussed in this group confidential. This agreement means that you may not discuss any information shared or the reactions of any member of this group with anyone outside of the group. You may talk about your own personal reactions, and are even encouraged to do so outside of the group, but not about others’ identifying information or reactions.

**Attendance**I understand I am expected to make a commitment to attend group for the six weeks, although we understand that making this commitment can be difficult. If you know ahead of time that you will miss a later group session, we ask that you share the date of your absence with the group beforehand. Members also agree to come on time every week. If you are running late or have an emergency/illness that prohibits you from coming to group, we ask that you email the group leader. Group will always end on time, no matter what is being discussed. Coming back the next week will allow you to continue the discussion.

Group members often feel anxious about participating in groups and by the fact that results can take time. If you decide to leave after at least three sessions, we ask that you explore your concerns with the group leader(s) and other members, as well as say good-bye. Members will begin to care about one another and though this may feel hard to imagine now, members will feel unresolved if you leave without any explanation.

**No Diagnosis**Please understand that the Narcissistic Survivor Support Group will not attempt to provide a diagnosis of narcissism or other disorder for either myself or a loved one, family member or colleague. Being a peer support group, our time will focus on patterns and narcissistic tendencies but not a diagnosis.

**Active Participation**Groups are limited to 5-7 participants. Members are not required to talk in group, but we know that the more you share in the group, the more benefits you will achieve. Additionally, a silent group member has presence, whether speaking or not. Therefore, consider carefully if you can actively participate or if waiting to join a group might be better for a later time.

**Respect and Safety**I agree to be respectful of the therapist and other group members. Furthermore, you understand that you may be asked to leave the group if you are disruptive or negatively impact other group members.