

# Kelly Saylor

Counseling & Consulting Services

ALL JOY. PEACE IN BELIEVING. ABOUNDING IN HOPE.

## **Narcissistic Personality Disorder Overview**

### **Links**

[Narcissistic Personality Disorder: Symptoms, Causes, Help \(helpguide.org\)](http://helpguide.org)

### **Treatment Plan**

\*Recommend “The Personality Disorders” Treatment Planner – Wiley – 2<sup>nd</sup> Ed.

### **Types**

\*The unprincipled narcissist who tends to be fraudulent, deceptive and exploitative.

\*The compensatory narcissist who exhibits avoidant behaviors and passive aggressive features.

### **Overview (must have 5):**

\*Exaggerates

\*Fantasy preoccupation

\*Status preoccupation

\*Seeks admiration, praise

\*Sense of entitlement

\*Exploitive

\*Lacks empathy

\*Envious

\*Arrogant

### **Reminders**

Cluster B – with Antisocial, Borderline, Narcissistic, Histrionic

Cluster B- focus on increasing safety for them to admit the behavior

Narcissist’s are competitive

## **Books**

**\*Antisocial, Borderline, Narcissistic and Histrionic Workbook: Treatment Strategies for Cluster B Personality Disorders**

<https://a.co/d/208rmov>

\*Next month Histrionic Personality Disorder

\*<https://www.chuckdegroat.net/narcissism-in-the-chair> Christian resource

\* Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself <https://a.co/d/9mMywYu>