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212-777-NYCC (6922)

Narcissistic Abuse Recovery Group

Emotional predators target people with high degrees of empathy, ambition, loyalty, and trust. These well-researched “super traits” are invaluable in relationships with decent people but extreme liabilities in relationships with perpetrators.

Feeling confused, beaten down, dominated, exhausted, or exploited by a partner, parent, or someone close to you, our group will cover:

- The contrast between public persona and coercive control in private
- Love bombing, idealization, future faking, devaluation, and hoovering
- How intermittent reinforcement & breadcrumbing make leaving hard
- Navigating the escalating abuse when you see “behind their masks” and/or leave
- How to understand, disengage, and recover from a trauma bond
- Surviving and thriving after your heart and soul have been shattered



- Schedule: TBD
- Meets Virtually
- \$100/session
- Discounts for prepayment
- Reimbursable out-of-network
- Reach out if time doesn't work

Justena Kavanagh, LCSW-R
JUSTENA@NYCCOUNSELING.COM

To register:
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