

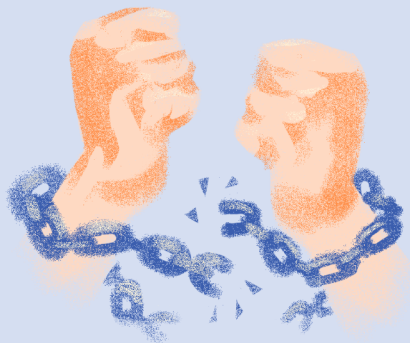


# Narcissistic Abuse Recovery

Research shows that emotional predators target people with high degrees of empathy, loyalty, and trust. These “super traits” are invaluable in relationships with decent people but extreme liabilities in relationships with perpetrators.

For anyone feeling confused, beaten down, destroyed, exhausted, or exploited by a partner, parent, or someone else close to you, this group will address:

- How love bombing, idealization, future faking, devaluation, and hoovering ensnare generous, humble, high-achieving “targets”
- How intermittent reinforcement and breadcrumbing make leaving so hard
- The contrast between their public persona and who they are in private
- Navigating escalating abuse when you see “behind their masks” and/or leave
- How to understand, disengage, and recover from a trauma bond
- How to go from surviving to thriving after being exploited and abused



- Wednesdays:11:30 & 12:00
- Tuesdays 5-6
- New Groups Launching
- Meets Virtually
- \$125/session
- Discounts for prepayment
- Easy out-of-network reimbursement

**Facilitator:**



**Justena Kavanagh**

**Text/Call**

**212-777-NYCC (6922)**

**Email**

**INFO@NYCCOUNSELING>COM**

**SCAN ME!**



**Inquire or Register Now:**

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