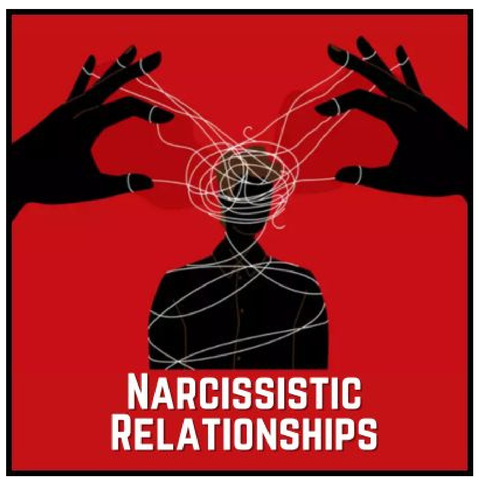
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On-Demand Webinar

Healing from Narcissistic Relationships



Shikha Seeboruth,
MA, RP, CCTP



Objectives:

1. Recognizing Narcissistic Abuse: Help participants identify the signs and patterns of narcissistic behaviour and abuse, including manipulation, gaslighting, trauma bonds, in both personal and professional relationships.
2. Understanding the Impact: Explore the psychological and emotional effects of narcissistic relationships, such as low self-esteem, trauma, and difficulty trusting self and others.
3. Setting Healthy Boundaries: Provide strategies for establishing and maintaining boundaries to protect oneself from further harm.
4. Healing from Emotional Trauma: Discuss techniques for processing emotions, breaking the trauma bond, rebuilding self-worth, and recovering from the long-term effects of narcissistic abuse.
5. Building Healthy Relationships: Offer guidance on fostering healthy, supportive relationships in the future by recognizing red flags and cultivating self-awareness.

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- 2 hours of Continuing Education
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