



ARE YOU AN ADULT CHILD OF A NARCISSIST?

- ★ **Did you feel un-nurtured and neglected by your family?**
- ★ **Are you continually attracted to egotistical, unavailable partners?**
- ★ **If so, this Adult Children of Narcissists group is for you.**

This psychotherapy support group will explore the effect a narcissistic parent has on your self esteem and relationships. We will examine the dysfunctional, repetitive patterns learned in childhood that are reenacted in adult life.

The group will help you understand the origin of narcissism, why you are continually drawn to controlling, self-absorbed people, and how to break the habit. You will be able to recognize the "red flags" to watch out for such as entitlement, exploitation, and lack of empathy.

You will learn to set and maintain appropriate boundaries and create lasting, positive reciprocal relationships in your life.

Ami Hartley is a Licensed Marriage and Family Therapist, Certified Addiction Specialist, Board Certified Art Therapist and Hypnotherapist as well as a specialist in Narcissism with over 20 years of experience.

The group will be held on Tuesday evenings from 6:00 to 7:30. Interviews are open now. Each session is 1 1/2 hours; cost for each group is \$50.00 per week per session with a 12 week commitment. Space is limited.

415-794-5468