

Are you an Adult Child of a Narcissist?



- ★ **Did you feel 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 30 years of professional experience (and personal experience).

The group:

1. The group will take place **on Wednesday or Thursday evenings (tbd) from 6:30-7:45 PM**, starting in April 2025, in person in San Francisco.
2. The cost is **\$800** for the full 8 weeks of groups, with space limited to **8 members**.
3. Continuation beyond 8 weeks is possible if at least 5 members remain interested. For more information, contact **Ami Hartley** at **415-794-5468**.