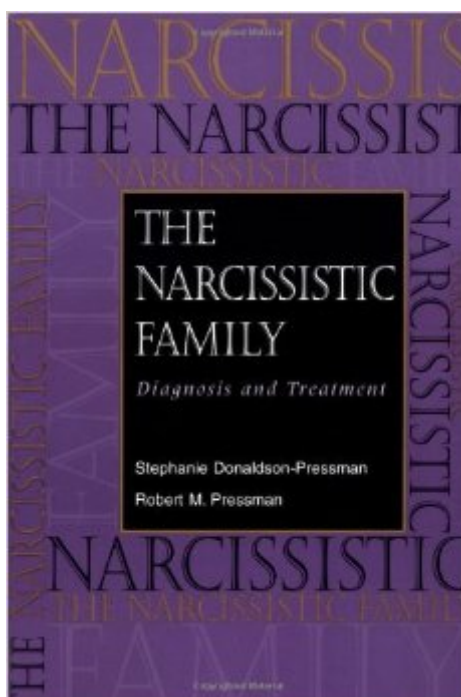


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# The Narcissistic Family: Diagnosis And Treatment



## Synopsis

In this compelling book, the authors present an innovative therapeutic model for understanding and treating adults from emotionally abusive or neglectful families? families the authors call narcissistic. Narcissistic families have a parental system that is, for whatever reason (job stress, alcoholism, drug abuse, mental illness, physical disability, lack of parenting skills, self-centered immaturity), primarily involved in getting its own needs met. The children in such narcissistic family systems try to earn love, attention and approval by satisfying their parents' needs, thus never developing the ability to recognize their own needs or create strategies for getting them met. By outlining the theoretical framework of their model and using dozens of illustrative clinical examples, the authors clearly illuminate specific practice guidelines for treating these individuals. Stephanie Donaldson-Pressman is a therapist, consultant, and trainer. She is known for her work with dysfunctional families, particularly with survivors of incest. Robert M. Pressman is the editor-in-chief and president of the Joint Commission for the Development of the Treatment and Statistical Manual for Behavioral and Mental Disorders.

## Book Information

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## Customer Reviews

Thank heaven for this book! This book spoke to me on a very personal level. I would have never guessed that I come from a covertly Narcissistic family system. My family was perfect - or so it seemed from the outside (and even from the inside!). We never fought, we never argued, we never had disagreements. My parents told me and my brothers that they loved us. For 37 years, I believed the family myth. We were the perfect family. But, the "perfect family" label never felt quite right to me.

Even though I was told I was loved, I was also told that I "needed more attention" as a child, was a "difficult" teenager, and more recently that I have "emotional problems" (for daring to speak up about a glaring boundary issue). For years I even believed that I WAS a difficult kid until I started to remember my childhood. I remember my perfect father was an alcoholic who was largely absent and almost totally unavailable emotionally. I remember my mom insisted that we never express "negative" feelings. We were expected to always be positive and happy and if we weren't then we were chided for being selfish and ungrateful. If we were sad or disappointed, we were expected to "walk it off" and told that we should "stop crying" or they would "give us something to cry about". We were told that other (less well-adjusted and unhappy) people "just didn't get it" and we were instructed to pity those people. How is it that a kid who gets good grades, is compliant and respectful, doesn't smoke, do drugs or have sex, and whose only goal is to go to college a difficult teenager? The answer is found in this book - that she lives in a dysfunctional family system that defines any small statement of independence as an act of disrespect.

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