



NARCISSISTIC PARTNERS... "AM I THE CRAZY ONE?"

10:00 AM-11:15 AM on Wednesdays • 8 weeks
Currently accepting new clients

Intake \$100 • Weekly group \$50

The purpose of this group is for women and men who believe they are in a relationship, married, divorcing or divorced from a Narcissist to understand this severe and toxic personality disorder, discuss their experiences and learn ways to transition out of the relationship. Healing from NAS can take an average of 18-24 months as it is a severe form of psychological, verbal, financial and emotional abuse and can lead to complex PTSD. Learn the terms such as gaslighting, love bombing, and hoovering that describe the narcissists behavior. Severing the relationship and having no contact or minimal unemotional contact if you have children together is difficult, but the best the way to manage the ongoing relationship. Discontinuing contact, telling your story, understanding Narcissism, self care, and learning coping skills are all a significant components of the healing process. Learn how to detect red flags to avoid entering into another relationship with a Narcissist. Discussing your experience with others who have endured this abuse can help with the loneliness, self doubt and the trapped feeling.

**For more information, please contact
Hilary Woodman at 770-363-1576
or hilarywoodman@bellsouth.net**



**HILARY WOODMAN
LCSW**

Hilary Woodman, LCSW, has been a Licensed Clinical Social Worker for over 23 years and a graduate of the Masters of Social Work program at The University of Georgia.

Hilary works with individuals, couples and families on a variety of issues:

- Narcissistic Abuse Syndrome (Partners of Narcissists)
- Anxiety & Depression
- Family relationship issues
- Divorce recovery and highly conflicted divorce
- Grief counseling
- Parents of special needs or chronically ill children
- Postpartum depression/blues & pregnancy-related issues

Hilary utilizes a wide range of treatment modalities to meet the individual needs of the client. She creates a safe, warm and confidential environment, which allows the client to problem-solve, develop insights and resolve issues. The answers can often be found within, and the therapeutic process serves as a guide on his or her courageous journey inward.



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