



## Narcissistic Abuse Recovery Clinic (N.A.R.C.)

Facilitator: Mary Janetzki (Psychologist)

- 08:30am: Arrive and registration
- 09:00am: Introduction; welcome; overview
- 09:30am: What is narcissism
- 10:30am: Morning tea
- 11:00am: Human dimensions (How we operate)
- 12:00pm: Managing anxiety
- 1:00pm: Lunch
- 2:00pm: Responding to a bully
- 3:15pm: Afternoon tea
- 3:30pm: Forgiveness
- 4:00pm: Where to from here?
- 4:30pm: Discussion
- 5:00pm: Close