Thursday 11th
Narcissistic Personality Disorder
Guest Speaker: Heidi Jarman
Venue South Coast Private Hospital - 6.30pm
RSVP Essential – 42 541699

Heidi Jarman is a clinical psychologist and psychotherapist working in private practice, at Project Air Strategy for Personality Disorders, and South Coast Private Hospital. Heidi has a special interest in working with people with personality disorders, and her clinical practice and research has a specific focus in this area. Heidi has previously conducted research on narcissistic personality disorder, and will present to the ARAFMI carer support group on narcissism and how carers can best support themselves and their loved ones with this condition.

Heidi's presentation will cover:

- What is narcissistic personality disorder?
- The difference between grandiose and vulnerable narcissism
- The difference between narcissism and other personality disorders
- Treatment for narcissistic personality disorder
- The impact of narcissistic personality disorder on a person's life, the lives of carers and on relationships
- Communication strategies for carers and loved ones
- Setting boundaries and limits
- Managing aggression
- What not to do – things you might have done that might not be so helpful
- The importance of self-care
- The importance of enlisting support outside of the home
- Developing a Carer Plan
- Question time