

Narcissistic Abuse Recovery

Frequently Asked Questions about the Programme

Given that narcissistic abuse is very personal, completing an online programme to help with it may sound quite confusing. We have compiled a list of responses for some questions that you may have, organised according to the purpose of this programme, how to complete it, and the programme content. If you still have questions about the programme, feel free to contact us by email at info@parmi.co.uk, via webchat, or other means outlined below.

Purpose of this Programme

Will this programme fix narcissistic abuse?

Although the narcissist has inflicted tremendous pain, that you most definitely don't deserve, this programme does not aim to change or "fix" the narcissist. Instead, this programme hopes to foster a power from within, a mindset that empowers you to stop responding to the words and actions of the narcissist, as well as equip you with tools to deal with the unhelpful emotions, thoughts, sensations or memories caused by the abuse. This way, you can spend your time and effort on what you truly value, and live a life on your terms and not the narcissists.

Is this programme only for improving romantic relationships or marriages?

Narcissistic abuse can occur in any type of interpersonal relationships, including but not limited to romantic relationships or marriages. Narcissistic abuse can be seen in friendships, family relationships, and colleagues in the workplace. While narcissistic abuse may be commonly associated with romantic relationships or marriages, as you complete the programme, you may well realise how narcissistic abuse has influenced you in other types of relationships too.

Can this programme replace therapy?

Completing this programme and having therapy sessions are two parallel routes of seeking support for what you have been through. The former is a way of self-help where you can work at your own pace, while the latter is a method to seek professional one to one support. One cannot replace the other. The effectiveness of self-help and seeking professional help varies from individual to individual, so it comes down to you when evaluating whether completing this programme or having therapy sessions is more useful, or both could be helpful.

How to Complete this Programme

If I have questions or concerns, how should I contact you?

You can reach out to us by:

- Email at info@parmi.co.uk
- Webchat (click the "Contact Us" button at the bottom left corner to start a chat)
- Submitting a Contact Form (<https://www.parmi.co.uk/contactform>)
- Phone at +44 7467 596 697

How much time should I spend to complete this programme?

You are in charge of the pace in completing this programme. This programme can be completed in as little as a few weeks, or as much as few months, as long as it feels right for you. You are also encouraged to take your time in reflecting on your experience with our handouts and completing the exercises in the programme.

Should I complete the modules in order?

We recommended that you complete the modules in order. Whilst it may be tempting to jump between modules, this programme is set up specifically so that it builds on skills learnt in earlier modules. Even if you have prior knowledge about the topic or may wish to jump between modules, we encourage you to go through the modules in order. After you have completed the entire programme, given you will have lifetime access to the programme, you may wish to revisit parts that resonate most with you. That is encouraged. Take whatever support you need to help you along your healing journey.

Content of the Programme

How is this programme delivered?

The programme is delivered asynchronously with a mixture of videos, handouts, or exercises, and quizzes. The videos help you through relevant concepts. You can then use the handouts or exercises to apply the concepts to your personal experience and delve deeper into specific the specific concepts discussed in the videos. The quizzes are there to consolidate your understanding and are not graded in any way.

How long will the content be available to me?

You have lifetime access to this programme. You can complete the programme at your own pace once you have purchased it. Please note that programme materials may be updated from time to time to improve accessibility and clarity.

Is there a way for me to connect with other programme participants?

It is natural that you would like to gain further support from connecting and interacting with other participants. However, this is currently not available. Some narcissists may stalk our participants electronically, so offering an online forum or comment sections may put our participants in a more vulnerable position. For safeguarding purposes, this programme will not offer participants to connect with each other. There are, however, other accredited forums you can go to for support. Should you wish to have details of these please reach out to us and we will gladly signpost you.