Deep Release Online
Professional Training for Counsellors

NARCISSISM & ECHOISM
PROVISIONAL PROGRAMME

10.30 am	Welcome : Tech Tips from Jeremy
10:35 am	Meet your Buddy Group
10:40 am	**Session 1 :**
	What is Narcissism?
	The Narcissistic Spectrum
	Grandiose Narcissism
	Key elements in Narcissism
	The Narcissist in the Counselling Room
	Angela's story
11:15 am	Share in Buddy Groups
11:35 am	Break
11:45 am	Any Questions?
11.55 am	**Session 2** :
	The Covert Narcissist
	The Communal Narcissist & Virtue Signalling
	What is Echoism?
	Empaths and Echoists
	Working with Pashminas
	What makes a Narcissist?
	The Narcissistic Parent
12:30 pm	Share in Buddy Groups
12:50 pm	Any Questions?
1:00 pm	Lunch
1:40 pm	**Session 3**
	Facing the Facts
	Turning Points
	Angie's Story
2:15 pm	Share in Buddy Groups
2:35 pm	5 minute break
2:40 pm	**Session 4**
	Recovery
	Options
2:55 pm	Any Questions?
3:05 pm	Say goodbye to your Buddy Group
3:10 pm	Final Slides
3:15 pm	Finish