



**NARCISSISM & ECHOISM
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

11.00 am Angela's story

11:15 am Share in Buddy Groups (20 mins)

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?
- **Reflection**
- Empaths and Echoists
- Working with Pashminas
- What makes a Narcissist?
- The Narcissistic Parent
- **Reflection (send in questions)**

12:30 pm Break (5 mins)

12.35 pm Share in Buddy Groups (15 mins)

12:50 pm Any Questions?

1:00 pm Lunch

AFTERNOON

1:40 pm Session 3

- Facing the Facts
- Turning Points

2:05 pm Angie's Story

2:15 pm Share in Buddy Groups (15 mins)

2:30 pm 5 minute break

2:35 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