

Breaking the Control of Narcissistic Abuse & Trauma Bonds Workshop Part II

Part 1 provided information and knowledge. This workshop gives you the opportunity to apply and practice proven strategies for ending the vicious cycle of narcissistic abuse experiences. Trauma Bonds are usually formed that seem almost impossible to break.



- Do you believe you have been abused by a person that is self-absorbed, does not admit wrongs, verbally or emotionally abusive?
- Can you recognize signs of narcissism and how to avoid narcissistic abuse?
- Do you experience *gas lighting* (your reality is denied and discounted) although you 'know' the truth?
- Have you been accused of being 'wrong' regardless of the facts?
- Does these destructive relationship patterns that seem impossible to break (Trauma Bonds)?



Date: Sat. Dec. 8, 2018
Time: 9:30am - 5:30pm

[Register here](#)

**Facilitated by Dee Gardner, LCSW, LCDC, CSAT at
3207 Mercer St.
Houston, TX 77027**



*"Your Reality is NOT wrong
and You are not sick!"*

**Cost: \$95 by 11/30/2018
\$125 after 11/30/2018**

Lunch \$10

[Register here](#)

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information
832-489-1998

Gardner Counseling Services
Change is greener on the other side

832-489-1998

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Workshop Part 2

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