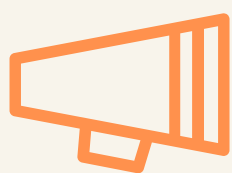


Masterclass on Narcissism with Julia Schlosser

www.traumainanutshell.com

'Narcissists victimize those around them just by being who they are, and they won't change.'

Joe Navarro, FBI veteran



needs excessive attention



appears self assured, charismatic & charming



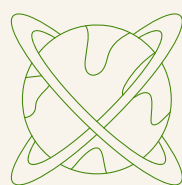
lack of empathy



sense of entitlement & grandiosity



self-perception of flawlessness



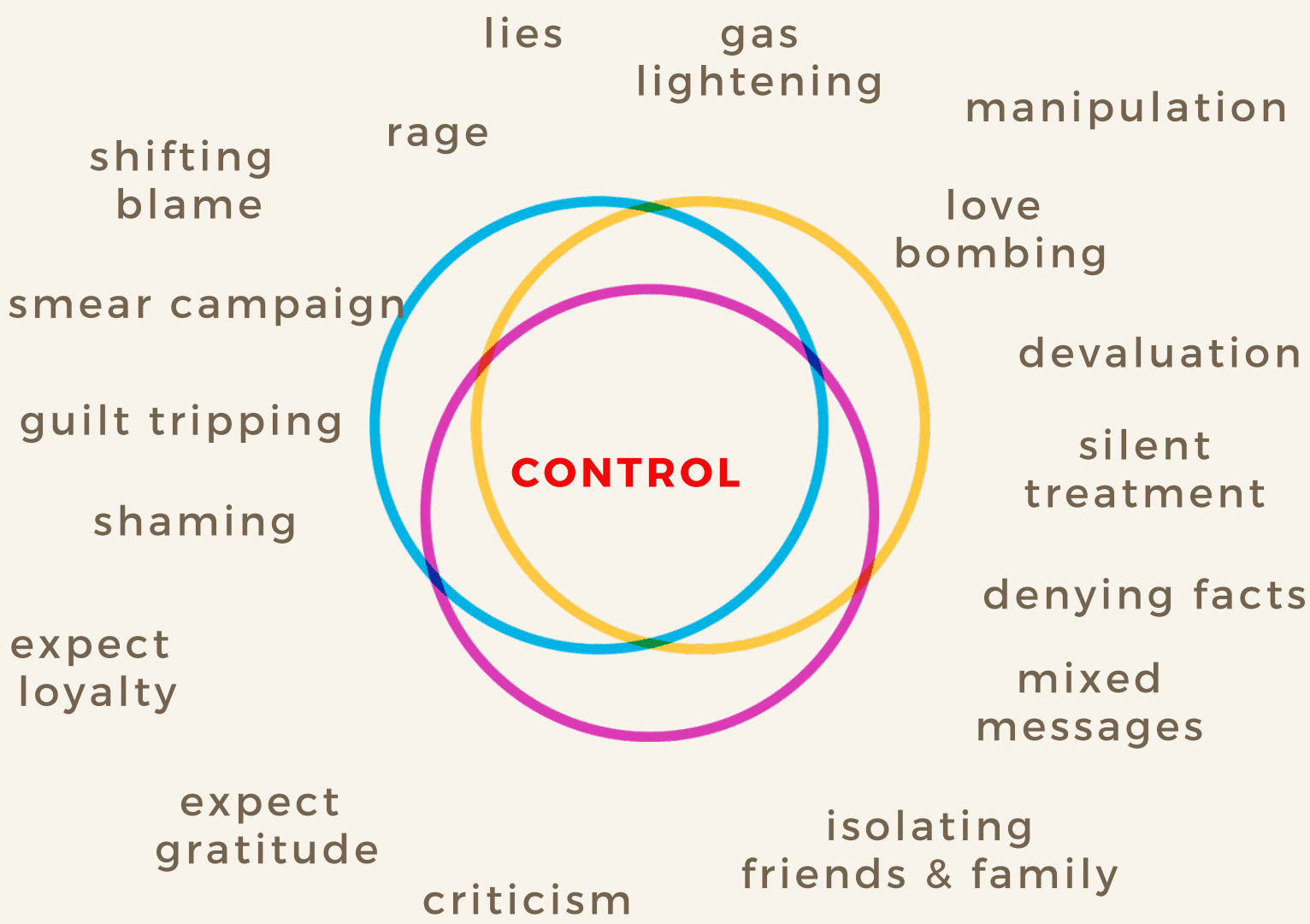
everything must be about the narcissist

The narcissist needs to devalue those around him in order to feel superior. And will do so with any means possible.

HEALING IS IN YOUR HANDS ONLY.

learn more & visit

www.traumainanutshell.com



ABUSE IS NOT YOUR FAULT.

effects on the victim

- helplessness
- feeling of disbelief
- insecurity
- feeling devaluated
- shame
- feeling anxious
- denial
- sense of incongruity
- physical symptoms

As a victim you will try harder to get the narcissists attention or resign.

YOU CAN MAINTAIN THIS RELATIONSHIP OR YOUR SELF-WORTH.

[book your session with Julia](#)



**Stabile and enriching relationships
are possible - also for you.**

ABOUT JULIA

Julia is a Somatic Experiencing® practitioner and trained in accompanying people healing from trauma and overwhelming experiences.

She is known for her compassion and humor in supporting people on their healing journey.

She is not shy to show up as a real human being and considers herself an ever learning student of life.

Julia does not only know the ups and downs of life intimately, but has gone through severe trauma and lived through narcissistic abuse herself.

With the invaluable support of friends, family and trusted therapists she has picked herself up again and continues to grow.

Now is your turn.
Let's walk a bit together.

[book your session with Julia now!](#)



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