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201 S Detroit Street, Lagrange, IN, 46761

April 2024

## Narcissistic Personality Disorder

### **A Definition of Narcissistic Personality Disorder**

According to the the official manual of the American Psychiatric Association that classifies and defines mental health disorders, narcissistic personality disorder or NPD is a pattern of grandiose self-importance and a lack of empathy, which typically begins in early adulthood. A person with NPD may...

### **How to Know if an Abuser is a Narcissist**

Shannon Thomas, LCSW, author of *Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse* [told DomesticShelters.org](http://toldDomesticShelters.org) that a survivor can tell they're in a relationship with a narcissistic abuser if the abuser never admits fault or takes responsibility for anything. Narcissistic abusers will also...

- Use [gaslighting](#) to make a survivor believe that their memories of events are inaccurate or blown out of proportion.
- Tend to get very angry and walk out of counseling sessions. (Advocates warn [couples counseling will not stop abuse](#) anyhow.)
- Shame victims about anything from their accomplishments to the previous trauma they suffered, insinuating they deserved it somehow.
- Often stay cool, calm and collected, sometimes even amused, when their partner is visibly distraught.
- Project their faults and wrongdoings onto a victim, such as blaming their partner for lying or cheating when it's actually the abuser who is doing those things.
- Change the subject in conversations in order to evade any accountability, aka, turning the blame back onto something the victim did instead, even if it's not relevant.
- Have circular, nonsensical and seemingly never-ending conversations in order to frustrate their victim to the point where they are more likely to give up.
- "Love-bombing" a victim—showering them with grand gestures of affection and attention only to begin tearing down their self-esteem later on. The victim then craves the original amount of admiration back, beginning a dangerous cycle of psychological abuse.

### **Can NPD Be Treated?**

According to Psychology Today, treatment for NPD can be tricky because those who have it feel a sense of grandiose importance and are highly defensive of criticism, which makes it difficult for them to admit they're living with NPD, or to seek treatment. Talk therapy by a trained professional may help those with NPD relate to others in a healthier way. However, whether or not abuse will end by treating NPD is another story. Treating one won't automatically stop the other, but some advocates believe batterer treatment programs can end abusive behaviors in individuals who are truly committed to changing.

Retrieved From: [Domesticshelters.org](http://Domesticshelters.org)

## YOU CAN HELP

Individuals wishing to assist Elijah Haven in caring for victims of domestic violence may do so in a variety of ways:

**Monetarily.** Send donations to Elijah Haven Crisis Intervention Center, PO Box 198, LaGrange, IN 46761.

**Volunteer.** Crisis Line Operators are needed as well as volunteers to transport clients to and from group counseling. Please contact Kathy @ (260) 463-8700

**Donate items.** Victims housed in the shelter need personal hygiene items, toilet paper, paper towels, pillows, towels, and household cleaning supplies

Gas cards and gift cards for groceries are also greatly needed and appreciated.

## Gifts of Time

*Elijah Haven is a "community-owned" agency. Questions, concerns and words of encouragement are welcomed and can be addressed to any of our current Board Members.*

### 2024 Board of Directors

John Sisson  
Ingrid Lochamire  
Carrie Lambright  
Dawn Yoder

Ron Roth  
David Chupp  
Marylyn Ernsberger

## Upcoming Events

Please join us for our 3rd Annual Car, Truck & Bike Show

When: Sunday, August 25th

Where: LaGrange County Courthouse Square

Time: 2 pm—5 pm

DJTK, Food Trucks, Prizes & Trophies for Best of Show

## Thank You

A huge thank you to Interra Credit Union for all of the supplies and monetary donation. We are so blessed to have your annual support.

Elijah Haven has been able to thrive and help so many more clients due to the continuous support of individuals, churches, businesses and organizations.

**Thank you for helping end the cycle of domestic violence and helping our county prosper!**

### Contributions and Grants received

- Donor Advised through the LaGrange County Community Foundation
- DVPT Grant
- VOCA Grant
- Local Churches and Individuals
- Crossroads United Way
- LaGrange County Community Foundation
- Steuben County Community Foundation

