

San Francisco Narcissistic Abuse Recovery Support group

3/26/2019

(Note: I am not a medical professional licensed in any way. This is a grassroots peer support group and the information here is provided by a fellow survivor, not a mental health professional)

RESOURCES

this is a small but growing list of resources to check out in for support in your journey healing.

Every place on this list has very limited income, so if they help at all ***please consider making a donation*** to keep them going.

Organizations:

La Casa De Las Madres

Address: 1663 Mission St #225, San Francisco, CA 94103

Phone: (415) 503-0500

(primarily for Spanish speaking, but all women welcome. For women and children only.)

Woman, Inc.

Address: 26 Boardman Pl, San Francisco, CA 94103

Phone: (877) 384-3578

(primarily for women, but men can call too. They're usually very nice and are run by a small group.)

CUAV (Community United Against Violence) - LGBTQ support

427 South Van Ness Ave

San Francisco, CA 94103

Business Phone: 415.777.5500

Fax: 415.777.5565

General Inquiries: info@cuav.org

SF Woman Against Rape

24-hour crisis line: 415-647-4273

3543 18th St, San Francisco, CA 94110

(not recommended for men, though they will do counseling for men. Great resource for women.) They also have great events like the walk against rape (usually in April) and artists against rape

1in6

<https://1in6.org/>

(resource for men only. Online support groups are highly moderated by a trained professional. Just make sure to join right when the meeting starts, or 15 min before).

Note: I had some bad experiences with the staff, but the survivors in the group are usually great to talk with.

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Online Resources:

- An indispensable site (where our readings come from). Run by fellow survivor and domestic violence counselor Dana, this place is a wonderful resource and has helped me more than any other. There are forums, videos, and tons of info:
<http://www.thriveafterabuse.com>
<https://www.thriveafterabuse.com/the-red-flags-of-a-narcissist-series-in-order/>

- Great article for understanding Gaslighting:
<http://www.bbc.com/news/stories-41915425>

- Great video for understanding Stockholm Syndrome / Trauma Bonding.
(all her videos are terrific, really. See Inner Integration)
<https://www.youtube.com/watch?v=pUKgIXHD278>
https://www.youtube.com/watch?v=jeQdGURo2_8

- Great video for understanding Narcissistic Victim Syndrome
<https://www.youtube.com/watch?v=E6hgHQgJdYA>

- Great video for understanding the social problem of narcissism (from the author of the narcissism epidemic). This is from Canadian public television (go Canada!)
<https://www.youtube.com/watch?v=lv2LkAWc7Tk>

- Our Bay Area meetup link (with info for other meetings):
<https://www.meetup.com/San-Francisco-Narcissistic-Abuse-Recovery-Support-Group/>

Books:

- Great book on the social problem of narcissistic abuse:
<https://us.macmillan.com/books/9780374712549>

- Great introductory book:
<https://annecarolinedrake.com/2010/05/24/book-review-the-wizard-of-oz-and-other-narcissists-by-eleanor-d-payson/>

- *Psychopath Free*:
<https://www.penguinrandomhouse.com/books/317863/psychopath-free-expanded-edition-by-jackson-mackenzie/9780425279991/>

- *The Body Keeps the Score*:

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<https://besselvanderkolk.net/the-body-keeps-the-score.html>

Misc:

- Here's the application I use for the calming section in our groups (it has helped me a lot):

<https://calmradio.com/>

