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## **Narcissistic Abuse or Its Aftermath?**

I coined the phrase “narcissistic abuse” in 1995. And “no contact”. And much else besides.

[Book a Counselling Session or Personal Seminar with Sam Vaknin](#)

[Payment Methods: How to Purchase Counselling or Personal, One on One Seminar Time](#)

**Download 20 Gb of [Cold Therapy](#) Videos (10 Downloads, 2 Gb each file):**

**The Complete Record of 3 Days of the Level 1 Seminar in Vienna, Austria!**

Cold Therapy is a treatment modality for Depression and for [Narcissistic Personality Disorder \(NPD\)](#).

**The price for the 10 videos pack: 400 USD**

[Payment Methods: How to Purchase the 10 videos](#)

**What is Cold Therapy?**

Click [HERE](#) and [HERE](#) to Watch the Videos

Developed by [Sam Vaknin](#), Cold Therapy is based on two premises: (1) That narcissistic disorders are actually forms of complex post-traumatic conditions; and (2) That narcissists are the outcomes of arrested development and attachment dysfunctions. Consequently, Cold Therapy borrows techniques from child psychology and from treatment modalities used to deal with PTSD.

Cold Therapy consists of the re-traumatization of the narcissistic client in a hostile, non-holding environment which resembles the ambience of the original trauma. The adult patient successfully tackles this second round of hurt and thus resolves early childhood conflicts and achieves closure rendering his now maladaptive narcissistic defenses redundant, unnecessary, and obsolete. It was found to also be effective with major depressive episodes.

Cold Therapy makes use of proprietary techniques such as erasure (suppressing the client's speech and free expression and gaining clinical information and insights from his reactions to being so stifled). Other techniques include: grandiosity reframing, guided imagery, negative iteration, other-scoring, happiness map, mirroring, escalation, role play, assimilative confabulation, hypervigilant referencing, and re-parenting. It is proving to be an effective treatment for major depressive episodes (see this [article about the link between pathological narcissism and depression](#) and this [article about depression and regulatory narcissistic supply in narcissism](#)).

[Cold Therapy Lecture Notes](#)

[Introduction to Cold Therapy \(German\)](#)

[Cold Therapy, Warmly Recommended](#)

[Journal of Clinical Review and Case Reports](#)



**Book a Phone or Email Counselling Session or a Personal Seminar with [Sam Vaknin](#)**

**Counselling advice regarding all relationships with narcissists and psychopaths and narcissistic abuse with the author of the Bible of Narcissism, "[Malignant Self-love: Narcissism Revisited](#)"**

**More about [Sam Vaknin](#) and his work (Download [PDF version](#) of this page)**

## **Counselling**

**Purchase 60 minutes (300 USD)**

**Purchase 120 minutes (550 USD)**

**Purchase 30 minutes (180 USD)**

## **Personal (One on One) Seminars**

**Purchase Personal Cold Therapy Seminar (30 hours, 5000 USD)**

**Purchase Personal Behavioral Sales Introductory Seminar (6 hours, 1600 USD)**

**Purchase Personal Internet Addiction and Social Media Detox Program (12 hours, 3000 USD)**

**[Payment Methods: How to Purchase Counselling and Personal Seminar Time](#)**

**OR**

**60 minutes phone counselling session with [Lidija Rangelovska](#) (130 USD)**

**[Payment Methods: How to Purchase Counselling Time](#)**



**Lidija Rangelovska**, an expert on narcissistic abuse and recovery from post-traumatic conditions is now available for consultations. Lidija is the long-time editor of the "Malignant Self-love" series of books, e-books, and video lectures on personality disorders and abusive relationships with narcissists and psychopaths.

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## **How to Pay?**

**Scroll up to the first half of this page.**

**Select the product or service you want to pay for.**

**Note the amount to be paid.**

**There are 2 ways to pay:**

**OPTION 1: Pay via Western Union or MoneyGram with a few clicks!!! VERY SIMPLE!**

You can transfer the amount to be paid via **Western Union or MoneyGram** to SHMUEL VAKNIN in Skopje, Republic of Macedonia (click [HERE](#) for detailed how-to instructions);

OR

**OPTION 2: Bank to bank transfer with a few clicks!!! VERY SIMPLE!**

You can wire transfer or send money to the **bank account of SHMUEL VAKNIN**. Scroll down for all the account data you need in order to make the transfer.

**How to transfer money from bank to bank?**

**You can send the amount to be paid to my bank account via a wire transfer from your bank (using your online banking account);**

OR

You can use these **online payment services to transfer money to my bank account within minutes:**

**Azimo (on the Web or App)**

Click on this link: <https://azimo.com/en>

**Small World (on the Web or App)**

Click on this link: <https://www.smallworldfs.com/small-world/esp/en-gb/sm/money-transfer/macedonia>

**GlobalWebPay (From the UK only, on the Web)**

Click on this link: <https://www.globalwebpay.com/Domain/GWP/Home/Home.aspx>

**Payza (On the Web or App)**

Click on this link: <https://www.payza.eu/>

**Paysera (On the Web after login: TRANSFERS > Transfer to a bank or App)**

Click on this link: <https://www.paysera.com/>

**OFX (On the Web or App, only if you purchase 2 hours or more of Lidija's time)**

Click on this link: <https://www.ofx.com/en-us/money-transfer/>

**SendMoney24 (Transfer money to my Visa and Mastercard - write to me for the details)**

Click on this link: <https://www.sendmoney24.com/money-transfer-to-Macedonia.html>

<https://www.sendmoney24.com/money-transfer-to-Macedonia.html>

**Wire transfer/send the funds to:**

Account Name: SHMUEL VAKNIN

Account #: 02-303-0010975.1

Komercijalna Banka

Kej Dimitar Vlahov 4

1000 Skopje

Macedonia

SWIFT (code KOBSMK2X)

IBAN MK07300303001097571

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**How to transfer money with WESTERN UNION or MoneryGram**

**There are many easy ways to transfer money with Western Union.**

**1. Western Union app**

<https://www.westernunion.com/us/en/mobile-app.html>

Download the Western Union app to your phone (from Google Play or Apple Store). Install it. Follow the instructions to send money. Send the amount to be paid to:

**SHMUEL VAKNIN in Skopje, Macedonia. (SHMUEL - not Sam!)**

**Send me the MTCN (the transaction confirmation number) - write to me on:**

[samvaknin@gmail.com](mailto:samvaknin@gmail.com)

That's it. **I will contact you to set up the counselling session.**

**2. Viber Messenger app**

Download the Viber Messenger app (from Google Play or Apple Store). Install it.

Follow the instructions to **send money via Western Union:**

<https://support.viber.com/customer/portal/articles/2652531-how-to-use-viber-wallet>

Send the amount to be paid to **SHMUEL VAKNIN in Skopje, Macedonia. (SHMUEL - not Sam!)**

**Are there any other ways to pay you?**

### **3. Send money from a physical location**

You can effect the transfer through any of the offices of Western Union or MoneyGram, including the office nearest to you.

You can GO to the office of the agent of Western Union or MoneyGram nearest to you and FILL IN the relevant FORMS to send the fee to Shmuel Vaknin in Skopje, Macedonia.

### **4. By Phone**

B. You can make the transfer by PHONE - call Western Union or MoneyGram (a 1-800 number) and they will bill your credit card by PHONE.

### **5. Online**

You can also effect the transfer ONLINE:

**Western Union:** Click on this link to transfer money through Western Union

<http://www.westernunion.com/>

**MoneyGram:** Click on this link to transfer money through MoneyGram

<http://www.emoneygram.com/>

### **IMPORTANT!!!**

Upon completion of the transfer - you will receive a transaction code (MTCN) from Western Union or reference number (EIGHT digits) from MoneyGram.

Please e-mail the transaction code/reference number to Sam Vaknin at:

[samvaknin@gmail.com](mailto:samvaknin@gmail.com)

Upon withdrawal of the funds, I will send you a CONFIRMATION MESSAGE.

### **The confirmation message will include:**

1. The download links for the 10 video files;

Or – if you paid for counselling or a personal seminar:

2. A phone number to call via WhatsApp or Viber and a few options regarding available times for the counselling session.