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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 a Personal, One-on-One, 5 Days Training with Sam Vaknin](#)

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

Download 22 Gb of [Cold Therapy](#) Videos (11 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 11 videos pack: 400 Euros (or 500 USD if you are based in the USA or Canada)

[Payment Methods: How to Purchase the 11 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 \(German\)](#)
[Review and Case Reports](#)

[Introduction to Cold Therapy](#)
[Cold Therapy, Warmly Recommended](#)

[Journal of Clinical](#)



[Click HERE to Book:](#)

Phone (WhatsApp, Skype, Viber), or Email Counselling Session or a Personal 5 Days Training 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](#) a 60 minutes phone (WhatsApp, Skype, Viber), or e-mail counselling session with Sam Vaknin

(300 USD in USA, 300 Euros in Europe, 300 GBP in UK)

Personal (One on One, in person or via phone) Trainings

[Purchase](#) Personal Cold Therapy Training (5 days, 30 hours, 5000 USD)

[Purchase](#) Intensive One-on-One Counselling (5 days, 40 hours, 7500 USD)

[Purchase](#) Personal Behavioral Sales Introductory Training (6 hours, 1600 USD)

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

[Payment Methods: Purchase Counselling and Personal Training Time](#)

OR

**Purchase a 60 minutes phone (WhatsApp, Skype)
counselling session with Lidija Rangelovska**

(150 USD in USA, 150 Euros in Europe, 150 GBP in UK)

OR, **NEW!**

**Purchase a 60 minutes phone (WhatsApp, Skype)
counselling session with BOTH Sam Vaknin and Lidija
Rangelovska!!!**

**(250 USD in USA, 250 Euros in Europe, 250 GBP in the
UK)**

[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.

How to Pay?

We recommend to pay via [Xoom \(PayPal\)](#). Send cash for pickup to: (write to samvaknin@gmail.com to obtain the details).

ATTENTION: To avoid extra fees, make sure that the Send Amount and the Receiving Amount are denominated in the SAME CURRENCY (USD/USD or EUR/EUR).

Alternatively, you can also send cash via Western Union to: LIDIJA RANGELOVSKA, SKOPJE, MACEDONIA.

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 4 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 for cash pickup via Western Union or MoneyGram to LIDIJA RANGELOVSKA in Skopje, North Macedonia (click [HERE](#) for detailed how-to instructions);

OPTION 2

Use [PayPal via Xoom](#) to send cash for pickup in a location (write to me at samvaknin@gmail.com for the details you need to fill in the transfer)

OPTION 3

Bank to bank transfer with a few clicks!!! VERY SIMPLE!

You can wire transfer or send money to the bank account of SHMUEL VAKNIN. Write to me for 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 account (using your online banking account, or by visiting your branch).

Write to me at samvaknin@gmail.com for details of my bank account.

OPTION 4

You can use these online payment services to:

(1) Transfer cash for pickup in a designated location; or

(2) Send the payment to my bank account; or

(3) Send the payment to one of my credit cards

Within minutes.

Write to me at samvaknin@gmail.com for details of my bank account, my address, or of one of my credit cards.

TransferWise (Web or App)

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

Remitly (Web or App)

Click on this link: <https://www.remitly.com/us/en/north-macedonia>

PaySend (Web or App)

Click on this link: <https://paysend.com> or [Watch a video](#) on how to transfer funds with PaySend.

Azimo (Web or App)

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

Small World (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, Web)

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

Whitespay (Web)

Click on this link: <https://whitespay.com>

Payza (Web or App)

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

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

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

OFX (Web or App, only if you purchase 2 hours or more)

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

[SendMoney24](#) (Web)

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

How to transfer money with WESTERN UNION or MoneyGram

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

IMPORTANT: Make sure to specify during the transfer the currency I should be receiving: USD, EUR, or GBP.

1. Western Union or MoneyGram apps – download them via these links:

<https://www.westernunion.com/us/en/mobile-app.html> (Western Union)

<https://www.moneygram.com/us/en/money-transfer-app> (MoneyGram)

Download the Western Union or MoneyGram app to your phone (also from Google Play or Apple Store). Install it. Follow the instructions to send money.

Send the amount to be paid to:

LIDIJA RANGELOVSKA in Skopje, North Macedonia

Send me the MTCN (the transaction confirmation number) or MoneyGram transaction reference number - write to me on: samvaknin@gmail.com

That's it. **I will contact you to set up the time for counselling session and provide you with my contact details.**

Are there any other ways to pay you?

2. Send money from a physical location

You can make the transfer through any of the offices (agent locations) of Western Union or MoneyGram, including the one 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 **Lidija Rangelovska in Skopje, North Macedonia.**

3. 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.

4. Pay 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

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 training:

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