

**Scientific Healing and Recovery from Narcissistic Abuse:
Evidence-based Practices (clinical and self-help)**

Seminar with:

Prof. [Sam Vaknin](#)

We wish to thank

[South Eastern European University \(SEEU\)](#)

for the kind use of its venue.

Thursday, May 22, 2025

17:00 Launch of the [Vaknin-Rangelovska Foundation](#)

18:00 Introductory Lecture: Narcissistic Abuse Unlike Any Other

Friday, May 23, 2025

10:00 Trapped in the Narcissist's Shared Fantasy

11:30 Coping Strategies within the Shared Fantasy

13:00 Lunch break

14:00 Nine Fold Path to Healing

15:30 Managing Grief

Saturday, May 24, 2025

10:00 Preconditions for Healing

11:30 Developing Self-love and Authenticity (Identity)

13:00 Lunch Break

14:00 Reclaiming Life's 10 truths (IWM)

15:30 7 Resolutions for a Narcissist-free Life

Sunday, May 25, 2025

10:00 Will You Ever Be the Same?

11:30 Questions and Answers

13:00 Lunch Break

14:00 Aftermath: Revenge, Justice, Contact, Co-parenting

15:30 Questions and Answers