

The Silent Scars of Narcissistic Abuse: Quantitative Insights and Emerging Therapies for Victim Recovery

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Abstract : Background: Narcissistic abuse, a manipulative psychological abuse often inflicted by individuals with narcissistic traits, profoundly impacts victims, resulting in symptoms similar to Complex Post-Traumatic Stress Disorder (C-PTSD), anxiety, and depression. This form of abuse is underrecognized in clinical settings despite its severe effects on mental health, manifesting through mechanisms such as trauma bonding and cognitive distortions. Research on narcissistic abuse lacks a formalized diagnosis, creating gaps in therapeutic support for survivors. Case Representation: This study explores Mrs. X's experience as an illustrative case, revealing how narcissistic abuse within familial and romantic relationships caused chronic anxiety, hypervigilance, and derealization, exacerbated during periods of intense stress. Mrs. X's case exemplifies the psychological toll of such abuse, including cycles of idealization, devaluation, and discard. Quantitative data further underscore the prevalence of severe anxiety and C-PTSD among victims, showing that 78% of survey respondents experienced significant trauma-related symptoms. Conclusion: Narcissistic abuse necessitates expanded therapeutic approaches, integrating trauma-informed methods such as Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Eye Movement Desensitization and Reprocessing (EMDR). Future research should prioritize large-scale studies to understand narcissistic abuse's full impact and develop clinical protocols for effective recognition and treatment. Enhanced awareness, policy development, and digital health interventions are essential to support recovery and resilience in survivors.

Keywords : narcissistic abuse, narcissistic victim syndrome, C-PTSD, trauma bonding

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