

Postgraduate Certificate in Psychological Intervention in Relationships with Narcissistic Patterns



Institution: Apex Coaching Institute International

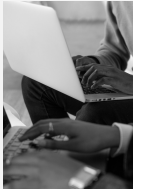
Duration: 6 Weeks (Intensive) · **Credits:** 10 ECTS · **Tuition Fee:** €1,900

Format: 100% Online · Interactive Masterclasses · Clinical Case Studies · Supervised Roleplays

Global Presence: London · Dubai · Spain · Germany · Austria · Online Worldwide



Graduates emerge as emotionally intelligent, clinically competent, and ethically grounded professionals — capable of recognising, intervening, and healing within complex narcissistic relational systems. They are equipped to protect, empower, and transform, leading in counselling, psychotherapy, and coaching worldwide.



About Us

The **Apex Institute for Psychological Excellence** stands at the forefront of advanced education, research, and professional formation in psychology, neuroscience, and human development.

Our mission is not merely to teach — but to **transform**: to cultivate intellectual mastery, scientific precision, and ethical leadership in those who shape the psychological sciences of tomorrow.

Rooted in the European academic tradition and driven by a global vision, Apex unites **the methodological rigor of science with the empathy and insight of human understanding.**

Our programs are crafted for professionals who demand more than conventional education — individuals who seek a formation of **depth, distinction, and enduring impact.**

Every Apex program is built upon three pillars:

1. **Scientific Integrity** — grounded in evidence-based research, rigorous diagnostics, and measurable outcomes.
2. **Applied Excellence** — integrating theory with real-world application, clinical immersion, and global best practice.
3. **Ethical Leadership** — cultivating professionals guided by integrity, human dignity, and social responsibility.

Operating across **Switzerland, Germany, Austria, Spain, and the broader international academic landscape**, Apex collaborates with world-class institutions, clinicians, and researchers to create programs that set **new standards of academic and professional excellence**.

Our graduates emerge as **innovators, thought leaders, and trusted experts** — individuals equipped to lead in psychology, health, education, and global organizations.

At Apex, we do not follow the pace of change — **we define it**.

We believe true excellence is not achieved through prestige alone, but through **discipline, innovation, and integrity**.

Master the Psychology of Power, Pain & Emotional Freedom

Postgraduate Certificate in Psychological Intervention in Relationships with Narcissistic Patterns

Understand. Heal. Transform.

Behind every toxic relationship lies a web of control, charm, and silent suffering — where love becomes manipulation and self-worth turns into dependence.

This postgraduate programme was created for those who refuse to look away — for professionals who want to understand, heal, and empower.

The **Postgraduate Certificate in Psychological Intervention in Relationships with Narcissistic Patterns** is an elite, research-based training that brings together the disciplines of **clinical psychology, neurobiology, trauma science, and personality theory**.

It teaches you how to recognise hidden narcissistic dynamics, intervene ethically and effectively, and guide clients toward emotional autonomy and healthy attachment.

Designed to the academic standards of **Harvard, Oxford, and Europe's leading universities**, this six-week intensive offers **deep theoretical insight and clinical mastery**, delivered through **expert-led workshops, case studies, and live supervision**.

You will learn to:

- Decode narcissistic behaviours and relational trauma with precision
- Apply evidence-based therapeutic strategies to restore safety and boundaries
- Support recovery through self-awareness, resilience, and empowerment
- Lead others — and yourself — from emotional survival to conscious strength

The programme is **100% online** and globally accessible — with students and faculty from **London, Dubai, Spain, Germany, Austria, the USA, and Russia**.

Graduates receive an **internationally recognised qualification (10 ECTS, EQF Level 7)**, positioning them as leaders in the growing field of **relationship psychology and emotional recovery**.

Postgraduate Certificate in Psychological Intervention in Relationships with Narcissistic Patterns

Module 1 – Understanding Narcissism: Psychology, Structure & Dynamics (2 ECTS)

Objective:

Gain deep insight into the psychological and relational dimensions of narcissism.

Core Topics:

1. Clinical and subclinical narcissism
2. Origins and developmental pathways
3. The narcissistic personality structure
4. Grandiosity vs. vulnerability
5. Emotional regulation and shame mechanisms
6. Power, control, and manipulation
7. Empathy deficits and emotional detachment
8. The cycle of idealisation and devaluation
9. The trauma bond and learned helplessness
10. Narcissism and attachment insecurity
11. Covert vs. overt narcissistic patterns
12. Impact on partner identity and self-concept

Video Lecture: *“The Narcissistic Mind: Understanding the Psychology of Power and Pain”*

PDF Resource: *“Neurobiological and Emotional Mechanisms of Narcissism”*

Assessment: Analytical essay on narcissistic personality dynamics (1,000 words)

Module 2 – Diagnostics & Psychological Evaluation (2 ECTS)

Objective:

Develop advanced diagnostic and analytical skills to identify narcissistic traits and relational patterns.

Core Topics:

1. Diagnostic frameworks (DSM-5, ICD-11)
2. Narcissistic spectrum assessment tools (NPI, PNI)
3. The hidden narcissist: subtle forms and adaptive strategies
4. Co-morbidities (BPD, ASPD, codependency)
5. Recognising projection, gaslighting, and blame inversion
6. The role of empathy and mirror neurons in recognition
7. Clinical interviewing and relational observation
8. Emotional manipulation and cognitive distortion
9. Assessment of trauma response in victims

10. Ethical and cultural considerations in diagnosis
11. Integrating psychometric and qualitative data
12. Case-based differentiation: narcissism vs. trauma response

Video Lecture: *"Seeing Behind the Mask: Diagnostic Precision in Narcissistic Relationships"*

PDF Resource: *"Clinical Evaluation Frameworks for Narcissistic Relational Systems"*

Assessment: Case formulation and diagnostic report

Module 3 – Therapeutic Intervention & Protection of the Affected Partner (2 ECTS)

Objective:

Design and apply therapeutic interventions that restore autonomy, boundaries, and emotional safety.

Core Topics:

1. Trauma-informed interventions for survivors
2. Boundaries and self-protection frameworks
3. CBT and schema therapy for emotional restructuring
4. Stabilisation and safety planning
5. Psychoeducation and empowerment training
6. The therapist's stance: neutrality vs. advocacy
7. Identifying manipulation in therapy sessions
8. Re-establishing agency and decision-making
9. Emotional regulation and resilience training
10. Crisis communication and support systems
11. Countertransference management
12. Legal and ethical responsibility in high-risk cases

Video Lecture: *"Empowerment Through Therapy: Healing After Narcissistic Abuse"*

PDF Resource: *"Protective and Restorative Interventions for Affected Individuals"*

Assessment: Intervention plan + reflective commentary

Module 4 – Recovery, Self-Healing & Building Healthy Relationship Patterns (2 ECTS)

Objective:

Guide clients through emotional recovery and the development of healthy relational templates.

Core Topics:

1. The neurobiology of emotional healing
2. Self-esteem and identity reconstruction
3. Self-compassion and trauma integration
4. The role of forgiveness and boundaries
5. Re-learning trust and emotional safety
6. Conscious relationship models
7. Reconnection to authentic selfhood

8. Communication and emotional literacy
9. Repatterning relational expectations
10. Growth through grief and self-rediscovery
11. Somatic awareness and embodiment practices
12. Post-traumatic growth and relational resilience

Video Lecture: *“Beyond Survival: Rebuilding the Self After Narcissistic Relationships”*

PDF Resource: *“From Wound to Wisdom: Pathways to Emotional Recovery”*

Assessment: Therapeutic case analysis (1,000 words)

Module 5 – Capstone Project (2 ECTS)

Objective:

Integrate theory, practice, and personal reflection into a professional clinical or research project.

Project Examples:

- Design a recovery protocol for survivors of narcissistic abuse
- Develop a psychoeducational resource for relationship professionals
- Conduct a qualitative analysis of narcissistic traits in couples therapy
- Reflective study: the therapist’s boundaries in high-control relationships

Video Lecture: *“Transforming Pain into Practice: Applied Healing in Narcissistic Relationship Work”*

PDF Resource: *“Capstone Integration Guide for Advanced Practitioners”*

Assessment: Final project (2,000 words) + oral presentation

The Apex Advantage: Transform Pain into Power — and Knowledge into Healing

Why This Postgraduate Programme and Why the Apex Coaching Institute International

Advantages of the Programme

The **Postgraduate Certificate in Psychological Intervention in Relationships with Narcissistic Patterns** stands at the forefront of modern psychological education.

It is more than a course — it is a **professional awakening** designed for those who seek mastery in one of the most complex areas of human psychology: the intersection of **love, control, and emotional survival**.

Key Benefits for Participants

1. Clinical Precision & Deep Insight

Understand narcissism beyond the stereotype — through advanced frameworks in **clinical psychology, personality theory, and neurobiology**.

2. Evidence-Based Therapeutic Mastery

Learn to apply **scientifically validated interventions** that protect, empower, and rebuild

autonomy in individuals affected by narcissistic dynamics.

3. **Real Clinical Application**

Participate in **supervised roleplays, live case simulations, and reflective analyses** that prepare you for real-world therapeutic challenges.

4. **Global Qualification & Recognition**

Earn **10 ECTS credits (EQF Level 7)**, aligned with the **European Qualifications Framework** and **Bologna Standards** – a credential that enhances your professional mobility worldwide.

5. **Career & Reputation Growth**

Specialise in one of the most in-demand areas in modern psychology and coaching – becoming a recognised authority in emotional abuse recovery and relational transformation.

6. **Personal Empowerment & Transformation**

Build your emotional intelligence, self-awareness, and professional confidence – learning not just how to treat others, but how to thrive yourself.

7. **Accessible Global Learning**

Study **100% online**, with interactive learning experiences led by international experts – from **London, Dubai, Spain, Germany, Austria, the USA, and Russia**.

Advantages of the Apex Coaching Institute International

The **Apex Coaching Institute International** is an academy of excellence – uniting **science, ethics, and human transformation** into a single educational vision.

We don't simply train professionals – we cultivate global leaders in psychology, coaching, and emotional intelligence.

Why Choose Apex

1. **Global Prestige & Academic Excellence**

Our programmes are modelled on the intellectual standards of **Harvard, Oxford, and leading European universities**, combining scientific credibility with modern relevance.

2. **World-Class Faculty & Mentorship**

Learn from internationally recognised **psychologists, neuroscientists, and clinical researchers**, each bringing decades of expertise to your education.

3. **Research-Driven & Practice-Based Learning**

Apex bridges academic theory with direct clinical application – ensuring that every insight you gain becomes a skill you can apply immediately.

4. **Human-Centred Educational Philosophy**

We believe true mastery requires empathy. Apex cultivates **self-awareness, compassion, and ethical leadership** alongside academic brilliance.

5. **International Accreditation & Recognition**

All Apex programmes adhere to **EQF Level 7 and Bologna Process standards**, giving our graduates credentials respected across borders.

6. **Elite Global Community**

Join a powerful international network of graduates – a community of **psychologists, therapists, and thought leaders** who are shaping the future of mental health and human development.

7. **Transformative Learning Experience**

Apex programmes are not just education – they are **personal evolutions** that redefine how you think, feel, and lead as a professional.

*“Apex doesn’t just prepare you for a profession — it prepares you for purpose.
You don’t just study human psychology — you learn how to transform it.”*