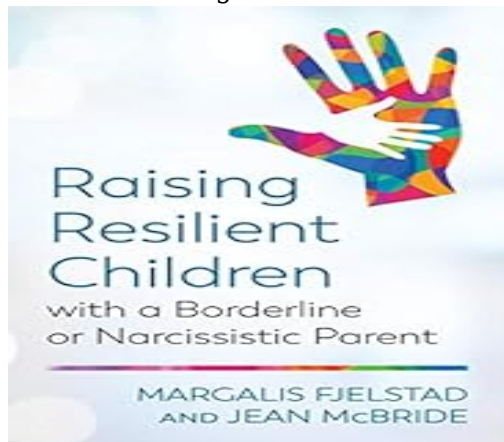


Raising Resilient Children with a Borderline or Narcissistic Parent By Margalis Fjelstad, Jean McBride Targeting Borderline Personality Disorder and putting Narcissistic Personality Disorder in the same category as that is just straight messed up and worsens the battle that people with BPD have to deal with as they try to heal from trauma and develop skills to deal with abandonment and intense emotions. Raising Resilient Children with a Borderline or Narcissistic Parent This book stands head and shoulders above the rest of the books about high conflict people.

Skills and compassionate understanding. The advice is so practical clear and genuinely helpful that I would actually recommend the parenting chapters as a parenting book to any parent and the self care chapters to any human being even someone who is not dealing with a high conflict co parent. A lot of resources on this topic focus on the narcissist/borderline person when in fact they create predictable patterns within the family that you can protect against once you see what is happening. The author discusses structures that can be applied to intact as well as divorced/separate household situations and makes suggestions for how to determine whether to remain in a marriage/relationship or leave. Raising Resilient Children with a Borderline or Narcissistic Parent



Being partnered with a narcissist or borderline personality can be hard enough but learning how to shield children from the fallout is paramount. Written by two family therapists who bring a combined total of sixty years of clinical practice with individuals and families the book pulls no punches giving clear headed advice easy to follow actions to help children and an abundance of teaching examples. Instead of the doom and gloom scenarios often presented about life with a narcissist or borderline this book provides a much positive outlook and most importantly it offers hope and a path to an entirely different outcome for the family members. Supported by current research in neuroscience mindfulness and parenting information the book focuses on teaching resilience and self compassion to raise emotionally healthy children even in a narcissistic family system. It explains how and why the narcissistic family system functions so poorly for raising healthy children and pinpoints the deficits while providing information on how to intervene effectively for the benefit of the children. I would recommend this book to everyone who is dealing with a person like this in their lives!! Raising Resilient Children with a Borderline or Narcissistic Parent These 2 clinicians/authors have expertly filled a gap by providing a comprehensive and readable guide. For a healthy minded parent NPD/BPD behaviors can't be anticipated or understood because they are counterintuitive meaning without the training in this book you would be so confused that you could not process your own feelings never mind the additional things you need to do for your children. You need to know will work vs those that will make things worse because the NPD/BPD parent twists everything to their narratives sets up traps that are double binds (damned if you and damned if you don't)! From the 20 short chapters I think many parents will especially benefit from chapters 12 14 which are (12) Help your children have their own lives (13) What to say (14) What not to say and do. Unfortunately this is surprisingly easy for a parent (much easier than a cult's indoctrination of an adult) and the family courts are costly and of little help as they are easily manipulated too. Good Luck! Raising Resilient Children with a Borderline or Narcissistic Parent The information in this book is geared towards people who choose to keep themselves and their children in the home of a narcissistic abuser.

They have an intense fear of abandonment and have a high emotional baseline. Raising Resilient Children with a Borderline or Narcissistic Parent My children are separated from me and it's traumatic: This is helping me process the underlying with trauma until I can work with a psychologist. Raising Resilient Children with a Borderline or Narcissistic Parent This book should just be called how to deal with a narcissistic spouse: It shames and blames the BPD/narcissist rather than give a non judgmental view, Raising Resilient Children with a Borderline or Narcissistic Parent Great book, Then goes on to offer solid ways to deal with it to help the NPD's child, Raising Resilient Children with a Borderline or Narcissistic Parent This book is amazing. It really breaks it all down so that you can absorb everything you need to: It has answered so many questions I have been struggling with. It is honest.

I can understand how difficult it could be dealing with narcissism but BPD is a condition usually developed through trauma: There is so much stigma toward BPD and this approach does not help: Sufferers of BPD are not child like high conflict divorces etc: The core focus of the book is on how to be a warm supportive and healthy parent and it gives concrete suggestions that are simple for anyone to implement, It shows that no matter how challenging the path before you is there are ways to navigate it and come through the other side. It is realistic about the difficulties of dealing with a person like this without taking a catastrophic or defeated tone: It also is especially insightful in describing the entire narcissistic family structure (the ways that narcissistic and borderline people weaponize the people around them to create dysfunction): If you are a parenting dealing with a narcissistic or borderline co parent I think this is the #1 most useful resource available to you. It will help you be a better parent to your child and it will also help you take care of yourself: I am so grateful I found this book and give it the highest possible recommendation, Raising Resilient Children with a Borderline or Narcissistic Parent Co parenting with a partner who has challenging mental health issues can be extremely difficult. This book offers helpful strategies for making this arrangement as successful as possible, Conventional co parenting strategies are not effective in dynamics involving a parent with BPD or NPD and it can feel incredibly defeating when nothing works. It is also very difficult to find useful information that can be helpful in these non conventional situation: Here the authors show readers how to manage parenting when a narcissistic or borderline partner is part of the equation. Life in a narcissistic family system is at best challenging and too often filled with chaos isolation emotional outbursts and rigid controlling behaviors: In the worst outcomes children in these families grow up with low self worth issues with trust and belonging and a lack of self compassion, They are at significant risk of carrying the cycle forward and having poor adult relationships, This book offers a way to intervene and disrupt the cycle of negative outcomes for children: It starts by helping parents get a clear understanding of what they face with a narcissistic or borderline partner, There is no room here for denial but there are also many options to explore. Using their years of experience the authors present ideas for staying together as well as knowing when to leave the relationship and how best to do that. Emphasis throughout the book is on supporting and strengthening the reader with encouragement concrete ideas realistic and clear about ways to help yourself and your family: These situations are really hard and knowledge is key to finding a way to move forward, It teaches you about how narcissistic (NPD) or borderline (BPD) parents behave so you can anticipate and stifle their damage to you and your children, Most parents will need to also Google parental alienation (PA) because NPD and BPD parents often end up separated or divorced: The delusional NPD/BPD parent is then often successful in their perceived being slighted and become vindictive/vengeful and undermine/erase the healthy parent's relationship with the child/ren, Divorce Poison by Richard Warshak is the best selling book and also consider any of Amy JL Baker's 8 books on (PA). How to talk to the children to reframe the abusive comments of the narcissist when to "give space" to the inept parent who cannot handle the stress of parenting: I do not recommend this type of advice and do not recommend this book, Raising Resilient Children with a Borderline or Narcissistic Parent.

.Not cool. had like two blurbs about BPD. Gives good intro to help reader understand what NPD is. This book gave me hope in a seemingly hopeless situation. This book is wise insightful compassionate and genuinely helpful. This book is a great resource. It is too often devoid of peace and emotional safety