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CAUGHT BETWEEN GENERATIONS

with Dr. Merle Griff



Caught Between Generations Archives Available

November 9th 2017: Today It's About ME: Standing Up to Narcissistic Behavior

Do you know someone who only thinks of themselves and their own needs? Do you find yourself sidestepping issues that are important to you in order to avoid confrontation with the narcissist in your life? Is there any way to turn these behaviors around? Most of us know someone who is a narcissist. Whether they are a family member or friend, boss or coworker, spouse or significant other, dealing with them is almost always frustrating. Dr. Merle's guest, Wendy Behary, helps us identify and understand narcissistic behavior and suggests ways in which we can stand up for ourselves without gettin

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Featured Guest



Wendy Behary

With 25 years post-graduate training and advanced level certifications, Wendy Behary is the founder and director of The Cognitive Therapy Center of New Jersey and co-director (with Dr. Jeffrey Young) of The New Jersey-New York City Schema Therapy Institutes.

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