

## Find Professionals Specialised in Narcissists and Narcissism

Engaging professionals with specific expertise in narcissism and narcissists is critical for efficient, painless and effective dealings with a narcissist or emotional abuser.

Narcissists fight to ensure that their victims have no money, sense of identity, sense of self-worth, confidence or life. They are ruthless in their pursuits, often applying a 'scorched earth' policy to leave their ex-partner with nothing. All without care, conscience or feeling.

Professionals who are unaware of narcissists will treat them like normal people and end up being manipulated, wooed and inadvertently, endorsing the narcissist's actions.

**The following professionals have proven expertise in narcissists and narcissism.**

### LEGAL (Solicitors and Barristers)

#### **KGW Family Law**

Morris House  
34 Commercial Way  
Woking  
Surrey  
GU21 6EN

**Tel:** 01483 375788

**Web:** <https://kgwfamilylaw.com>

#### **Gregorian Emerson Family Law Solicitors**

19 Railton Road  
Guildford  
Surrey  
GU2 9LX

**Tel:** 01483 826470

**Web:** <https://www.gelaw.co.uk/>

**Email:** [richard@gelaw.co.uk](mailto:richard@gelaw.co.uk)

#### **Harrogate Family Law**

Clarendon House  
9 Victoria Avenue  
Harrogate  
HG1 1JD

**Tel:** 01423 594680

**Web:** <https://harrogatefamilylaw.co.uk>

**Email:** [enquiries@harrogatefamilylaw.co.uk](mailto:enquiries@harrogatefamilylaw.co.uk)

### **Winston Solicitors**

112 Street Lane  
Leeds  
LS8 2AL

**Tel:** 0113 320 5000

**Web:** <https://www.winstonsolicitors.co.uk/>

**Email:** [info@winstonsolicitors.co.uk](mailto:info@winstonsolicitors.co.uk)

## **PSYCHOLOGICAL (Counselling, Psychotherapy and Psychology)**

There are excellent resources, provided by professionals, online, that will help you to understand narcissists and narcissism. They will also help you to understand what type of professional help is best for you. Here are some that we trust.

### **Dr Ramani Durvasula**

Dr Ramani is a clinical psychologist with recognised worldwide for her expertise in narcissism and high conflict abuse.

Her YouTube Channel is packed with videos that enlighten, inform and motivate.

**Web:** <https://www.youtube.com/@DoctorRamani>

Her website is a hub of information, containing links to many of her best known work (videos, books and articles) for those dealing with a narcissist in their life.

**Web:** <https://doctor-ramani.com/>

### **Dr Les Carter**

Dr Carter is a clinical psychologist with recognised expertise in narcissism and narcissistic abuse.

His YouTube Channel, *Surviving Narcissism*, offers tutorials on living with a narcissist, speaking directly to those who want to stay healthy whilst contending with the narcissist's toxicity.

**Web:** <https://www.youtube.com/@SurvivingNarcissism>

His website contains links to his videos, books and courses about how to remain healthy in the face of narcissism and recover.

**Web:** <https://drlescarter.com/>

### **Rebecca Zung**

Rebecca Zung is a US-based lawyer with a special interest in high conflict negotiation and narcissistic divorce. She deals with narcissists in her job and has also experienced them in her personal life.

Rebecca's YouTube Channel provides helpful and enlightening advice on narcissists, how they act and how to get what you want from them.

**Web:** <https://www.youtube.com/@RebeccaZungEsq>

Her website contains many resources, paid and free, including links to her top videos and her books.

**Web:** <https://www.rebeccazung.com/>

## **SUPPORT ORGANISATIONS (Specialist Agencies and Charities)**

### **Refuge: For Women and children. Against domestic violence**

First point of contact for victims of domestic violence and abuse. Helpful information for supporters. Includes a 'Quick Exit' tab to reduce detection. Supports men.

**Web:** <https://www.nationaldahelpline.org.uk/>

**Tel:** 0808 2000 247

### **Women's Aid**

Resources to help women and young people. The Survivor's Handbook provides information on legal issues, housing, creating a safety plan and advice for people with special housing needs (available in 11 languages and in audio). Also support children and teenagers living in a home affected by domestic violence, or in violent relationships themselves.

**Web:** <http://www.womensaid.org.uk/>

**Email:** [info@womensaid.org.uk](mailto:info@womensaid.org.uk)

Direct links for contact on web home page.

### **Rights of Women**

Confidential legal advice on domestic and sexual violence. Comprehensive website offering a wide range of help and specific contacts depending on need. A 'Cover Your Tracks' facility prevents abusive partners discovering online activity.

**Web:** <https://rightsofwomen.org.uk/>

**Email:** [info@row.org.uk](mailto:info@row.org.uk)

### **Southall Black Sisters**

Advice for Asian and African-Caribbean women with issues including domestic abuse, forced marriage, immigration and homelessness.

**Web:** <https://southallblacksisters.org.uk/>

**Tel:** 020 8571 9595

### **Respect: Men's advice line**

Increasing safety of men and children experiencing domestic abuse. Confidential support. Helpline available.

**Web:** <https://mensadvice.org.uk/>

**Tel:** 0808 8010327

### **ManKind Initiative**

Helps men escape domestic abuse. Confidential helpline for male victims of domestic abuse and violence across the UK. Also accept calls from victims' friends, family, neighbours, work colleagues and employers.

**Web:** <https://www.mankind.org.uk/>

**Tel:** 01823 334244

### **SurvivorsUK**

Helpline for male victims of rape or sexual abuse. Provide counselling and support groups for those living in the London area. Can also recommend other services for those living outside London.

**Web:** <https://www.survivorsuk.org/>

**Tel:** 0203 598 3898

**Email:** [help@survivorsuk.org](mailto:help@survivorsuk.org)

### **Everyman Project**

Support for all survivors of domestic abuse. Counselling to help men in London area change their violent or abusive behaviour. National helpline offering advice to those worried about their own, or someone else's, violent or abusive behaviour.

**Web:** <https://www.everymanproject.co.uk>

**Enquiries:** 0203 642 8850

Specific telephone and email contact details supplied on website.

### **Rape Crisis (England and Wales)**

Umbrella organisation for Rape Crisis Centres across England and Wales. Website contains national helpline number, details of centres and information about rape and sexual violence

for survivors, friends, family, students and professionals. 'Rapid Exit' tab on page reduces detection by abusers.

**Web:** <https://rapecrisis.org.uk/get-help/>

**Tel:** 0808 802 9999

**Email:** [rcewinfo@rapecrisis.org.uk](mailto:rcewinfo@rapecrisis.org.uk)

### **Honour Network Helpline (Karma Nirvana)**

National helpline run by Karma Nirvana, a national charity advising victims and survivors of forced marriage and honour-based abuse.

**Web:** <https://karmanirvana.org.uk/>

**Tel:** 0800 5999 247

### **Hourglass: Action on elder abuse**

Confidential advice and information for older victims of violence or abuse. Can also be contacted by relatives or friends of the abused person. Helpline available for older people who are living at home, in care homes or in hospital. Offices for England, Wales, Scotland and Northern Ireland. See web page for details.

**Web:** <https://wearehourglass.org/>

**Tel:** 0808 808 8141

**Text:** 078 6005 2906

### **National Stalking Helpline**

Part of the Suzy Lamplugh Trust. Provides advice dealing with all types of stalking, including how to report behaviour to the police and what to expect.

**Web:** <http://www.stalkinghelpline.org>

**Tel:** 0808 802 0300

### **Respect Phonenumber**

Information and advice for partners, friends and family wanting to stop someone's violent behaviour.

**Web:** <http://www.respectphonenumber.org.uk>

**Tel:** 0808 802 4040

### **Centrepont: young people**

housing and support for young people regionally in London, Manchester, Yorkshire and the North East. Linked to partner organisations across the UK.

**Web:** <https://centrepont.org.uk/>

**Tel:** 0800 587 5158

**Email:** [info@respectphonenumber.org.uk](mailto:info@respectphonenumber.org.uk)

### **National LGBT+ Domestic Abuse Helpline**

Galop provides support for lesbian, gay, bisexual and transgender victims of domestic violence.

**Web:** [www.galop.org.uk/domesticabuse/](http://www.galop.org.uk/domesticabuse/)

**Tel:** 0800 999 5428

**Email:** [help@galop.org.uk](mailto:help@galop.org.uk)

### **SignHealth: Domestic abuse help for Deaf people**

Provides specialist domestic abuse services to help Deaf people find safety and security. Contact details on website.

**Web:** [www.signhealth.org.uk/with-deaf-people/domestic-abuse/](http://www.signhealth.org.uk/with-deaf-people/domestic-abuse/)

**Tel:** 020 3947 2600

**Text:** 07800 003421

**Email:** [info@signhealth.org.uk](mailto:info@signhealth.org.uk)

*This page will continue to be updated as new information becomes available.*