



Psychotherapy in an Age of Narcissism: Modernity, Science, and Society

Joel Paris

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Narcissism and narcissistic personality disorder are subjects of great interest in contemporary society. The modern world, with its strongly individualistic values, encourages people to focus on themselves.

Psychotherapy, although used to treat narcissism, is influenced by the same values, and runs the danger of making patients worse rather than better. This book, written from the perspective of empirical research in psychology, psychiatry, and the social sciences, suggests a different approach to psychotherapy, moving away from a focus on the self, and guiding patients to develop better social capital and social networks.

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