

1. Record Nr.	UNINA9911049080703321
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Titolo	Navigating and Protecting against Dark Personalities : A World of Lies , Cons, Deceit and Manipulation // by Martin J. Smith
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Palgrave Macmillan, , 2025
ISBN	3-032-08060-6
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (237 pages)
Collana	Behavioral Science and Psychology Series
Disciplina	155
Soggetti	Personality Difference (Psychology) Interpersonal attraction Interpersonal communication Psychology, Industrial Personality and Differential Psychology Interpersonal Attraction Communication Psychology Personnel Psychology Organizational Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Chapter 1 - An initial look at navigating and managing the world of dark personalities -- Chapter 2 - Defining various terms and concepts -- Chapter 3- How you are played, the strategies of the dark personality -- Chapter 4- How to develop an antidote to being controlled, intimidated and manipulated -- Chapter 5 - Engaging the dark personalities overt actions and strategies -- Chapter 6 - Keeping Sane, internal strategies you can employ to protect and manage yourself when dealing with a CIM over long periods of time -- Chapter 7 - The pitfalls and traps when dealing with dark personalities -- Chapter 8 - Self-care skills for you -- Chapter 9 - Moving forward - after care, not being sucked back in -- Chapter 10 -40 essentials for navigating the world of CIMs and Dark Personalities.

This book is a vital resource for anyone seeking to understand and navigate the complex dynamics of manipulative behaviour, whether in the workplace, at home, or in social settings. It offers practical insights and guidance for HR professionals, managers, supervisors, therapists, health, social care workers and service users who encounter individuals who lie, deceive, cheat, control, or manipulate, as well as those who have been harmed by such behaviour. Drawing on real-world scenarios and psychological principles, the book explores how these behaviours impact personal identity, emotional wellbeing, and professional relationships. It empowers readers to recognize toxic patterns, regain control, and support others in doing the same, be they colleagues, clients, friends, or family members. With an accessible approach, this book speaks to the many who have experienced or witnessed manipulative behaviour and are seeking clarity, resilience, and recovery. It's not just a guide - it's a lifeline for reclaiming autonomy and fostering healthier, more authentic connections. Martin Smith is a past senior lecturer in social sciences at Nottingham Trent University and an independent training consultant. He specialises in extreme difficult behaviour and personality issues which go well beyond simply awkward and often highly controlling, intimidating and manipulative. He has over thirty years training experience and is also a psychotherapist specialising in the treatment of anxiety, depression, stress, and personality disorders. He presents to many Public and Private Organisations in the UK and in the United States of America. Training and advising directly to organisations on issues of controlling, intimidating and manipulative personalities which cause difficulties and drain the very life out of teams and people at all levels. He has written numerous articles for UK and US Magazines and author of the book *Understanding and Dealing with Controlling, Intimidating and Manipulative Personalities*. He is a life member of the Open University Psychological Society and a senior accredited member of the British Association of Counselling and Psychotherapy - BACP and the National Counselling and Psychotherapy Society where he is an accredited trainer delivering a range of CPD events including his unique CIM programme.
