PRESS & MEDIA KIT · NOVEMBER 2026

PR@drcraigmalkin.com

Dr. Craig Malkin

Clinical psychologist · Harvard Medical School lecturer · Author of *Rethinking Narcissism*

Understanding narcissism. Finding your voice. Changing how you relate.



Dr. Craig Malkin draws on sound science and three decades of clinical experience to explain narcissism, echoism, relationships, and leadership. He helps audiences understand when feeling special enriches our lives, when it becomes destructive, and how people can change.

- 30 years of clinical experience
- Author of *Rethinking Narcissism*
- *New York Times* bestselling coauthor

NARCISSISM · ECHOISM · RELATIONSHIPS · LEADERSHIP · PERSONAL CHANGE

Interviews & media inquiries

PR@drcraigmalkin.com

SELECTED RECOGNITION

Books, interviews & expert commentary

OWN · 2015

Dr. Malkin discusses narcissistic family relationships.

Watch the OWN segment

OPRAH DAILY · 2023

Rethinking Narcissism included in Oprah Daily's guide to books on narcissism.

Read the book guide

THE NEW YORK TIMES · 2025

Rethinking Narcissism included among four recommended books on narcissism.

Read the Times guide

THE NEW YORK TIMES OPINION · 2026

Expert commentary quoted in Thomas B. Edsall's essay on Trump, fantasy, and reality.

Read the opinion essay

At a glance

Clinical practice

Licensed clinical psychologist with three decades of experience helping individuals, couples, and families.

Teaching & leadership

Lecturer in Psychology at Harvard Medical School; former Chief Psychologist of Cambridge Hospital's Cahill 3 inpatient unit.

Author

Rethinking Narcissism: The Bad—and Surprising Good—About Feeling Special

Bestselling coauthor

The Dangerous Case of Donald Trump, a *New York Times* bestseller.

Harvard Medical School affiliation is provided for biographical accuracy and does not imply institutional endorsement.

Biography

SHORT BIO

Dr. Craig Malkin is a licensed clinical psychologist, Lecturer in Psychology at Harvard Medical School, and author of *Rethinking Narcissism*. He brings three decades of clinical experience to his work on narcissism, echoism, relationships, and change, translating psychological research into clear explanations of how people struggle, connect, and grow.

EXTENDED BIO

Dr. Craig Malkin is a clinical psychologist, Harvard Medical School lecturer, and author whose work explores narcissism, echoism, relationships, and the capacity for change.

His book *Rethinking Narcissism* examines the benefits and dangers of feeling special, challenging the assumption that narcissism is always harmful. His work also addresses echoism: the fear of feeling special or becoming a burden, which can leave people struggling to express their needs.

Across three decades of clinical practice, he has worked with individuals, couples, and families to understand and change painful emotional and relationship patterns. At Cambridge Hospital, he taught clinicians in training and served as Chief Psychologist of the Cahill 3 psychiatric inpatient unit. His research examines how relationships contribute to psychological growth.

Dr. Malkin is also a coauthor of the *New York Times* bestseller *The Dangerous Case of Donald Trump*. He continues to practice, teach, write, and contribute expert commentary to national and international media.

Interview topics

Is all narcissism harmful?

The difference between healthy self-enhancement—rose-colored glasses for the self—and a dependence on feeling special that damages relationships.

What does hidden narcissism look like?

Why extreme narcissism doesn't always look boastful or outgoing, and how the need to feel special can take less obvious forms.

Can narcissistic people change?

What helps people become less dependent on feeling special, what stands in the way, and how to distinguish meaningful progress from promises.

When does caring for others become losing yourself?

Echoism, the fear of having needs, and learning to speak up without losing your empathy.

Why do the same relationship problems keep coming back?

How people get caught in cycles of conflict, withdrawal, and self-blame—and how a different kind of conversation can begin to change them.

Narcissism, leadership & power

How the need to feel special shapes leadership, responses to criticism, and the treatment of others—and what responsible psychological commentary can explain.

Interview topics can be adapted to the outlet, audience, and story. Dr. Malkin distinguishes discussion of observable behavior and psychological research from clinical diagnosis.

Watch & listen

Selected conversations on narcissism, relationships, and change.

OWN · 2015

How to Spot the Hidden Narcissist in Your Life

Watch the interview

SCIENCE VS · 2026

Narcissists: Are We Surrounded?

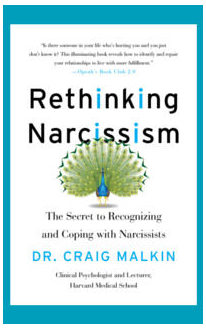
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SURVIVING NARCISSISM · 2023

Rethinking Narcissism

Listen to the conversation

Books



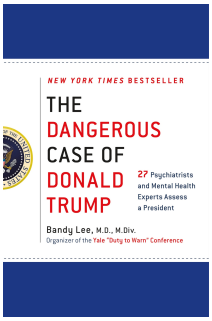
Rethinking Narcissism

The Bad—and Surprising Good—About Feeling Special

What happens when we feel special—and when we can't bear to?

Drawing on research, clinical experience, and his own family story, Dr. Malkin explains narcissism as a spectrum. He explores self-enhancement, echoism, and the destructive dependence on feeling special, offering practical ways to understand ourselves, navigate difficult relationships, and encourage change.

Explore the book & editions



The Dangerous Case of Donald Trump

Dr. Malkin is a contributing author to this *New York Times* bestselling collection of essays by mental health professionals.

Explore the book & editions

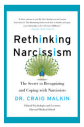
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Portraits and book covers for editorial coverage.



Portrait

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Rethinking Narcissism

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The Dangerous Case of Donald Trump

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Book an interview

For interviews, expert commentary, speaking engagements, or additional press materials:

PR@drcraigmalkin.com

Please include your outlet or organization, topic, deadline, and preferred interview format.

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