

00:09:42.685 --> 00:09:43.685
Good. Afternoon. Thank you

10
00:09:43.685 --> 00:09:44.365
for joining us

11
00:09:44.465 --> 00:09:45.885
for our Grand Round series.

12
00:09:46.145 --> 00:09:47.365
My name is Dan Knaus.

13
00:09:47.385 --> 00:09:49.365
I'm the director of training staff psychologist

14
00:09:49.365 --> 00:09:51.005
and Grand Rounds coordinator at Riggs,

15
00:09:51.005 --> 00:09:52.485
and I'll be hosting this afternoon.

16
00:09:53.735 --> 00:09:56.365
Today we welcome Dan Shaw, LCSW.

17
00:09:56.665 --> 00:09:59.045
His presentation is titled The Relational System

18
00:09:59.105 --> 00:10:00.845
of the Traumatizing Narcissist.

19
00:10:01.505 --> 00:10:03.245
Before I introduce Mr. Shaw,

20
00:10:03.325 --> 00:10:05.885
I have some House housekeeping details to go over.

21
00:10:06.705 --> 00:10:08.725

We will have the chat function on during the lecture,

22

00:10:08.905 --> 00:10:11.005

and we encourage you to use it to make comments

23

00:10:11.385 --> 00:10:13.205

to let us know where you are joining from.

24

00:10:13.875 --> 00:10:15.525

There's no private chat enabled,

25

00:10:15.705 --> 00:10:18.365

so your comments will be visible to either all panelists,

26

00:10:18.545 --> 00:10:20.285

all participants, or both.

27

00:10:20.865 --> 00:10:23.605

Please select all participants if you would like everyone

28

00:10:23.605 --> 00:10:26.605

to see your comments when we start the question

29

00:10:26.605 --> 00:10:28.005

and answer portion of our program.

30

00:10:28.825 --> 00:10:30.005

Please use the q

31

00:10:30.005 --> 00:10:32.685

and a function to submit questions, not the chat.

32

00:10:32.995 --> 00:10:34.125

There's a button at the bottom

33

00:10:34.125 --> 00:10:35.605

of your screen marked q and a.

34

00:10:35.865 --> 00:10:37.645

Please type your questions there

35

00:10:37.705 --> 00:10:40.285

and I will read them for you to Mr. Shaw,

36

00:10:40.705 --> 00:10:43.645

we will not read your name as the webinar is being recorded.

37

00:10:44.425 --> 00:10:46.125

You're viewing today's event in the

38

00:10:46.125 --> 00:10:47.845

Austin Riggs Education System.

39

00:10:48.185 --> 00:10:50.485

In order to receive ce, please return

40

00:10:50.485 --> 00:10:53.005

to the course in your Austin Riggs education account.

41

00:10:53.425 --> 00:10:55.445

You'll see in the left side column the option

42

00:10:55.445 --> 00:10:57.765

to complete a B brief event survey,

43

00:10:58.285 --> 00:11:01.645

a course evaluation credit and certificate of attendance.

44

00:11:02.425 --> 00:11:04.445

All options are visible to participants,

45

00:11:04.505 --> 00:11:08.325

but only those requesting CCE CME will complete the course

46

00:11:08.375 --> 00:11:11.445

evaluation credit option and download certificate.

47

00:11:11.945 --> 00:11:14.805

You'll also receive an email from Austin Riggs Education

48

00:11:14.835 --> 00:11:16.205

with instructions on how

49

00:11:16.325 --> 00:11:18.205

to retrieve the CE from your account.

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00:11:18.665 --> 00:11:21.165

Please be aware that your attendance will register in the

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00:11:21.165 --> 00:11:23.165

system on Monday, May 13th,

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00:11:23.625 --> 00:11:26.485

at which time you can complete the CE CME process.

53

00:11:27.475 --> 00:11:29.485

Your feedback is, is very important to us.

54

00:11:29.505 --> 00:11:30.845

It helps us learn what we're doing well,

55

00:11:31.255 --> 00:11:32.285

where we can improve,

56

00:11:32.425 --> 00:11:34.365

and what events to consider offering in the future.

57

00:11:34.825 --> 00:11:36.485

So we look forward to hearing from you.

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00:11:37.525 --> 00:11:41.285

I would now like to introduce today's speaker, Daniel Shaw.

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00:11:41.445 --> 00:11:45.005

LCSW is a psychotherapist in private practice in New York

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00:11:45.005 --> 00:11:46.365

City, in Niaca, New York,

61

00:11:46.875 --> 00:11:48.965

trained extensively in psychoanalysis.

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00:11:48.985 --> 00:11:50.405

He has studied with many of the leaders

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00:11:50.425 --> 00:11:52.205

of the relational psychoanalytic school.

64

00:11:53.445 --> 00:11:55.645

Additionally, he studied sensory motor psychotherapy

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00:11:56.025 --> 00:11:59.165

and completed a certificate in trauma-informed stabilization

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00:11:59.165 --> 00:12:02.565

treatment, which integrates structural dissociation theory,

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00:12:03.065 --> 00:12:04.405

affect regulation theory

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00:12:04.705 --> 00:12:08.765

and internal family systems concepts prior, uh,

69

00:12:08.825 --> 00:12:10.485

to entering the mental health profession.

70

00:12:11.245 --> 00:12:13.805

Shaw trained as an actor at Northwestern University

71

00:12:13.945 --> 00:12:16.765

and with renowned teacher UTA Hagen in New York City.

72

00:12:17.465 --> 00:12:19.525

He worked for more than a decade as a missionary

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00:12:19.545 --> 00:12:20.725

for an Indian guru.

74

00:12:21.345 --> 00:12:23.765

His eventual recognition of cultic aspects

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00:12:23.785 --> 00:12:26.405

of this organization led him to become an outspoken

76

00:12:26.965 --> 00:12:28.445

activist in support of individuals

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00:12:28.445 --> 00:12:30.045

and families, dramatically abused

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00:12:30.145 --> 00:12:34.365

and cults Simultaneously with leaving this group in 1994,

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00:12:34.785 --> 00:12:36.485

he began his training in mental health,

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00:12:37.365 --> 00:12:39.945

in the mental health profession, becoming a faculty member

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00:12:40.005 --> 00:12:42.545

and supervisor at the National Institute

82

00:12:42.565 --> 00:12:45.305

for the Psychotherapies in New York in Additioning

83

00:12:45.445 --> 00:12:48.425

to authoring numerous journal articles and book chapters.

84

00:12:49.005 --> 00:12:51.425

His book, traumatic Narcissism, relational Systems

85

00:12:51.485 --> 00:12:54.265

of Subjugation, was published in 2014

86

00:12:54.845 --> 00:12:57.145

for the relational Perspective series by Rutledge.

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00:12:57.495 --> 00:13:00.305

This book was a runner up for the Distinguished VO Award

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00:13:00.645 --> 00:13:02.425

and in 2018, he was honored

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00:13:02.445 --> 00:13:04.665

by the International Cultic Studies Association

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00:13:04.975 --> 00:13:07.305

with the Margaret Thaylor Award, uh,

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00:13:07.485 --> 00:13:10.185

for advancing the understanding of coercive persuasion

92

00:13:10.205 --> 00:13:11.345

and undue influence.

93

00:13:11.645 --> 00:13:13.545

His second book, traumatic Narcissism

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00:13:13.545 --> 00:13:15.625

and Recovery, leaving The Prison of Shame

95

00:13:15.645 --> 00:13:19.785

and Fear was published recently by Rutledge in 2021.

96

00:13:20.325 --> 00:13:22.945

We welcome you, Mr. Sean. Look forward to your presentation.

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00:13:24.315 --> 00:13:27.025

Thank you, Dr. Nas. Thank you so much.

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00:13:27.255 --> 00:13:29.305

It's great to be here. Thank you all for having me

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00:13:29.805 --> 00:13:31.345

and for joining today.

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00:13:31.525 --> 00:13:35.025

I'm gonna minimize my screen and I'll be reading a paper.

101

00:13:35.725 --> 00:13:40.065

Uh, I'll be summarizing the traumatic narcissism theory.

102

00:13:40.585 --> 00:13:44.465

I also wanna explain how I use it clinically with victims

103

00:13:45.125 --> 00:13:48.185

of narcissistic abuse, and I'll explain what that is.

104

00:13:49.165 --> 00:13:51.705

But first, I will, uh, go over a little bit of

105

00:13:51.705 --> 00:13:54.585

what you already heard, how I developed these ideas.

106

00:13:54.725 --> 00:13:55.985

It began with cults.

107

00:13:57.045 --> 00:14:00.655

When I started grad school in 94 from my

108

00:14:00.935 --> 00:14:05.335

SWI literally had just left a cult.

109

00:14:05.475 --> 00:14:06.775

I'd been in for 13 years.

110

00:14:07.095 --> 00:14:09.735

I was a missionary for an Indian guru.

111

00:14:09.855 --> 00:14:10.935

I was very devoted,

112

00:14:11.875 --> 00:14:14.615

and I've written about this elsewhere in my first book,

113

00:14:14.805 --> 00:14:17.815

also a recent psychoanalytic dialogues paper on

114

00:14:18.065 --> 00:14:19.095

shame and cults.

115

00:14:20.155 --> 00:14:22.975

So this is very briefly an introduction.

116

00:14:23.335 --> 00:14:27.135

I I built up a lot of doubts as I got closer

117

00:14:27.275 --> 00:14:30.135

and closer to the guru as I rose up in the ranks,

118

00:14:30.155 --> 00:14:34.015

and I'd say I always had doubts, but the last five years,

119

00:14:34.235 --> 00:14:36.215

and this is all through my thirties by the way,

120

00:14:36.555 --> 00:14:41.215

the last five years of my participation got worse and worse.

121

00:14:41.595 --> 00:14:45.135

And I moved out of the ashram for the last two years

122

00:14:45.235 --> 00:14:48.375

of my involvement to get, uh, to go to grad school.

123

00:14:49.435 --> 00:14:52.765

So, uh, I had just began grad school

124

00:14:53.025 --> 00:14:54.485

and I was with a friend

125

00:14:54.945 --> 00:14:56.805

and they were telling me something about

126

00:14:56.805 --> 00:14:58.845

what was going on up in the ashram.

127

00:14:59.505 --> 00:15:01.605

And the story was that there was a young woman,

128

00:15:02.125 --> 00:15:05.765

somebody I actually knew quite well who had gone to the guru

129

00:15:05.765 --> 00:15:08.565

because she'd been sexually abused by one

130

00:15:08.565 --> 00:15:09.565

of the male leaders.

131

00:15:10.625 --> 00:15:13.205

And the guru said this to her,

132

00:15:13.935 --> 00:15:16.605

don't ever tell anybody about this.

133

00:15:17.155 --> 00:15:19.685

It's your fault. You brought it on yourself

134

00:15:20.425 --> 00:15:21.965

and don't ever tell your mother.

135

00:15:23.405 --> 00:15:26.705

And because I I knew this woman, I was later able to confirm

136

00:15:26.705 --> 00:15:29.705

that that in fact is what the guru had told her.

137

00:15:30.925 --> 00:15:35.465

And that was it. Um, all the doubts I'd been stuffing down

138

00:15:35.765 --> 00:15:40.305

for years just, you know, exploded in my head.

139

00:15:40.805 --> 00:15:42.905

And what I said, pardon my language, was,

140

00:15:42.935 --> 00:15:44.225

it's a f*****g cult.

141

00:15:45.095 --> 00:15:47.795

That's what I said out loud. And I'm out.

142

00:15:48.315 --> 00:15:51.675

I said, and, um, I was free.

143

00:15:52.075 --> 00:15:54.835

I knew at that moment I was free.

144

00:15:55.335 --> 00:15:58.875

And yet I was, uh, in shock.

145

00:15:59.655 --> 00:16:01.245

And I was over

146

00:16:01.265 --> 00:16:05.045

and over asking myself, well, how did this happen to me?

147

00:16:05.465 --> 00:16:08.085

How had I not seen what was going on all those years?

148

00:16:08.795 --> 00:16:11.445

What, how did how did this happen to me?

149

00:16:11.645 --> 00:16:14.485

I was, I was not, not a person who had ever joined a cult.

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00:16:16.205 --> 00:16:18.505

So I actually took my questions seriously

151

00:16:18.565 --> 00:16:21.425

and I began trying to answer them as I pursued my degree.

152

00:16:21.985 --> 00:16:26.945

I had an internship in New York, uh, with a, a clinic

153

00:16:26.995 --> 00:16:28.985

where I had a, a supervisor

154

00:16:29.085 --> 00:16:32.225

who was an analyst on faculty at, uh, one

155

00:16:32.225 --> 00:16:33.905

of the institutes at NIP,

156

00:16:34.555 --> 00:16:37.785

where I eventually did my training and I was new.

157

00:16:37.925 --> 00:16:39.625

So I said, where should I begin reading?

158

00:16:39.685 --> 00:16:41.345

And she suggested two books.

159

00:16:41.875 --> 00:16:45.065

Alice Miller's, the Drama of the Gifted Child

160

00:16:45.645 --> 00:16:47.945

and Kohus, how does Analysis Cure?

161

00:16:48.495 --> 00:16:51.185

Well, from Cohutta, I learned about healthy narcissism

162

00:16:51.685 --> 00:16:55.545

and how empathic parenting could create narcissistic dis,

163

00:16:56.235 --> 00:16:58.505

sorry, narcissistic disturbances.

164

00:16:59.045 --> 00:17:01.665

And from Alice Miller and later Wincott

165

00:17:01.765 --> 00:17:05.225

and Jessica Benjamin, I learned how a child could be trained

166

00:17:05.245 --> 00:17:07.985

to meet the parents' needs at the expense of their own,

167

00:17:08.155 --> 00:17:11.665

especially at the expense of the development

168

00:17:11.665 --> 00:17:12.945

of their own subjectivity.

169

00:17:13.525 --> 00:17:16.145

And those themes resonated to an extent

170

00:17:16.145 --> 00:17:17.345

with my personal history.

171

00:17:17.685 --> 00:17:21.705

But the bigger realization was about my cult experience.

172

00:17:22.345 --> 00:17:24.825

I realized I was ending a relationship

173

00:17:24.975 --> 00:17:27.945

with a pathologically unempathic guru,

174

00:17:28.685 --> 00:17:30.865

and I'd been trying to torture myself

175

00:17:30.885 --> 00:17:33.905

for the last decade into becoming a person,

176

00:17:34.005 --> 00:17:35.225

the guru with love.

177

00:17:36.715 --> 00:17:39.115

I was further influenced by Eric Rahm's book,

178

00:17:39.215 --> 00:17:42.195

escape from Freedom in which he describes social

179

00:17:42.415 --> 00:17:45.155

and psychological factors that could lead people

180

00:17:45.575 --> 00:17:47.435

to worship false idols.

181

00:17:48.135 --> 00:17:49.195

And his understanding

182

00:17:49.345 --> 00:17:51.765

of the malignant narcissist in the heart

183

00:17:51.765 --> 00:17:55.205

of man was revelatory in what it explained

184

00:17:55.205 --> 00:17:56.565

to me about my guru.

185

00:17:57.375 --> 00:18:00.845

Those post World War II themes that were important to, from

186

00:18:01.385 --> 00:18:04.885

the spell binding power of the malignant narcissist leader,

187

00:18:05.225 --> 00:18:08.005

his destructiveness, his establishment

188

00:18:08.005 --> 00:18:09.405

of authoritarian systems,

189

00:18:10.265 --> 00:18:13.045

and the struggle of individuals within these systems

190

00:18:13.265 --> 00:18:15.045

for personal and societal freedom.

191

00:18:16.505 --> 00:18:20.775

Those macrocosmic themes, which are currently at least

192

00:18:20.795 --> 00:18:21.975

as relevant as they were

193

00:18:21.975 --> 00:18:25.415

after World War ii, were poignantly relevant

194

00:18:25.475 --> 00:18:28.575

to my microcosmic experience of the cult.

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00:18:29.235 --> 00:18:34.175

And finally, Manny GenZ paper masochism submission Surrender

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00:18:34.885 --> 00:18:38.775

offered a uniquely compassionate shame reducing perspective.

197

00:18:39.075 --> 00:18:41.415

And he wrote this quote, submission

198

00:18:42.315 --> 00:18:44.575

losing oneself in the power of the other,

199

00:18:44.975 --> 00:18:46.655

becoming enslaved in one

200

00:18:46.655 --> 00:18:51.255

or other way to the master is the ever available lookalike

201

00:18:51.395 --> 00:18:55.975

to surrender it cheats the secret turned victim out

202

00:18:55.975 --> 00:18:58.215

of his cherished goal offering.

203

00:18:58.475 --> 00:19:01.615

In its place, only the security of bondage

204

00:19:02.275 --> 00:19:05.215

and an ever amplified sense of futility,

205

00:19:05.955 --> 00:19:09.855

the deeper yearning for surrender, which remains invisible

206

00:19:09.995 --> 00:19:13.135

behind submissive masochistic activity,

207

00:19:14.195 --> 00:19:18.575

is the longing to be reached and known in an accepting

208

00:19:18.595 --> 00:19:22.215

and safe environment and quote.

209

00:19:22.915 --> 00:19:23.975

So those were some

210

00:19:23.975 --> 00:19:26.895

of the ideas I brought together in my final paper,

211

00:19:27.335 --> 00:19:28.615

traumatic Abuse and Cults.

212

00:19:29.315 --> 00:19:32.135

And that paper eventually became the nucleus

213

00:19:32.315 --> 00:19:35.055

of my first book, traumatic Narcissism,

214

00:19:35.475 --> 00:19:37.175

in which I developed a traumatizing

215

00:19:37.825 --> 00:19:41.335

narcissist relational system of subjugation.

216

00:19:43.435 --> 00:19:45.975

The cult leader whose behavior I witnessed closely

217

00:19:46.155 --> 00:19:47.855

for many years was the first model

218

00:19:48.435 --> 00:19:51.535

for the person I termed the traumatizing narcissist.

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00:19:51.935 --> 00:19:55.215

Subsequently, my patients have described many dozens

220

00:19:55.215 --> 00:19:56.935

of iterations of that personality,

221

00:19:57.675 --> 00:20:01.455

and those patients universally expressed the same stunned,

222

00:20:01.455 --> 00:20:02.895
overwhelmed, confusion

223

00:20:03.365 --> 00:20:05.735
that I had experienced when I left the cult.

224

00:20:05.805 --> 00:20:07.895
They asked almost as though, struggling

225

00:20:08.155 --> 00:20:09.615
to come out of anesthesia.

226

00:20:10.515 --> 00:20:11.695
How did this happen to me?

227

00:20:12.075 --> 00:20:15.295
How could I let someone do this to me? Am I the crazy one?

228

00:20:16.185 --> 00:20:18.495
Those questions, which had been my questions,

229

00:20:18.785 --> 00:20:22.255
could be permanently unresolved if they were

230

00:20:22.255 --> 00:20:23.295
to go unanswered.

231

00:20:25.315 --> 00:20:28.535
Unlike other theories of narcissism that are intended

232

00:20:28.635 --> 00:20:31.495
for the treatment of pathological narcissism

233

00:20:31.675 --> 00:20:35.535
or NPD Narcissistic Personality Disorder,

234

00:20:35.875 --> 00:20:39.055

the concepts I'll be discussing are meant to be used

235

00:20:39.075 --> 00:20:41.215

for the therapeutic treatment of victims

236

00:20:41.795 --> 00:20:43.815

of narcissistic subjugation.

237

00:20:45.275 --> 00:20:48.445

In this discussion, I'll mostly be using the masculine

238

00:20:48.475 --> 00:20:51.245

pronoun to refer to the traumatizing narcissist,

239

00:20:51.705 --> 00:20:54.365

and I'll sometimes just say tn for short.

240

00:20:54.985 --> 00:20:58.285

But please bear in mind that this personality type can apply

241

00:20:58.285 --> 00:21:00.125

to any gender identity.

242

00:21:01.425 --> 00:21:04.165

So I'm gonna read out my subheadings. Here's the first.

243

00:21:04.275 --> 00:21:07.605

Some pathological narcissists are traumatizing.

244

00:21:08.685 --> 00:21:11.805

I think we can agree that the most influential theorists on

245

00:21:11.805 --> 00:21:13.165

the subject of narcissism

246

00:21:13.185 --> 00:21:16.525

and post Freudian psychoanalysis have been Mel,

247

00:21:16.525 --> 00:21:19.005

Melanie Klein, Turnberg, and Coha.

248

00:21:19.345 --> 00:21:22.085

So as I studied their work in the work of many others,

249

00:21:23.705 --> 00:21:26.145

I noticed that something I thought was essential

250

00:21:26.165 --> 00:21:27.265

was getting left out.

251

00:21:28.015 --> 00:21:30.825

When I became able to see my ex grew

252

00:21:31.005 --> 00:21:33.705

as an extraordinarily narcissistic person,

253

00:21:34.735 --> 00:21:37.385

what I saw was a predator and a parasite.

254

00:21:37.785 --> 00:21:41.505

I saw followers like me as people who had been preyed upon

255

00:21:41.925 --> 00:21:46.385

and exploited once in the thro of this kind of narcissist.

256

00:21:46.475 --> 00:21:49.505

One's ability to think critically, to trust

257

00:21:49.525 --> 00:21:51.705

or have faith in oneself, even

258

00:21:51.885 --> 00:21:54.105

to know one's own moral compass,

259

00:21:54.845 --> 00:21:56.705
is continually under assault.

260

00:21:57.525 --> 00:22:01.025
In the cult, we gave ourselves over completely to the guru,

261

00:22:01.695 --> 00:22:04.345
only to end up betrayed, self betrayed,

262

00:22:04.775 --> 00:22:06.265
drained, and ashamed.

263

00:22:07.445 --> 00:22:11.665
Now, I found little emphasis in the pathological narcissism,

264

00:22:12.065 --> 00:22:14.545
literature on the narcissist, impact on victims,

265

00:22:14.985 --> 00:22:18.505
particularly regarding the subjugation of others.

266

00:22:18.965 --> 00:22:23.265
To be subjugated is to be objectified, dehumanized,

267

00:22:23.715 --> 00:22:25.745
controlled and exploited.

268

00:22:26.255 --> 00:22:28.065
Subjugation is traumatic.

269

00:22:28.565 --> 00:22:32.555
So more than just being pathological, the narcissist

270

00:22:32.555 --> 00:22:35.715
to whom I had been so deeply attached was traumatizing.

271

00:22:37.865 --> 00:22:40.385

Recognizing the cultic dynamic in the traumatizing

272

00:22:40.515 --> 00:22:44.665
narcissist relational system after I left the cult

273

00:22:44.685 --> 00:22:46.745
and had time to get my wits about me.

274

00:22:46.745 --> 00:22:50.105
What I saw when I looked closely was a relational system,

275

00:22:50.705 --> 00:22:54.625
a system operated by an extremely narcissistic leader

276

00:22:54.735 --> 00:22:58.625
that gave him the power to subjugate and control followers.

277

00:22:59.585 --> 00:23:01.665
A few years into my practice, I realized

278

00:23:01.665 --> 00:23:04.185
that I was hearing about very similar versions

279

00:23:04.185 --> 00:23:06.665
of this system from many patients.

280

00:23:06.975 --> 00:23:08.665
They told me about their upbringing

281

00:23:08.765 --> 00:23:11.785
or their adult relationships, including those at work

282

00:23:11.925 --> 00:23:14.025
and even with previous therapists.

283

00:23:15.045 --> 00:23:18.785
And they were reporting, feeling controlled and dominated.

284

00:23:19.235 --> 00:23:23.305

Adult children of extremely narcissistic parents revealed

285

00:23:23.335 --> 00:23:26.145

that they were only considered lovable when they

286

00:23:26.145 --> 00:23:28.905

successfully complied with their parents'.

287

00:23:28.925 --> 00:23:30.865

Demand to be viewed as infallible.

288

00:23:31.375 --> 00:23:34.225

Failure with compliance, failure

289

00:23:34.325 --> 00:23:37.825

or compliance was met with withdrawal of love, sometimes

290

00:23:37.885 --> 00:23:39.305

to the point of being disowned.

291

00:23:40.375 --> 00:23:44.945

Disowning is a terribly cruel act of negation, a sole murder

292

00:23:45.145 --> 00:23:48.565

as Shengold called it, referencing many other cruelties.

293

00:23:49.465 --> 00:23:52.405

So not just adult children of narcissistic parents,

294

00:23:52.545 --> 00:23:55.125

but all the people who reported this demand

295

00:23:55.145 --> 00:23:58.365

for subjugation sounded very much like crushed

296

00:23:58.385 --> 00:23:59.925

and battered cult survivors.

297

00:24:00.345 --> 00:24:04.245

And yet there had been no cu one of the patients

298

00:24:04.245 --> 00:24:05.965

who made a deep impression on me.

299

00:24:06.295 --> 00:24:09.645

Alice remembered the terrifying nightmare she had

300

00:24:09.645 --> 00:24:10.845

when she was eight years old.

301

00:24:11.435 --> 00:24:14.565

Alice's mother was hatefully contemptuous of her,

302

00:24:14.905 --> 00:24:17.645

her father, also a target of the mother's contempt,

303

00:24:17.715 --> 00:24:20.165

invited Alice to commiserate with him,

304

00:24:20.905 --> 00:24:24.765

but then took advantage of her vulnerability by sexualizing.

305

00:24:24.865 --> 00:24:28.525

Her Alice's overarching experience

306

00:24:28.525 --> 00:24:32.485

of growing up was that in the luxurious home of her wealthy

307

00:24:32.625 --> 00:24:34.685

and prestigious parents, both

308

00:24:34.685 --> 00:24:37.085

of whom were prominent mental health professionals,

309

00:24:37.665 --> 00:24:42.515

she rarely, if ever felt safe In her 8-year-old nightmare,

310

00:24:42.735 --> 00:24:45.515

her favorite stuffed Guinea pig was staring at her.

311

00:24:45.895 --> 00:24:49.435

She was transfixed with horror as she heard the toy say,

312

00:24:50.015 --> 00:24:52.795

you can say one last word before you die.

313

00:24:53.335 --> 00:24:57.275

And Alice cried out me and woke up terrified.

314

00:24:58.835 --> 00:25:01.475

I still remember how shaken I was when

315

00:25:01.475 --> 00:25:02.515

she first told me this.

316

00:25:02.575 --> 00:25:05.915

We both understood that for Alice holding onto her me

317

00:25:06.615 --> 00:25:08.635

had become a matter of life and death.

318

00:25:09.335 --> 00:25:12.915

Her me was the sense of herself as a human subject,

319

00:25:13.445 --> 00:25:16.115

which was being drowned out by the sense

320

00:25:16.115 --> 00:25:20.355

that she was nothing but the powerless spurned object

321

00:25:20.455 --> 00:25:21.915

of her mother's contempt.

322

00:25:22.375 --> 00:25:26.395

Her psychic existence as a human subject was on the line

323

00:25:26.415 --> 00:25:28.835

for Alice from as early as she could remember,

324

00:25:29.295 --> 00:25:30.355

not just in the dream.

325

00:25:31.265 --> 00:25:32.275

Working with Alice

326

00:25:32.415 --> 00:25:34.875

and many other patients with similar experiences,

327

00:25:35.115 --> 00:25:38.035

I recognized that cult leaders are just one,

328

00:25:38.325 --> 00:25:42.835

especially vivid subtype of the traumatizing narcissist.

329

00:25:44.595 --> 00:25:47.435

Identifying the traumatizing narcissist by his behavior,

330

00:25:47.905 --> 00:25:50.555

listening for clues, assessing the damage.

331

00:25:51.585 --> 00:25:55.355

Some patients like Alice begin by describing their abuser

332

00:25:55.375 --> 00:25:56.395

as narcissistic.

333

00:25:56.695 --> 00:25:59.475

But moreover, more often it's only over time

334

00:25:59.575 --> 00:26:02.595

as I help a patient construct their developmental

335

00:26:02.775 --> 00:26:07.395

and historical narrative that an abusive, an abusive

336

00:26:07.955 --> 00:26:12.275

narcissistic other if one has been present, might emerge.

337

00:26:13.375 --> 00:26:16.435

In that case, I work with the patient to assess the degree

338

00:26:16.435 --> 00:26:17.835

of harm they experienced.

339

00:26:18.555 --> 00:26:21.835

Patients can both under and overestimate the harmfulness

340

00:26:22.135 --> 00:26:23.555

of a narcissistic other,

341

00:26:23.895 --> 00:26:26.835

and therapists can also make those miscalculations.

342

00:26:27.135 --> 00:26:29.235

So I wanna be careful to be accurate

343

00:26:29.295 --> 00:26:31.555

and specific with patients to gauge

344

00:26:32.295 --> 00:26:35.915

if the harm they've experienced is less or more destructive,

345

00:26:36.615 --> 00:26:39.795

and to build consensus with them on what we're looking at

346

00:26:39.795 --> 00:26:42.315

because of shame and the belief

347

00:26:42.315 --> 00:26:44.405

that they brought the abuse on themselves

348

00:26:44.545 --> 00:26:46.045

or that they allowed it to happen.

349

00:26:46.995 --> 00:26:51.125

Many patients initially under report narcissistic abuse,

350

00:26:51.495 --> 00:26:53.645

often they're emotionally paralyzed

351

00:26:53.845 --> 00:26:56.645

'cause they can't make sense of how both their love for

352

00:26:56.705 --> 00:26:59.525

and their hatred of the narcissist are

353

00:26:59.715 --> 00:27:01.285

true at the same time.

354

00:27:02.425 --> 00:27:04.805

So I wanna be careful not to be a cheerleader

355

00:27:04.905 --> 00:27:06.885

for either the hate or the love,

356

00:27:07.225 --> 00:27:10.725

but to work toward helping patients become able to register,

357

00:27:11.645 --> 00:27:14.805

tolerate, and bear their complicated truth.

358

00:27:16.325 --> 00:27:18.385

One of the most important ways I help patients

359

00:27:18.905 --> 00:27:21.905

recognize a traumatizing narcissist is through listening

360

00:27:22.245 --> 00:27:24.345

for specific abusive behaviors.

361

00:27:25.565 --> 00:27:28.185

The label of traumatizing narcissist

362

00:27:28.245 --> 00:27:31.345

or tn may be a helpful shortcut for the patient,

363

00:27:31.685 --> 00:27:33.185

but I use it sparingly

364

00:27:33.185 --> 00:27:37.065

because while name calling has only limited therapeutic

365

00:27:37.155 --> 00:27:40.945

value at best, what's important therapeutically

366

00:27:41.725 --> 00:27:45.185

is recognizing and naming the traumatizing behaviors

367

00:27:45.565 --> 00:27:47.745

to which victims were subjected.

368

00:27:48.285 --> 00:27:50.705

So I want to notice with the patient

369

00:27:51.415 --> 00:27:55.465

ways in which they have felt seduced, intimidated,

370

00:27:55.935 --> 00:27:57.745

belittled, and humiliated.

371

00:27:57.925 --> 00:27:59.465

That's four fingers.

372

00:28:00.475 --> 00:28:03.505

These behaviors always accompanied with contempt

373

00:28:03.525 --> 00:28:07.145

or what I think of as the big four telltale clues

374

00:28:07.525 --> 00:28:08.985

for traumatic narcissism.

375

00:28:09.955 --> 00:28:11.305

Don't worry, I'll say more about them.

376

00:28:11.415 --> 00:28:13.105

Most patients with these kinds

377

00:28:13.105 --> 00:28:15.425

of experiences don't have the language

378

00:28:15.885 --> 00:28:17.585

to describe how they've been treated.

379

00:28:18.285 --> 00:28:20.705

And I've been a consultant to many therapists

380

00:28:20.705 --> 00:28:22.825

who are also missing those clues.

381

00:28:24.005 --> 00:28:27.985

Uh, seduction, intimidation, belittling, and humiliation.

382

00:28:28.995 --> 00:28:33.205

Okay, I constructed the TNS psychological profile

383

00:28:33.205 --> 00:28:37.085

with the intention of using that information to help victims

384

00:28:37.615 --> 00:28:39.405

understand what had happened to them.

385

00:28:39.785 --> 00:28:42.565

So first, I paid, I was paying careful attention

386

00:28:42.945 --> 00:28:47.125

to the TNS relational behavior from direct observations

387

00:28:47.625 --> 00:28:49.245

and from my patient's reports.

388

00:28:49.705 --> 00:28:52.725

Second, I developed a narrative that could explain

389

00:28:52.875 --> 00:28:54.725

what drives those behaviors.

390

00:28:55.465 --> 00:28:57.325

And lastly, I wanted to think about

391

00:28:57.325 --> 00:29:00.605

what developmental factors would've led to the formation

392

00:29:01.025 --> 00:29:03.165

of the TNS personality structure.

393

00:29:04.645 --> 00:29:07.175

Many traits that Kornberg's group attribute

394

00:29:07.195 --> 00:29:11.215

to the grandiose pathological narcissist apply as well

395

00:29:11.235 --> 00:29:13.295

to the traumatizing narcissist.

396

00:29:13.635 --> 00:29:17.175

But because I'm working with the narcissist victims,

397

00:29:18.235 --> 00:29:21.815

I'm emphasizing how these traits are expressed within the

398

00:29:21.815 --> 00:29:25.495

traumatizing narcissist relational system of subjugation.

399

00:29:26.155 --> 00:29:29.695

So the following are the consistent behaviors I've been

400

00:29:29.695 --> 00:29:31.495

observing for over 30 years.

401

00:29:32.845 --> 00:29:35.165

Intimidating, belittling, humiliating,

402

00:29:35.265 --> 00:29:40.035

and seducing by leveraging whatever's attractive about him.

403

00:29:40.205 --> 00:29:44.285

Looks, charm, charisma, creativity, spirituality, intellect,

404

00:29:44.295 --> 00:29:49.085

money, prestige, the tn masters, the art of seduction.

405

00:29:49.715 --> 00:29:53.085

Then the controlling behaviors follow intimidating,

406

00:29:53.135 --> 00:29:56.285

belittling, and humiliating with seductiveness used

407

00:29:56.505 --> 00:29:58.805

as intermittent reinforcement.

408

00:29:59.445 --> 00:30:03.445

A recent film, Priscilla Dramatizes these confusing

409

00:30:03.685 --> 00:30:05.485

behaviors vividly in the way

410

00:30:05.485 --> 00:30:09.285

that Elvis Presley is shown behaving toward his child bride,

411

00:30:09.595 --> 00:30:10.725

Priscilla Wagner.

412

00:30:12.105 --> 00:30:16.645

The random unnerving ways that tn deploys these behaviors,

413

00:30:17.035 --> 00:30:18.405

both the contemptuous

414

00:30:18.465 --> 00:30:21.965

and the seductive ones, contributes to the victim's sense

415

00:30:22.145 --> 00:30:23.405

of constant threat.

416

00:30:24.095 --> 00:30:26.605

Those under the spell of the tn become

417

00:30:27.195 --> 00:30:30.405

intensely dependent on him and terrified of offending him.

418

00:30:31.065 --> 00:30:32.365

He can become belligerent

419

00:30:32.365 --> 00:30:34.245

and punitive in the blink of an eye,

420

00:30:34.705 --> 00:30:35.805

and the possibility

421

00:30:35.865 --> 00:30:39.405

of being banished becomes the victim's greatest fear.

422

00:30:41.095 --> 00:30:44.145

Next, creating dissociation, coerced,

423

00:30:44.665 --> 00:30:47.775

disorganized attachment over time.

424

00:30:48.155 --> 00:30:50.175

The tn increases his use

425

00:30:50.175 --> 00:30:53.135

of the contemptuous behaviors described above

426

00:30:53.685 --> 00:30:56.895

with his victim now captured as in the tale

427

00:30:56.915 --> 00:31:01.015

of the slowly boiled frog inducing in victims

428

00:31:01.195 --> 00:31:04.655

of dissociative trans like state trance-like

429

00:31:05.245 --> 00:31:06.335

Alexandra Stein.

430

00:31:06.555 --> 00:31:07.895

In her book, terror Love

431

00:31:07.955 --> 00:31:11.495

and Brainwashing, whom by the way, did her research

432

00:31:11.565 --> 00:31:13.495

with Alan Stru in Minnesota.

433

00:31:14.115 --> 00:31:17.615

She recognized this dissociative state in cult followers

434

00:31:17.715 --> 00:31:21.135

as the result of a disorganized attachment experience

435

00:31:21.725 --> 00:31:24.215

created by the cult leader Maine.

436

00:31:24.215 --> 00:31:27.135

And Solomon showed that the developing child's instinct

437

00:31:27.195 --> 00:31:30.775

to run toward the parent for safety, only to be met

438

00:31:30.775 --> 00:31:33.895

with a chronically frightening parent from whom one

439

00:31:34.175 --> 00:31:37.495

instinctively recoils is a situation,

440

00:31:37.775 --> 00:31:39.655

a fright without solution.

441

00:31:41.585 --> 00:31:45.145

Giovanni Leone also writes about this, this results

442

00:31:45.205 --> 00:31:47.145

for the child in dissociation

443

00:31:47.405 --> 00:31:49.225

and the experience of powerlessness.

444

00:31:49.565 --> 00:31:53.305

And that's what the tn replicates and exploits.

445

00:31:53.845 --> 00:31:56.545

And that's why victims feel like they're coming outta

446

00:31:56.595 --> 00:32:00.905

anesthesia or waking up from a terrible dream as they start

447

00:32:00.905 --> 00:32:02.865

to realize what was happening to them.

448

00:32:04.055 --> 00:32:05.905

Next, weaponized suffering.

449

00:32:06.785 --> 00:32:09.585

I use the term weaponized suffering to describe

450

00:32:09.605 --> 00:32:12.025

how the victim is made to feel responsible

451

00:32:12.485 --> 00:32:15.425

for whatever pains, irritates or enrages.

452

00:32:15.685 --> 00:32:19.945

The narcissist. The narcissist pounces like a hawk on any

453

00:32:20.225 --> 00:32:23.665

behavior he perceives as critical, insulting, ungrateful,

454

00:32:23.725 --> 00:32:25.745

or disrespectful over and over.

455

00:32:26.285 --> 00:32:29.625

The victim is accused of being the cause

456

00:32:29.685 --> 00:32:32.825

of all the tns unhappiness, anger, pain,

457

00:32:33.125 --> 00:32:35.625

and illness, the character

458

00:32:35.625 --> 00:32:37.985

of the mother in the Betty Davis film.

459

00:32:38.085 --> 00:32:41.085

Now, Voyager gives us a great example

460

00:32:41.145 --> 00:32:42.325

of weaponized suffering.

461

00:32:42.465 --> 00:32:45.565

And maybe those of you at Austin Riggs know

462

00:32:45.565 --> 00:32:49.445

that Betty Davis had her nervous breakdown at Austin Riggs,

463

00:32:49.625 --> 00:32:50.925

at least the fictional version,

464

00:32:51.445 --> 00:32:53.525

'cause the author of that novel had her breakdown

465

00:32:53.525 --> 00:32:55.865

there way back when.

466

00:32:56.255 --> 00:32:58.585

Well, in that movie, which is a great one,

467

00:32:58.645 --> 00:32:59.825

the mother is shocked

468

00:32:59.885 --> 00:33:03.665

and disgusted by a pretty dress that Benny Davis is wearing.

469

00:33:04.085 --> 00:33:07.225

And she demands that Davis change out of it immediately.

470

00:33:07.565 --> 00:33:09.065

And when Davis calmly,

471

00:33:09.165 --> 00:33:13.665

but assertively refuses, the mother reacts by literally

472

00:33:14.425 --> 00:33:18.905

dropping dead, which you might say is the ultimate way

473

00:33:18.965 --> 00:33:21.145

of weaponizing one's suffering.

474

00:33:22.455 --> 00:33:25.635

And uh, if the tn declines to die,

475

00:33:25.905 --> 00:33:29.235

victims are mightily challenged to find other means

476

00:33:29.295 --> 00:33:30.435

of emancipation.

477

00:33:32.045 --> 00:33:34.655

Another variation of weaponized suffering.

478

00:33:34.685 --> 00:33:36.135

It's no joke, but you gotta

479

00:33:36.845 --> 00:33:38.375

lighten things up sometimes, right?

480

00:33:38.685 --> 00:33:39.855

Another variation

481

00:33:39.875 --> 00:33:42.495

of weaponized suffering would be claiming illness

482

00:33:42.835 --> 00:33:46.775

and disability that requires constant attention, even going

483

00:33:46.835 --> 00:33:49.495

so far as to threaten suicide if the victim isn't

484

00:33:49.735 --> 00:33:50.975

sufficiently attentive.

485

00:33:52.075 --> 00:33:55.215

Thetan weaponizes suffering with both aggression

486

00:33:55.235 --> 00:33:58.175

and passive aggression, always blaming the victim

487

00:33:58.315 --> 00:34:00.535

for causing all the unhappiness.

488

00:34:02.185 --> 00:34:03.235

Next, darville

489

00:34:03.455 --> 00:34:05.955

or offending from the victim position,

490

00:34:06.465 --> 00:34:07.835

also known as gaslighting.

491

00:34:08.295 --> 00:34:11.315

So in pop psychology, narcissists are described

492

00:34:11.315 --> 00:34:14.795

as gaslighting from another great film Gaslight,

493

00:34:14.795 --> 00:34:17.075

where Charles Bollier almost manages

494

00:34:17.095 --> 00:34:21.115

to convince Ingrid Bergman that she's insane, so

495

00:34:21.225 --> 00:34:25.155

that he can take control of her, her in of her inheritance.

496

00:34:25.615 --> 00:34:26.955

So in the original story,

497

00:34:26.955 --> 00:34:29.955
gaslighting is a deliberate conscious strategy

498

00:34:30.695 --> 00:34:32.195
of repeatedly accusing

499

00:34:32.375 --> 00:34:35.595
and blaming the victim used for criminal purposes.

500

00:34:36.535 --> 00:34:40.475
By contrast, the TN is not, in my view, fully conscious

501

00:34:40.695 --> 00:34:44.395
and usually not criminal, at least by legal definition.

502

00:34:44.615 --> 00:34:47.925
So rather, and I'll discuss this more fully,

503

00:34:48.165 --> 00:34:52.275
a little further on, he is Delusively committed

504

00:34:52.275 --> 00:34:55.435
to his belief in his innocence and righteousness.

505

00:34:56.565 --> 00:35:00.675
Delusively committed. So gas lining is, is here to stay.

506

00:35:00.795 --> 00:35:02.275
I don't argue about that term,

507

00:35:02.375 --> 00:35:06.115
but I do talk to patients about Jennifer FRAs concept

508

00:35:06.415 --> 00:35:08.715
of vo, that's an acronym.

509

00:35:08.855 --> 00:35:12.315

It stands for deny attack, reverse victim,

510

00:35:12.535 --> 00:35:14.995

and offender, D-A-R-V-O.

511

00:35:15.495 --> 00:35:19.155

So the TN reacts to any protest or grievance you bring,

512

00:35:19.295 --> 00:35:22.955

but categorically denying that he did anything wrong

513

00:35:23.415 --> 00:35:25.075

and attacking you.

514

00:35:26.055 --> 00:35:29.675

He reverses reality by claiming that he is the victim

515

00:35:29.815 --> 00:35:33.555

of your unwarranted, malicious attack, which he frames

516

00:35:33.575 --> 00:35:37.245

as a betrayal, and you are now the offender, not him.

517

00:35:37.625 --> 00:35:40.285

So he's always innocent and you're always guilty.

518

00:35:40.905 --> 00:35:43.245

And that was also summed up by P melody

519

00:35:44.185 --> 00:35:48.245

in the phrase offending from the victim, I'm sorry,

520

00:35:48.275 --> 00:35:50.365

offending from the victim position.

521

00:35:50.785 --> 00:35:51.785

Let me get a sip.

522

00:35:54.255 --> 00:35:58.955

So The narcissists repeated accusations of betrayal

523

00:35:58.975 --> 00:36:02.115

and disrespect, whether in response to a complaint

524

00:36:02.135 --> 00:36:05.855

or just coming outta nowhere, forced the victim

525

00:36:05.995 --> 00:36:08.975

to be focusing exclusively on what they have to do

526

00:36:09.075 --> 00:36:12.895

to appease him, which forecloses the victim's ability

527

00:36:12.955 --> 00:36:16.735

to attend to what the victim himself might feel

528

00:36:16.915 --> 00:36:18.215

or need or want.

529

00:36:19.255 --> 00:36:22.415

A, it's a state, both of anxious preoccupation

530

00:36:22.475 --> 00:36:24.135

and fright with that solution.

531

00:36:26.175 --> 00:36:31.065

Next, isolation and going No contact, well going, no contact

532

00:36:31.645 --> 00:36:32.785

or cutting off all contact

533

00:36:32.895 --> 00:36:35.705

with the narcissist is being advised lately

534

00:36:36.005 --> 00:36:40.425

by many counselors specializing in narcissistic abuse

535

00:36:40.605 --> 00:36:43.865

to be used as a protection strategy for victims.

536

00:36:45.355 --> 00:36:47.615

But I've actually often seen it turned around

537

00:36:48.275 --> 00:36:51.335

and used in a distorted way by abusers.

538

00:36:51.565 --> 00:36:54.255

Similar to the way groups like Scientology

539

00:36:54.435 --> 00:36:56.695

or Jehovah's Witnesses demand

540

00:36:56.965 --> 00:37:00.535

that followers cut off all contact with any family member

541

00:37:00.835 --> 00:37:02.895

or other person who's critical of the group.

542

00:37:03.275 --> 00:37:06.175

And if the follower doesn't, they will be shunned,

543

00:37:06.605 --> 00:37:08.095

demonized, and banished.

544

00:37:08.475 --> 00:37:12.335

In Scientology, they're called suppressive persons or sps.

545

00:37:12.635 --> 00:37:15.415

And in Jehovah's Witnesses, they're disfellowshipped.

546

00:37:16.535 --> 00:37:20.195

And the practice is quite widespread in many sects

547

00:37:20.195 --> 00:37:23.675

that exist within otherwise mainstream religions.

548

00:37:24.295 --> 00:37:26.395

The isolation strategy when used

549

00:37:26.455 --> 00:37:31.115

by abusers is sometimes referred to as predatory alienation,

550

00:37:31.855 --> 00:37:33.355

and it occurs both in groups

551

00:37:33.615 --> 00:37:35.675

and in one-on-one relationships.

552

00:37:36.105 --> 00:37:38.915

Over the years, I've been approached by dozens of parents

553

00:37:39.505 --> 00:37:40.955

desperate to understand how

554

00:37:40.955 --> 00:37:43.315

to extract their child from the grip

555

00:37:43.415 --> 00:37:47.035

of a traumatizing narcissist, usually a romantic partner

556

00:37:47.255 --> 00:37:49.395

and sometimes a controlling therapist

557

00:37:49.415 --> 00:37:52.555

or coach, healer, psychic, et cetera,

558

00:37:53.135 --> 00:37:54.995

who has persuaded the adult child

559

00:37:55.055 --> 00:37:56.955

to cut off all contact with them.

560

00:37:58.785 --> 00:38:01.445

Of course, there may have been difficult family dynamics

561

00:38:01.495 --> 00:38:02.885

prior to the estrangement

562

00:38:03.105 --> 00:38:06.565

and the alienated child may have caused for resentment,

563

00:38:06.905 --> 00:38:09.245

but the adult child does not realize

564

00:38:09.275 --> 00:38:12.885

that the alienating predator who is persuading him

565

00:38:12.885 --> 00:38:16.125

to go no contact is offering only bondage,

566

00:38:16.785 --> 00:38:18.405

not safety and liberation.

567

00:38:19.535 --> 00:38:20.605

These are tragic,

568

00:38:20.605 --> 00:38:23.805

heartbreaking situations which sometimes go on for years.

569

00:38:23.905 --> 00:38:25.205

If not permanently.

570

00:38:26.355 --> 00:38:30.245

Cutting off contact with an abusive narcissist may be a good

571

00:38:30.245 --> 00:38:32.765

or even necessary decision in some cases.

572

00:38:33.625 --> 00:38:36.045

But when I'm working with someone who's considering it,

573

00:38:36.075 --> 00:38:38.805

I'll try to help them explore all their options

574

00:38:38.945 --> 00:38:40.365

before making that choice.

575

00:38:40.955 --> 00:38:42.885

Helping patients understand

576

00:38:43.025 --> 00:38:44.925

and establish strong boundaries

577

00:38:44.955 --> 00:38:48.325

with the narcissist can be an effective, less drastic

578

00:38:48.745 --> 00:38:51.885

and less potentially regrettable solution.

579

00:38:53.965 --> 00:38:56.315

Sorry, next provoking jealousy.

580

00:38:56.975 --> 00:38:59.675

That's traumatizing narcissists envy.

581

00:39:00.295 --> 00:39:02.955

So TNS provoke jealousy in the one

582

00:39:03.255 --> 00:39:05.035

or one's being controlled.

583

00:39:05.555 --> 00:39:07.915

A husband will lavishly praise the charms

584

00:39:07.915 --> 00:39:10.795

of another woman in front of his wife, a mother

585

00:39:10.815 --> 00:39:13.835

or father flamboyantly, denigrate one child

586

00:39:13.895 --> 00:39:15.035

and elevate the other.

587

00:39:15.795 --> 00:39:17.955

A boss will lavishly praise

588

00:39:18.095 --> 00:39:22.075

and discuss increasing the salary of one employee

589

00:39:22.775 --> 00:39:24.235

in front of another and so on.

590

00:39:24.795 --> 00:39:26.555

Provoking jealousy punishes the victim

591

00:39:26.695 --> 00:39:28.915

for not being sufficiently adoring

592

00:39:29.775 --> 00:39:32.595

and incentivizes the victim to be willing

593

00:39:32.935 --> 00:39:36.075

to submit more deeply provoking jealousy

594

00:39:36.255 --> 00:39:39.755

and others may also help distract the tn from his

595

00:39:40.295 --> 00:39:43.635

all consuming and completely disavowed envy.

596

00:39:44.295 --> 00:39:46.395

He wants to believe that he has no equal,

597

00:39:46.655 --> 00:39:50.155

and yet he is keenly aware that there are other people

598

00:39:50.575 --> 00:39:54.155

who have more fame, money, talent, et cetera, than he.

599

00:39:54.535 --> 00:39:56.875

And this is intolerable to him.

600

00:39:57.575 --> 00:40:00.755

So for example, take Keith Ranieri of Nian,

601

00:40:01.255 --> 00:40:04.275

the American self-help cult leader who's featured in the

602

00:40:04.635 --> 00:40:08.315

documentary The Vow, and is serving a life sentence

603

00:40:08.315 --> 00:40:11.475

for pedophilia, sex trafficking and other felonies.

604

00:40:12.385 --> 00:40:15.595

Ranieri had full access to the vast inheritance

605

00:40:15.595 --> 00:40:17.475

of a wealthy follower, and he was able,

606

00:40:17.815 --> 00:40:21.675

before his crimes were brought to light to buy an audience

607

00:40:21.675 --> 00:40:22.835

with the Dalai Lama

608

00:40:23.255 --> 00:40:26.555

and watching the film of their meeting in the documentary,

609

00:40:26.655 --> 00:40:30.435

the Vow, it looks to me like Rainier is indicating

610

00:40:30.455 --> 00:40:34.595

to the Dalai Lama that he sees them as on an equal plane

611

00:40:34.695 --> 00:40:35.715

of enlightenment.

612

00:40:36.135 --> 00:40:38.275

At one point, he reaches out lovingly

613

00:40:38.335 --> 00:40:40.155

to take the Dalai Lama's hand.

614

00:40:40.815 --> 00:40:43.955

Now, I was certain Ranier believed himself to be superior

615

00:40:44.055 --> 00:40:45.315

to the Dalai Lama,

616

00:40:46.135 --> 00:40:48.355

and I was eventually able to confirm

617

00:40:48.625 --> 00:40:52.435

that when I learned from Mark Vicente the cameraman,

618

00:40:52.535 --> 00:40:54.955

and later the whistleblower who filmed that meeting,

619

00:40:55.745 --> 00:40:57.275

that Rani had told him

620

00:40:57.305 --> 00:40:59.835

that he believed the Dalai Lama needed

621

00:40:59.935 --> 00:41:01.355

his spiritual guidance.

622

00:41:02.715 --> 00:41:06.815

So Ranieri, the sadistic pedophile was so envious

623

00:41:06.835 --> 00:41:09.975

and I would say contemptuous of the Dalai Lama

624

00:41:10.205 --> 00:41:12.655

that he thought he could make himself recognized

625

00:41:12.995 --> 00:41:14.735

as the Dalai Lama's superior

626

00:41:16.025 --> 00:41:19.915

Ranieri did not become terminally paralyzed while staring at

627

00:41:19.915 --> 00:41:22.475

his reflection in a pool of water.

628

00:41:23.335 --> 00:41:26.395

But he is spending the rest of his life in prison.

629

00:41:29.165 --> 00:41:33.405

Next, demand for perfection and purity over time.

630

00:41:33.455 --> 00:41:35.885

Being under the control of the tn means

631

00:41:35.885 --> 00:41:37.085

that you're always being made

632

00:41:37.085 --> 00:41:40.885

to feel not good enough about everything you say, do

633

00:41:41.185 --> 00:41:42.845

how you look, what you weigh,

634

00:41:43.305 --> 00:41:47.285

and all your choices so desperate to please the tn

635

00:41:47.285 --> 00:41:51.485

and fearing reproach victims learn to demand perfection

636

00:41:51.565 --> 00:41:54.805

of themselves, and they'll work themselves to exhaustion.

637

00:41:54.805 --> 00:41:57.445

They'll starve themselves, they'll take on shame

638

00:41:57.465 --> 00:42:00.845

and self-loathing all in the effort to improve themselves.

639

00:42:01.305 --> 00:42:03.605

And under the control of a tn claiming

640

00:42:03.665 --> 00:42:04.925

to have spiritual wisdom.

641

00:42:05.705 --> 00:42:07.805

And there was an extraordinary population

642

00:42:07.955 --> 00:42:09.165

explosion of that group.

643

00:42:09.165 --> 00:42:12.775

During the Covid pandemic, the demand

644

00:42:12.795 --> 00:42:16.295

for perfection becomes a demand for absolute purity.

645

00:42:16.635 --> 00:42:18.575

So for example, they'll say,

646

00:42:18.675 --> 00:42:22.135

the wrinkle on your forehead shows you have bad thoughts,

647

00:42:22.435 --> 00:42:25.015

and you need to isolate yourself, meditate fast,

648

00:42:25.015 --> 00:42:28.455

and pray until you can stop bringing others down

649

00:42:28.455 --> 00:42:29.895

with your bad vibrations.

650

00:42:30.965 --> 00:42:32.105

And if that sounds silly,

651

00:42:32.335 --> 00:42:34.425

I've heard it repeated almost verbatim

652

00:42:34.845 --> 00:42:36.865

by many recovering victims.

653

00:42:37.685 --> 00:42:39.905

The TNS demand for perfection

654

00:42:39.905 --> 00:42:41.505

and purity means

655

00:42:41.505 --> 00:42:43.545

that the victim must never stop trying harder

656

00:42:43.605 --> 00:42:44.705

and giving more.

657

00:42:45.085 --> 00:42:49.145

And if the victim has any success pleasing the tn,

658

00:42:49.575 --> 00:42:51.665

it's gonna be temporary shaming

659

00:42:51.665 --> 00:42:53.425

and punishment will soon resume.

660

00:42:55.355 --> 00:42:57.845

Next delusional contagion.

661

00:42:58.345 --> 00:43:02.995

The delusion of omnipotence, the traumatizing narcissist,

662

00:43:02.995 --> 00:43:05.595

as I'll morph fully explain in the next session,

663

00:43:06.215 --> 00:43:10.595

has developed what I've termed a delusion of omnipotence.

664

00:43:11.695 --> 00:43:14.235

And I can't emphasize to you how important it is,

665

00:43:14.655 --> 00:43:16.355

and he's always in need

666

00:43:16.415 --> 00:43:18.955

of keeping his delusion from collapsing.

667

00:43:19.625 --> 00:43:23.555

Delusions are inherently unstable like a dam with leaks

668

00:43:23.555 --> 00:43:25.515

that constantly need to be plugged.

669

00:43:26.095 --> 00:43:27.835

And that's why gaining control

670

00:43:28.135 --> 00:43:31.835

and exploiting the resources of others is so important

671

00:43:32.015 --> 00:43:33.755

to the traumatizing narcissist.

672

00:43:34.095 --> 00:43:37.795

He has to repeatedly prove himself to be all powerful,

673

00:43:38.295 --> 00:43:40.515

to keep his delusion from crumbling.

674

00:43:41.215 --> 00:43:44.075

In fact, all the behaviors I've described above

675

00:43:44.725 --> 00:43:47.355

arise from his need to be continually

676

00:43:48.075 --> 00:43:51.275

reinforcing his delusion of omnipotence.

677

00:43:52.225 --> 00:43:55.355

Importantly, this delusion can be very contagious.

678

00:43:56.035 --> 00:43:59.395

A person who comes under the spell of the Tian is infected

679

00:43:59.895 --> 00:44:03.035

by his delusion, and it becomes a shared delusion.

680

00:44:03.565 --> 00:44:06.355

Freud saw that in the group psychology paper,

681

00:44:06.575 --> 00:44:08.915

as did from in his description

682

00:44:08.915 --> 00:44:12.035

of the mo mo malignant narcissist, sorry.

683

00:44:12.415 --> 00:44:14.275

And even cohort made

684

00:44:14.275 --> 00:44:17.035

that point in a little known paper on charisma.

685

00:44:17.965 --> 00:44:21.985

It can help victims who may be stuck in self approach

686

00:44:22.005 --> 00:44:26.345

and shame to understand how uncannily powerful

687

00:44:26.445 --> 00:44:30.785

and alluring someone else's delusion of omnipotence can be.

688

00:44:32.405 --> 00:44:35.225

All right, so summary taken all together,

689

00:44:35.355 --> 00:44:38.385

these are the relational behaviors of the tn

690

00:44:38.385 --> 00:44:40.145

that can be observed consistently

691

00:44:40.725 --> 00:44:44.265

and which power the engine of his system of subjugation.

692

00:44:44.765 --> 00:44:48.705

The seductive and contemptuous behaviors arise from the

693

00:44:48.745 --> 00:44:50.225

delusion of omnipotence,

694

00:44:50.725 --> 00:44:52.945

and they help to sustain the delusion

695

00:44:53.205 --> 00:44:56.065

by giving him the power to subjugate control

696

00:44:56.165 --> 00:44:58.585

and exploit individuals or groups.

697

00:44:59.245 --> 00:45:01.625

He delusively believes that these

698

00:45:02.045 --> 00:45:04.025

and all his behaviors are justified

699

00:45:04.405 --> 00:45:07.705

and they become normalized for his victims.

700

00:45:08.485 --> 00:45:10.665

All right, I'm gonna put this up on my screen.

701

00:45:11.005 --> 00:45:14.505

So gimme a sec to share my screen with y'all,

702

00:45:15.645 --> 00:45:17.545

and I'll let you just look at

703

00:45:17.545 --> 00:45:19.665

that little summary real quick.

704

00:45:20.165 --> 00:45:22.785

So there it is, the behaviors creating

705

00:45:22.905 --> 00:45:24.385

dissociation, coerced.

706

00:45:24.385 --> 00:45:26.865

You can take a screenshot if you need to.

707

00:45:27.705 --> 00:45:29.185

Intimidation, belittling

708

00:45:29.185 --> 00:45:31.385

and humiliation plus seduction used

709

00:45:31.405 --> 00:45:33.945
as intermittent enforcement, darbo

710

00:45:34.005 --> 00:45:37.545
or offending from the victim position, weaponized suffering,

711

00:45:38.385 --> 00:45:41.825
creating isolation provoking jealousy in the tns envy,

712

00:45:42.255 --> 00:45:44.145
demanding perfection and purity.

713

00:45:44.275 --> 00:45:46.185
Delusional contagion.

714

00:45:47.865 --> 00:45:51.165
All right, five more seconds and I'm gonna stop sharing.

715

00:45:52.335 --> 00:45:57.285
There we go. So the longer the victim is controlled

716

00:45:57.285 --> 00:46:02.005
by a tn and subjected to these behaviors, uh,

717

00:46:02.185 --> 00:46:04.685
the more exhausted and ill they become.

718

00:46:04.845 --> 00:46:07.445
I learned of a particularly vivid example

719

00:46:07.505 --> 00:46:10.565
of this from a patient who unexpectedly got a job

720

00:46:10.625 --> 00:46:13.645
as the assistant to a very high powered female founder

721

00:46:14.185 --> 00:46:16.845

and owner of a very well known cosmetic company.

722

00:46:17.305 --> 00:46:19.365

And her boss met all the criteria

723

00:46:19.425 --> 00:46:22.045

for the traumatizing narcissist, the boss.

724

00:46:22.315 --> 00:46:25.165

This woman had a dozen or so women in their twenties

725

00:46:25.265 --> 00:46:28.245

and thirties working at her beck and call 24 7.

726

00:46:28.945 --> 00:46:31.205

And just like the Devil Wears Prada,

727

00:46:31.435 --> 00:46:33.645

they were absolutely terrified of her.

728

00:46:33.905 --> 00:46:35.205

And my patient told me

729

00:46:35.555 --> 00:46:38.605

that all these young women had illnesses from eating

730

00:46:39.085 --> 00:46:42.165

disorders to ulcers, to irritable bowel syndrome,

731

00:46:42.655 --> 00:46:45.485

which they had developed while working for the boss.

732

00:46:45.865 --> 00:46:47.565

And my patient was able to get out

733

00:46:47.565 --> 00:46:49.605

before she also became ill.

734

00:46:50.285 --> 00:46:52.065

So when a new patient, male

735

00:46:52.165 --> 00:46:54.985

or female presents with chronic digestive

736

00:46:55.005 --> 00:46:58.725

and other somatic complaints, I keep my ears open

737

00:46:58.825 --> 00:47:00.965

for the chance that they may have had past

738

00:47:00.965 --> 00:47:04.485

or present involvement with a traumatizing narcissist,

739

00:47:05.875 --> 00:47:08.285

understanding the traumatizing narcissist

740

00:47:08.315 --> 00:47:10.085

developmental narrative.

741

00:47:11.105 --> 00:47:13.445

So I was confounded when I left the call

742

00:47:13.545 --> 00:47:17.085

to why anyone would behave as I had seen the guru behave.

743

00:47:17.425 --> 00:47:19.765

And similarly, patients describing

744

00:47:20.185 --> 00:47:23.085

how they've been abused in a relationship by a partner

745

00:47:23.225 --> 00:47:27.045

or a parent, or any significant other rack their brains,

746

00:47:27.325 --> 00:47:28.525

somebody just said it this morning,

747

00:47:29.345 --> 00:47:30.805

why would they act this way?

748

00:47:32.355 --> 00:47:35.295

The key to the traumatizing narcissist personality

749

00:47:35.395 --> 00:47:38.815

and behavior is his delusion of omnipotence.

750

00:47:39.725 --> 00:47:44.055

Freeing oneself from the TNS influence means unjoin

751

00:47:44.235 --> 00:47:48.735

and extracting oneself from the delusion of omnipotence.

752

00:47:49.315 --> 00:47:52.135

My intent that this developmental narrative I'm gonna

753

00:47:52.135 --> 00:47:55.975

present is based on personal experience, patient reports,

754

00:47:56.455 --> 00:47:57.695

biographical material,

755

00:47:58.115 --> 00:48:00.855

and even the study of characters in literature.

756

00:48:01.075 --> 00:48:03.655

And by the way, Peter Ky has a great book on

757

00:48:03.655 --> 00:48:05.655

that called Formulated Experiences.

758

00:48:06.035 --> 00:48:09.295

He looks at King Lear, Richard ii, I think,

759

00:48:09.355 --> 00:48:14.135

and also, uh, Satan in Milton's Paradise Lost great book.

760

00:48:14.885 --> 00:48:17.575

Now, typically, the adult

761

00:48:18.435 --> 00:48:20.695

tn has been exposed in childhood

762

00:48:20.835 --> 00:48:23.935

to cumulative relational trauma in the form

763

00:48:24.035 --> 00:48:28.655

of chronic shaming, resulting in traumatic humiliation

764

00:48:29.285 --> 00:48:32.735

from parents, adults, peers, or like in bullying

765

00:48:33.435 --> 00:48:34.935

or maybe all of the above.

766

00:48:36.375 --> 00:48:38.895

Narcissistic parents disavow their envy

767

00:48:38.895 --> 00:48:41.415

and resentment of the child's natural dependency,

768

00:48:42.395 --> 00:48:45.815

and they demand that the child recognize only the parent's

769

00:48:45.815 --> 00:48:47.375

needs and wishes as valid.

770

00:48:48.115 --> 00:48:51.055

So the child is treated as though he should be ashamed

771

00:48:51.155 --> 00:48:52.415

of needing and wanting

772

00:48:53.035 --> 00:48:55.335
and is made to feel greedy and selfish.

773

00:48:56.195 --> 00:48:59.215
The parent views dependency in others as contemptible,

774

00:48:59.865 --> 00:49:03.255
while at the same time making inordinate demands

775

00:49:03.255 --> 00:49:05.175
for attention and demanding

776

00:49:05.175 --> 00:49:07.935
that his needs be prioritized above all others.

777

00:49:08.715 --> 00:49:13.255
So in any relationship with a tn only his feelings

778

00:49:13.275 --> 00:49:16.935
and needs matter, the child of this kind

779

00:49:16.935 --> 00:49:18.095
of parent is frightened

780

00:49:18.095 --> 00:49:20.615
and humiliated by the parent's disapproval

781

00:49:21.195 --> 00:49:24.655
and disappointment, and yet wants and needs to please

782

00:49:24.835 --> 00:49:26.215
and depend on the parent.

783

00:49:27.595 --> 00:49:29.445
Many children learn to accommodate

784

00:49:29.445 --> 00:49:32.885

to the narcissistic parent Brennan grandchild, uh,

785

00:49:32.885 --> 00:49:35.125

talked about pathological accommodation,

786

00:49:35.425 --> 00:49:39.005

and of course, winnicott's uh, work is so much about this

787

00:49:39.665 --> 00:49:42.845

at the expense of developing their own desire and agency.

788

00:49:43.185 --> 00:49:46.365

But as the child or adolescent starts to show signs

789

00:49:46.385 --> 00:49:51.255

of differentiation, this parent doesn't like the possibility

790

00:49:51.255 --> 00:49:53.935

of being surpassed or not needed by the child.

791

00:49:54.395 --> 00:49:57.775

So the parent undermines the child's efforts towards

792

00:49:57.895 --> 00:50:02.215

independence, which puts him the child in a double bind.

793

00:50:02.405 --> 00:50:05.175

He's been taught to associate dependency with shame

794

00:50:05.435 --> 00:50:06.455

and humiliation,

795

00:50:07.195 --> 00:50:09.895

but he is also taught to associate independence

796

00:50:10.245 --> 00:50:12.175

with rejection and abandonment.

797

00:50:13.155 --> 00:50:15.135

And adding to the child's confusion.

798

00:50:15.475 --> 00:50:17.535

The narcissistic parent is convinced

799

00:50:17.535 --> 00:50:19.695

that their behavior is unimpeachable.

800

00:50:20.085 --> 00:50:23.255

They take deep offense at the slightest suggestion

801

00:50:23.485 --> 00:50:26.175

that they have anything but the purest motives.

802

00:50:26.835 --> 00:50:28.885

So some children with these kinds

803

00:50:28.885 --> 00:50:30.685

of parents will grow up like Alice

804

00:50:30.945 --> 00:50:33.645

to remain deeply insecure, angry

805

00:50:33.865 --> 00:50:36.005

and resentful, self punishing

806

00:50:36.005 --> 00:50:40.085

and self condemning, obsessed with unrequited longing

807

00:50:40.105 --> 00:50:41.925

for the parents' love and acceptance.

808

00:50:42.625 --> 00:50:46.655

But in contrast to those victims, the person who's grown up

809

00:50:46.655 --> 00:50:51.015

to become a TM has found a counter depressive solution.

810

00:50:51.515 --> 00:50:54.975

As he gets older, he undergoes a metamorphosis

811

00:50:55.815 --> 00:51:00.055

dramatically transforming himself from a shamefully deflated

812

00:51:00.345 --> 00:51:03.175

child or young adult to shameless

813

00:51:04.205 --> 00:51:05.655

hyperinflated adult.

814

00:51:06.685 --> 00:51:11.105

Now he's a triumphant hero, disavowing dependency

815

00:51:11.135 --> 00:51:14.305

with rigid manic defenses against shame.

816

00:51:15.005 --> 00:51:19.145

He develops the delusion of omnipotence, a delusion

817

00:51:19.165 --> 00:51:21.865

of infallibility, shamelessness

818

00:51:22.165 --> 00:51:26.305

and superiority that justifies infinite entitlement.

819

00:51:27.295 --> 00:51:31.105

Prom wrote this quote from Caligula to Niro

820

00:51:31.205 --> 00:51:32.665

to Stalin and Hitler.

821

00:51:33.005 --> 00:51:36.145

We see that the narcissists need to find believers

822

00:51:36.485 --> 00:51:39.825

to transform reality so that it fits their narcissism.

823

00:51:40.285 --> 00:51:43.745

And to destroy all critics is so intense

824

00:51:43.885 --> 00:51:45.545

and desperate, precisely

825

00:51:45.655 --> 00:51:48.625

because it's an attempt to prevent the outbreak

826

00:51:48.685 --> 00:51:49.865

of their insanity.

827

00:51:50.825 --> 00:51:53.225

I I I call that plugging.

828

00:51:53.285 --> 00:51:58.185

The, the leaks in the dam paradoxically from goes on.

829

00:51:58.645 --> 00:52:01.185

The element of insanity in such leaders

830

00:52:01.315 --> 00:52:02.625

makes them successful.

831

00:52:03.475 --> 00:52:04.935

It gives them the certainty

832

00:52:04.955 --> 00:52:08.135

and freedom from doubt, which is so impressive

833

00:52:08.155 --> 00:52:09.335

to the average person.

834

00:52:11.005 --> 00:52:15.345

End quote. Victims really have difficulty comprehending just

835

00:52:15.345 --> 00:52:17.905

how delusional the tn really is.

836

00:52:17.905 --> 00:52:21.105

Because he's been so successful at justifying

837

00:52:21.285 --> 00:52:22.985

and normalizing his behavior,

838

00:52:23.725 --> 00:52:26.705

he systematically eroded the victim's ability

839

00:52:26.805 --> 00:52:28.505

to trust their own subjectivity.

840

00:52:28.975 --> 00:52:31.465

Victims will often try to get the TM

841

00:52:31.485 --> 00:52:35.145

to see their perspective only to fail again and again

842

00:52:35.735 --> 00:52:39.105

because interpersonal differences can be negotiated

843

00:52:39.255 --> 00:52:43.305

with rational people, not with somebody with a delusion

844

00:52:43.445 --> 00:52:47.055

of omnipotence for victims.

845

00:52:47.165 --> 00:52:50.895

Understanding the abuser is not the same as forgiving

846

00:52:51.195 --> 00:52:52.815

or having compassion for him.

847

00:52:53.075 --> 00:52:54.255

And I wanna make that point

848

00:52:54.255 --> 00:52:58.805

because, um, sometimes people are pushed to forgiveness

849

00:52:58.985 --> 00:53:00.645

as though that's the only way they can

850

00:53:00.645 --> 00:53:01.925

ever go on with their lives.

851

00:53:02.385 --> 00:53:04.725

And I don't agree with that without being helped

852

00:53:04.745 --> 00:53:07.965

to recognize how com complicated one's grief is

853

00:53:08.345 --> 00:53:09.845

and how valid one's hurt

854

00:53:09.905 --> 00:53:14.805

and anger are, the victim may be advised of bypass mourning.

855

00:53:15.225 --> 00:53:17.645

And the term for this is often used.

856

00:53:17.705 --> 00:53:20.805

Uh, uh, the term is spiritual bypass

857

00:53:21.945 --> 00:53:25.605

and move prematurely to an illusion of forgiveness.

858

00:53:26.345 --> 00:53:28.765

And I find that victims who are helped

859

00:53:28.765 --> 00:53:31.885

to develop self-compassion rather than berating

860

00:53:32.065 --> 00:53:35.165

and punishing themselves for having allowed themselves

861

00:53:35.225 --> 00:53:39.405

to be abused, eventually develop greater clarity.

862

00:53:39.865 --> 00:53:43.365

And they can determine if they wish to be forgiving

863

00:53:44.245 --> 00:53:46.225

or, you know, because it can be a

864

00:53:46.225 --> 00:53:47.705

carefully considered choice.

865

00:53:48.485 --> 00:53:50.865

It doesn't have to be a requirement for healing.

866

00:53:52.935 --> 00:53:56.315

Uh, next, the traumatizing narcissist psychology,

867

00:53:56.855 --> 00:53:58.475

the delusion of omnipotence.

868

00:53:59.175 --> 00:54:03.405

So cult experts grimly joke among themselves

869

00:54:03.435 --> 00:54:06.045

that it seems like every cult leader has read the same

870

00:54:06.265 --> 00:54:09.485

manual and is working from the exact same playbook.

871

00:54:09.905 --> 00:54:13.285

And that's because cult leaders are traumatizing

872

00:54:13.555 --> 00:54:16.685
narcissists, whom by definition have developed

873

00:54:16.785 --> 00:54:20.485
and need to sustain a delusion of omnipotence.

874

00:54:21.905 --> 00:54:23.565
I'm saying delusion a thousand times.

875

00:54:23.965 --> 00:54:28.085
'cause people really need to get that. It's delusional.

876

00:54:28.875 --> 00:54:31.525
It's not gaslighting deliberate manipulation,

877

00:54:31.715 --> 00:54:34.325
it's delusional omnipotence.

878

00:54:34.825 --> 00:54:37.965
It, it's the urgent need to sustain that delusion

879

00:54:37.965 --> 00:54:41.245
of omnipotence that makes it imperative for the tn

880

00:54:41.465 --> 00:54:42.685
to behave as he does.

881

00:54:43.265 --> 00:54:46.405
The delusion of omnipotence is what makes it possible

882

00:54:46.405 --> 00:54:49.765
for him to believe that he's triumphed over shame

883

00:54:49.945 --> 00:54:52.725
and neediness and dependence and impotence,

884

00:54:53.225 --> 00:54:55.965

and it's what holds back the outbreak is from noted

885

00:54:55.965 --> 00:54:57.965

of his full-blown psychosis.

886

00:54:58.625 --> 00:55:02.005

His behaviors are usually, usually portrayed

887

00:55:02.005 --> 00:55:03.605

as malicious and self-serving.

888

00:55:04.545 --> 00:55:05.885

But I'm saying differently.

889

00:55:06.085 --> 00:55:10.005

I believe that he is always dissociatively grooming his

890

00:55:10.115 --> 00:55:14.045

targets to dissociatively receive his projections.

891

00:55:14.625 --> 00:55:18.485

So I would call that dissociative coercive projection.

892

00:55:20.155 --> 00:55:24.335

And he is dissociatively coercively projecting all

893

00:55:24.335 --> 00:55:28.935

that he is dissociating as not me, his shame, his envy,

894

00:55:28.935 --> 00:55:30.455

his impotence and dependence

895

00:55:30.835 --> 00:55:35.455

and all that he's coercively projecting finds its way into

896

00:55:35.455 --> 00:55:38.295

the psyche of those he seeks to control.

897

00:55:38.925 --> 00:55:43.175

It's imperative that these projections find a home in others

898

00:55:43.635 --> 00:55:46.695

for him to be able to maintain his delusion.

899

00:55:47.605 --> 00:55:50.135

Fair burn's moral defense can be useful here.

900

00:55:50.835 --> 00:55:54.295

So Fairburn, many of you will remember it describes

901

00:55:54.295 --> 00:55:57.135

how a child of a bad parent takes on the burden

902

00:55:57.155 --> 00:56:00.295

of the badness, instinctively identifying

903

00:56:00.295 --> 00:56:02.455

with the parent's dissociated shame

904

00:56:02.755 --> 00:56:05.695

and self-loathing in her effort

905

00:56:05.695 --> 00:56:07.695

to maintain attachment to the parent.

906

00:56:08.435 --> 00:56:11.855

And as an admirer frat frenzy, I like to point out

907

00:56:11.855 --> 00:56:15.615

that he'd already noted that in his paper, the confusion

908

00:56:15.615 --> 00:56:17.895

of tongues and in his clinical diary,

909

00:56:18.115 --> 00:56:21.775

and I think Fairburn, uh, was familiar with that work.

910

00:56:22.255 --> 00:56:25.485

I contend that the child's instinctive adoption

911

00:56:25.505 --> 00:56:28.685

of the moral defense implies the existence

912

00:56:28.685 --> 00:56:31.885

of a complimentary defense on the part of the parent.

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00:56:32.425 --> 00:56:35.485

So what I call the parent's complimentary moral defense

914

00:56:36.105 --> 00:56:38.525

is his locating goodness only in himself

915

00:56:39.025 --> 00:56:42.245

and refusing to acknowledge any badness as his

916

00:56:43.235 --> 00:56:44.655

viewed from this perspective,

917

00:56:44.795 --> 00:56:48.215

the child has been projectively coerced by the parent

918

00:56:48.515 --> 00:56:51.215

to bear the burden of the badness, just

919

00:56:51.235 --> 00:56:54.335

as the TNS victim is projectively coerced.

920

00:56:55.035 --> 00:56:56.495

The adoption and deployment

921

00:56:56.495 --> 00:56:59.495

of the complementary moral defense is another means

922

00:56:59.595 --> 00:57:04.335

by which the tn maintains that delusion of omnipotence

923

00:57:05.375 --> 00:57:08.055

cultivating and observing shame, impotence

924

00:57:08.115 --> 00:57:11.775

and dependence in others assures the tn

925

00:57:11.775 --> 00:57:14.655

that those vulnerabilities don't exist within himself.

926

00:57:14.885 --> 00:57:17.655

That his rage is not born of impotence,

927

00:57:18.205 --> 00:57:21.935

that his contempt is not born of envy, that he can have

928

00:57:21.955 --> 00:57:25.295

and take anything he wants with no limits, while claiming

929

00:57:25.365 --> 00:57:27.975

that he has no need of anyone or anything.

930

00:57:28.635 --> 00:57:31.255

He sustains his delusion of omnipotence

931

00:57:31.795 --> 00:57:34.735

by repeatedly demonstrating his power over others

932

00:57:36.615 --> 00:57:39.875

psychoeducation and therapeutic goals for victims.

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00:57:42.025 --> 00:57:43.365

So the work of developing

934

00:57:43.385 --> 00:57:46.445

and elaborating the profile of the TN is intended

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00:57:46.545 --> 00:57:50.885

to provide therapists working in any modality with a model

936

00:57:51.025 --> 00:57:53.725

for treating the victims of the tn.

937

00:57:53.955 --> 00:57:56.165

It's equally intended to help as victims

938

00:57:56.885 --> 00:58:00.125

construct a coherent narrative about how they've been harmed

939

00:58:00.625 --> 00:58:03.365

so they can learn to protect themselves from further harm,

940

00:58:03.365 --> 00:58:06.725

whether in an ongoing relationship or in the future.

941

00:58:07.665 --> 00:58:11.165

So in the early stages of our work, I really

942

00:58:11.755 --> 00:58:15.085

work on teaching patients about affect regulation,

943

00:58:15.825 --> 00:58:17.285

and I help them identify

944

00:58:17.305 --> 00:58:20.725

and focus on their needs for safety and stability.

945

00:58:21.145 --> 00:58:23.245

And I'm holding that in mind all the time,

946

00:58:23.795 --> 00:58:25.645

keeping those needs in mind.

947

00:58:25.755 --> 00:58:28.645

They, they, and as they tell me all that happened,

948

00:58:29.485 --> 00:58:31.845

I will then share with them the various aspects

949

00:58:31.845 --> 00:58:35.525

of this theory that I've been outlining to you today.

950

00:58:36.185 --> 00:58:38.845

And as the recovering victim understands more

951

00:58:38.845 --> 00:58:41.605

and more about what they experienced, they continue

952

00:58:41.625 --> 00:58:43.525

to be vulnerable to self-doubt.

953

00:58:43.835 --> 00:58:45.805

Because of the lingering influence

954

00:58:45.805 --> 00:58:49.645

of the TNS extraordinary conviction in his delusion

955

00:58:49.645 --> 00:58:53.325

of omnipotence, the victim's attachment bond

956

00:58:53.345 --> 00:58:56.485

to the abuser feels existentially imperative,

957

00:58:57.015 --> 00:58:58.125

impossible to break.

958

00:58:58.745 --> 00:59:02.765

Not unlike the way an abused child begs the child protection

959

00:59:02.785 --> 00:59:05.245

worker to let 'em stay with the abusive parent.

960

00:59:06.505 --> 00:59:07.765

And when a therapist is working

961

00:59:07.765 --> 00:59:10.765

with someone still under the influence of the tn

962

00:59:11.065 --> 00:59:14.045

and the patient seems unable to escape the abuse,

963

00:59:14.875 --> 00:59:16.845

it's a really good idea for the therapist

964

00:59:16.865 --> 00:59:19.645

to get support from peers and a consultant

965

00:59:20.185 --> 00:59:22.805

and to get help to assess the danger

966

00:59:23.185 --> 00:59:26.205

and manage the therapist's own stress

967

00:59:26.385 --> 00:59:28.645

and frustration, which is quite natural

968

00:59:28.825 --> 00:59:30.765

to feel in that situation.

969

00:59:31.625 --> 00:59:32.765

The work of recovery

970

00:59:33.025 --> 00:59:35.925

for the victim is especially complicated by parts

971

00:59:35.925 --> 00:59:38.845

of the victim that are identified with the abuser

972

00:59:39.385 --> 00:59:41.365

and direct rage, disgust

973

00:59:41.545 --> 00:59:44.765

and contempt internally toward the victim's

974

00:59:44.945 --> 00:59:46.285

own vulnerabilities.

975

00:59:47.255 --> 00:59:49.275

That's what I call self alienation,

976

00:59:49.455 --> 00:59:52.915

and that's the term Janina Fisher uses in her work.

977

00:59:53.185 --> 00:59:56.995

Sometimes these self contemptuous parts are also turned

978

00:59:56.995 --> 01:00:00.035

outward toward people they initially draw close to,

979

01:00:00.295 --> 01:00:03.235

or strangers, and of course, toward the therapist.

980

01:00:04.985 --> 01:00:07.705

I hope you don't hear those lawnmowers outside my window.

981

01:00:08.415 --> 01:00:11.265

Working with the patient's mistrust of me

982

01:00:11.405 --> 01:00:12.865

and others is challenging,

983

01:00:13.165 --> 01:00:17.905

but expectable is significantly more difficult working

984

01:00:17.935 --> 01:00:21.425

with the victim's self condemning, self punishing parts,

985

01:00:21.885 --> 01:00:24.705

and that is the most crucial therapeutic challenge

986

01:00:25.285 --> 01:00:27.105

in the patient's recovery process.

987

01:00:27.635 --> 01:00:31.945

Those punitive self contemptuous parts in the victim tend

988

01:00:31.945 --> 01:00:33.185

to be especially stubborn,

989

01:00:33.605 --> 01:00:36.665

and they're not gonna just give way to any kind

990

01:00:36.665 --> 01:00:40.465

of common sense invitation to be more self-compassionate.

991

01:00:41.045 --> 01:00:45.185

So I try to help victims understand their self condemnation

992

01:00:45.965 --> 01:00:49.625

as a survival strategy, you know, feeling powerless

993

01:00:49.725 --> 01:00:52.465

and hopeless about standing up to the narcissist.

994

01:00:53.285 --> 01:00:57.585

The victim instinctively develops self condemning parts

995

01:00:57.655 --> 01:00:59.425

that support the moral defense

996

01:00:59.735 --> 01:01:02.545

because shaman's submission seemed

997

01:01:02.565 --> 01:01:05.545

to offer a better chance at staying under the radar

998

01:01:05.725 --> 01:01:08.305

and surviving than trying to put up a fight

999

01:01:08.855 --> 01:01:09.865

that was true of Alice.

1000

01:01:10.335 --> 01:01:13.425

It's true in general, of those depressive patients

1001

01:01:13.775 --> 01:01:17.425

with significant attachments to traumatizing narcissists

1002

01:01:17.805 --> 01:01:20.025

and helping patients understand

1003

01:01:20.325 --> 01:01:22.545

and appreciate self condemning parts

1004

01:01:23.125 --> 01:01:27.225

as operating in the interest of survival, opens the way

1005

01:01:27.685 --> 01:01:31.545

for the self-compassion that will ultimately be needed

1006

01:01:31.645 --> 01:01:33.025

for healing from the trauma

1007

01:01:35.135 --> 01:01:36.715

and coming to the conclusion.

1008

01:01:36.895 --> 01:01:41.675

Now, finally, as much as I am an advocate for the place

1009

01:01:41.675 --> 01:01:44.115
of psychoeducation in therapeutic work

1010

01:01:44.505 --> 01:01:45.915
with traumatized patients,

1011

01:01:46.295 --> 01:01:49.395
and all of what I've been talking to you about is are things

1012

01:01:49.395 --> 01:01:51.475
that I will talk about with patients.

1013

01:01:52.395 --> 01:01:55.715
I, I wanna be clear that psychoeducation isn't the process.

1014

01:01:56.665 --> 01:01:59.275
It's what I integrate into the process,

1015

01:02:00.015 --> 01:02:02.035
and I believe it can be integrated

1016

01:02:02.255 --> 01:02:05.475
for these patients into any therapeutic modality.

1017

01:02:06.215 --> 01:02:10.675
The therapeutic goal for victims of the TN is to help them

1018

01:02:11.555 --> 01:02:12.635
recognize the injustice

1019

01:02:13.215 --> 01:02:17.395
and violation done to them by coercive projections

1020

01:02:17.695 --> 01:02:20.845
of shame and fear to help them see

1021

01:02:20.945 --> 01:02:24.685

how they've been unduly influenced to lose faith in

1022

01:02:24.705 --> 01:02:28.885

and to mis mistrust their reality, their power, their voice,

1023

01:02:28.885 --> 01:02:32.205

their dignity, and to help them in the process

1024

01:02:32.345 --> 01:02:37.125

of recovering these stolen things, things that were, are,

1025

01:02:37.465 --> 01:02:40.445

and always will be rightfully theirs.

1026

01:02:41.265 --> 01:02:45.075

Thank you. And we're back.

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01:02:46.485 --> 01:02:48.625

Yes, thank you. Uh, we have a lot

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01:02:48.625 --> 01:02:50.905

of questions coming in, so I'll do my best. I

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01:02:50.905 --> 01:02:52.465

Bet That was,

1030

01:02:52.565 --> 01:02:54.745

it was a wonderful presentation and lots to chew on.

1031

01:02:55.365 --> 01:02:58.745

Um, thank you synthesizing some of the, the comments

1032

01:02:58.845 --> 01:03:00.305

and questions that have been coming through.

1033

01:03:00.505 --> 01:03:04.505

A common thread that has come up is around, um, some

1034

01:03:04.505 --> 01:03:05.625

of the dynamics, perhaps

1035

01:03:05.645 --> 01:03:08.425

around traditional gender paradigms, you know, maybe

1036

01:03:09.055 --> 01:03:10.105

more often than not,

1037

01:03:10.205 --> 01:03:12.665

seeing the traumatizing narcissist being male

1038

01:03:13.085 --> 01:03:15.265

and the victim being female, though clearly given some

1039

01:03:15.265 --> 01:03:17.345

of the examples, that's not the only paradigm,

1040

01:03:17.405 --> 01:03:20.225

but I was wondering if you had anything to say about some

1041

01:03:20.225 --> 01:03:21.825

of the dynamics around gender

1042

01:03:22.005 --> 01:03:24.065

or other issues around identity

1043

01:03:24.065 --> 01:03:26.785

that you see play out in terms of these dynamics between,

1044

01:03:27.205 --> 01:03:28.785

uh, traumatizing narcissists

1045

01:03:28.785 --> 01:03:31.465

and those who, who suffer, uh, around them. Yeah.

1046

01:03:31.565 --> 01:03:32.825

Um, both the women

1047

01:03:33.525 --> 01:03:36.905

and the men have a lot in common in terms of their need

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01:03:36.905 --> 01:03:40.105

for power and control and the need to dominate.

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01:03:40.885 --> 01:03:45.085

Um, uh, the, the expressions can be quite different,

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01:03:45.085 --> 01:03:47.205

but they can also be the same, honestly.

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01:03:47.305 --> 01:03:51.885

So a woman can be a titan of industry just as a man can.

1052

01:03:52.455 --> 01:03:55.365

There can be, uh, wealth involved.

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01:03:55.365 --> 01:03:59.045

There often is wealth, wealth as a source of power

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01:03:59.185 --> 01:04:02.485

and control, and that can be in the hands of the woman

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01:04:02.545 --> 01:04:06.125

or the man, what might sometimes be a difference,

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01:04:06.525 --> 01:04:08.245

although again, this is not, um,

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01:04:09.465 --> 01:04:11.245

across the board by any means.

1058

01:04:11.865 --> 01:04:12.965

It can go both ways.

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01:04:13.625 --> 01:04:18.335

Um, some TNS will, will look more like they're suffering

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01:04:18.555 --> 01:04:20.935

and some will look more like they're triumphant.

1061

01:04:21.355 --> 01:04:24.655

And maybe some of the women will use suffering like Benny

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01:04:24.725 --> 01:04:26.415

Davis's mother in the movie

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01:04:26.555 --> 01:04:29.215

or some of the, uh, men will use it.

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01:04:29.595 --> 01:04:33.615

But, um, I'm reluctant to make a gender distinction

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01:04:33.615 --> 01:04:36.215

because, uh, and,

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01:04:36.275 --> 01:04:40.535

and in fact I have seen non-binary people who were tns.

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01:04:40.655 --> 01:04:42.295

I mean, I have been told about them.

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01:04:42.675 --> 01:04:45.895

So, you know, this is, um, this is a,

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01:04:46.525 --> 01:04:50.015

this doesn't discriminate this personality structure.

1070

01:04:50.765 --> 01:04:53.575

It's born out of traumatic humiliation.

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01:04:53.575 --> 01:04:55.415

Chronic traumatic humiliation.

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01:04:56.435 --> 01:04:59.975

It involves the development of a delusion of omnipotence.

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01:04:59.995 --> 01:05:02.255

And that is expressed in all the different ways

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01:05:02.255 --> 01:05:03.895

that I was talking about.

1075

01:05:05.005 --> 01:05:07.905

Mm-Hmm. Well, a, another common thread,

1076

01:05:07.925 --> 01:05:10.625

and perhaps it's not the focus of the presentation,

1077

01:05:10.625 --> 01:05:13.105

but I can understand the interest in many people asking is

1078

01:05:13.105 --> 01:05:15.985

what do you do when you have the TN in your office?

1079

01:05:16.685 --> 01:05:18.325

Um, oh God. Yeah.

1080

01:05:19.825 --> 01:05:21.685

So, so, well, I don't, maybe you have some

1081

01:05:21.685 --> 01:05:22.725

remarks about that, but,

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01:05:23.635 --> 01:05:26.725

Well, I'm always amazed when I read the, uh, work

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01:05:26.725 --> 01:05:27.845

of the Kornberg group.

1084

01:05:28.065 --> 01:05:31.765

How many people come in and accept the diagnosis of NPD

1085

01:05:32.265 --> 01:05:34.725

and accept being told that's who they are

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01:05:34.785 --> 01:05:39.645

and what they have to do to not be, I have seen a handful

1087

01:05:39.945 --> 01:05:42.485

of people I would call highly narcissistic,

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01:05:43.065 --> 01:05:46.605

and probably one of them was actually capable

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01:05:46.905 --> 01:05:48.325

of empathy eventually,

1090

01:05:48.415 --> 01:05:51.325

after a lot of very challenging work,

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01:05:51.325 --> 01:05:53.445

including a fair amount of confrontation,

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01:05:53.775 --> 01:05:57.885

which is consistent with the way Berg's group, uh, says

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01:05:57.915 --> 01:06:02.525

that they were, um, other people who have come in, uh,

1094

01:06:02.825 --> 01:06:05.725

pretty quickly spotted that I wasn't agreeing with them

1095

01:06:05.905 --> 01:06:07.565

or that I was questioning them,

1096

01:06:08.385 --> 01:06:10.325

at which point they questioned me,

1097

01:06:10.535 --> 01:06:11.885
where did you get your degree?

1098

01:06:12.705 --> 01:06:14.925
How long have you been doing this, blah, blah, blah.

1099

01:06:15.145 --> 01:06:16.685
And then they leave treatment.

1100

01:06:16.945 --> 01:06:21.925
So, um, uh, I, I have limited hope

1101

01:06:21.985 --> 01:06:24.245
for tns and in fact, if there's a couple

1102

01:06:24.465 --> 01:06:28.325
and one of them really has all the hallmarks of the tn,

1103

01:06:28.645 --> 01:06:30.605
I have limited hope for that marriage

1104

01:06:30.945 --> 01:06:34.285
unless the other partner is willing to have a lifetime

1105

01:06:34.465 --> 01:06:36.005
of masochistic submission.

1106

01:06:36.265 --> 01:06:40.565
And some partners are and do obviously, and that's okay.

1107

01:06:40.625 --> 01:06:43.925
You know, that's, uh, I'm not here to, you know,

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01:06:43.985 --> 01:06:46.685
I'm not a cult buster and I'm not a narcissism buster.

1109

01:06:46.785 --> 01:06:47.885

I'm here to help the victims

1110

01:06:48.385 --> 01:06:51.565

and, uh, they're the ones who usually come in

1111

01:06:53.775 --> 01:06:55.255

0 one further thread,

1112

01:06:55.255 --> 01:06:57.375

and maybe we'll have time for another question afterwards,

1113

01:06:57.475 --> 01:06:58.895

but just reading some of the questions

1114

01:06:58.895 --> 01:07:00.855

and comments throughout, there's a lot of interest.

1115

01:07:01.335 --> 01:07:02.375

I, I guess shifting a little more

1116

01:07:02.375 --> 01:07:04.695

to a traditionally psychoanalytic, uh, lens

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01:07:04.695 --> 01:07:06.495

around transference and counter transference

1118

01:07:06.495 --> 01:07:07.655

dynamics in this treatment.

1119

01:07:08.155 --> 01:07:10.575

And you alluded to some of it throughout,

1120

01:07:10.635 --> 01:07:12.015

but maybe this would be a moment

1121

01:07:12.035 --> 01:07:14.535

to pause into if you had more to say about the sorts

1122

01:07:14.535 --> 01:07:15.695
of paradigms that are familiar

1123

01:07:15.765 --> 01:07:19.135
that you encounter particularly, um, you know, for people

1124

01:07:19.155 --> 01:07:21.495
who have given themselves over or,

1125

01:07:21.515 --> 01:07:25.135
or found themselves stuck with a traumatic narcissist

1126

01:07:25.135 --> 01:07:27.175
and then now have a new idealizing transference

1127

01:07:27.175 --> 01:07:29.855
of a therapist who they hope will be the ticket out.

1128

01:07:30.085 --> 01:07:31.695
What, what sort of things do you run into,

1129

01:07:31.775 --> 01:07:32.815
I guess, transferential?

1130

01:07:33.905 --> 01:07:35.795
Well, what you run into is, uh,

1131

01:07:35.965 --> 01:07:39.035
after the idealization is complete devaluation.

1132

01:07:39.095 --> 01:07:42.155
That's, that's not, that's not always the case.

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01:07:42.455 --> 01:07:44.195
And I don't know, I've changed the way I

1134

01:07:44.195 --> 01:07:45.475

work somewhat these days.

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01:07:45.535 --> 01:07:48.715

So I, I experienced less of that dynamic.

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01:07:49.135 --> 01:07:53.155

I'm, I'm, I'm less likely to try to, uh,

1137

01:07:53.665 --> 01:07:56.395

unravel an enactment than I used to be.

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01:07:56.575 --> 01:07:57.995

I'm more likely to try to

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01:07:59.275 --> 01:08:02.235

recognize what's internally going on in terms of conflict

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01:08:02.835 --> 01:08:05.555

conflicts among internal self states

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01:08:05.655 --> 01:08:07.755

or parts of each person.

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01:08:08.185 --> 01:08:10.635

However, that being said, um,

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01:08:11.145 --> 01:08:16.055

there's certainly some patients who, um,

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01:08:16.725 --> 01:08:19.495

will, um, idealize and devalue,

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01:08:19.955 --> 01:08:23.195

and when they're devaluing you,

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01:08:23.295 --> 01:08:25.755

the therapists have become the perpetrator

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01:08:26.615 --> 01:08:29.355

and, uh, caused all of their suffering just

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01:08:29.375 --> 01:08:32.475

as the narcissist made them the cause

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01:08:32.495 --> 01:08:34.275

of all the narcissist suffering.

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01:08:34.335 --> 01:08:37.875

So that's a very, that's not an unusual, uh,

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01:08:38.655 --> 01:08:39.875

um, situation.

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01:08:40.935 --> 01:08:44.115

And, um, what I have found in these cases,

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01:08:44.375 --> 01:08:48.755

this often is the case for people who absolutely refuse

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01:08:49.415 --> 01:08:51.195

to let go of the idea

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01:08:51.195 --> 01:08:53.435

that their parents shouldn't have loved them

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01:08:53.785 --> 01:08:55.115

instead of abused them.

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01:08:55.895 --> 01:08:58.595

And they have, uh, a very

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01:08:59.715 --> 01:09:01.995

profoundly enmeshed internal

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01:09:02.255 --> 01:09:05.675

or actual relationship with the abuser parent.

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01:09:06.615 --> 01:09:11.505

And, um, they, uh, they, you know, they want justice.

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01:09:11.775 --> 01:09:14.225

They want either revenge or they want justice,

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01:09:14.485 --> 01:09:17.465

or they want a happy ending, a a fairytale happy ending.

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01:09:18.445 --> 01:09:20.785

And in the pursuit of those things,

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01:09:20.785 --> 01:09:22.825

they can become very aggressive and,

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01:09:23.045 --> 01:09:24.905

and belittling of the therapist.

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01:09:25.645 --> 01:09:30.265

And it's important to try to stay calm, self-regulated,

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01:09:30.805 --> 01:09:33.145

and talk about this in a calm way.

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01:09:33.885 --> 01:09:37.985

If in the cases where I avoided doing that earlier in my,

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01:09:38.085 --> 01:09:41.535

uh, career, I had, um,

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01:09:42.665 --> 01:09:45.105

I had disappointing results with those patients.

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01:09:45.455 --> 01:09:49.705

They did not, they weren't able to release themselves

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01:09:50.255 --> 01:09:51.665
from those fantasies

1173

01:09:52.125 --> 01:09:55.545
and they weren't able to, um, get out of the cycle

1174

01:09:55.645 --> 01:09:57.905
of idealizing and devaluing.

1175

01:09:58.685 --> 01:10:01.545
So now I am really careful to try to address that

1176

01:10:01.805 --> 01:10:03.225
and, uh, that goes better now.

1177

01:10:04.295 --> 01:10:06.985
Okay. Well, I, I think we have time for one last question.

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01:10:07.885 --> 01:10:10.465
And again, this is trying to integrate a number of comments

1179

01:10:10.525 --> 01:10:12.345
and questions over the course of the presentation,

1180

01:10:12.485 --> 01:10:15.225
but I, I think you laid out a very lovely kind

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01:10:15.225 --> 01:10:17.705
of developmental framework for understanding the development

1182

01:10:17.965 --> 01:10:19.225
of traumatic narcissism.

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01:10:19.325 --> 01:10:22.585
But beyond, uh, the individual, do you have anything

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01:10:22.585 --> 01:10:25.185

to say about sociocultural factors that lead

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01:10:25.185 --> 01:10:27.185

to the development of this sort of trend?

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01:10:27.265 --> 01:10:29.665

I don't know if you feel like traumatic narcissists are more

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01:10:29.865 --> 01:10:31.465

prevalent these days than they have been in the

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01:10:31.465 --> 01:10:33.065

past, or if it's always been

1189

01:10:33.065 --> 01:10:34.065

Hundred percent.

1190

01:10:34.545 --> 01:10:35.865

Yeah, a hundred percent.

1191

01:10:36.305 --> 01:10:38.985

I, I mean, they were prevalent, uh, in the runup

1192

01:10:38.985 --> 01:10:42.025

to World War ii, and they, they are more prevalent now

1193

01:10:42.455 --> 01:10:45.785

because we're also seeing a runup of authoritarianism,

1194

01:10:46.005 --> 01:10:48.985

and we have a presidential candidate planning

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01:10:49.085 --> 01:10:52.625

to become a dictator and, and end democracy in America.

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01:10:53.045 --> 01:10:54.985

So, uh, somebody was saying, I think Janet,

1197

01:10:55.095 --> 01:10:56.505

there's an elephant in the room.

1198

01:10:56.505 --> 01:10:58.425

There's no elephant. Everybody sees it.

1199

01:10:59.085 --> 01:11:01.545

And, uh, I've written about it very, very

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01:11:02.065 --> 01:11:03.785

explicitly in my second book.

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01:11:04.445 --> 01:11:07.585

Um, and, um, I think that, uh,

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01:11:07.975 --> 01:11:11.865

because of the example of an authoritarian, um,

1203

01:11:12.515 --> 01:11:14.805

narcissist, uh, being so public

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01:11:14.905 --> 01:11:18.925

and being promoted by right-wing media is so, you know, uh,

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01:11:19.785 --> 01:11:21.125

as such cheerleaders,

1206

01:11:21.595 --> 01:11:25.365

there's an absolute rise in, uh, hate groups.

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01:11:25.705 --> 01:11:29.605

And, um, um, you know, there's, there's, as I said,

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01:11:29.605 --> 01:11:33.605

there's a huge rise in influencers of all kinds, psychics,

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01:11:33.605 --> 01:11:37.725

coaches, et cetera, in, in the wellness new age, yoga,

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01:11:37.755 --> 01:11:41.445

fitness spaces, uh, vitamin supplement people.

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01:11:41.725 --> 01:11:44.845

I mean, there's just a huge rise of this kind of, uh,

1212

01:11:44.845 --> 01:11:46.845

exploitative, narcissistic behavior.

1213

01:11:48.105 --> 01:11:53.005

And, uh, I, I, I certainly do believe that, um,

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01:11:53.305 --> 01:11:56.045

seeing it, you know, by one of the most

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01:11:56.615 --> 01:11:59.565

constantly in the news people in America

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01:12:00.465 --> 01:12:01.885

has a, has a big impact.

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01:12:02.305 --> 01:12:06.205

So what I, what I also believe is this, uh, I know we have

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01:12:06.205 --> 01:12:07.965

to finish up here.

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01:12:08.355 --> 01:12:12.365

Yeah. I'm just gonna say this, as terrified as I often am,

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01:12:12.865 --> 01:12:16.605

as angry as I often am, 'cause I am like a hardcore lefty.

1221

01:12:17.225 --> 01:12:20.765

Um, uh, I also know

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01:12:21.635 --> 01:12:24.725

that just because there's evil doesn't mean there isn't

1223

01:12:24.965 --> 01:12:26.445

goodness and goodness never

1224

01:12:27.135 --> 01:12:30.045

stops happening even when there's a lot of evil.

1225

01:12:30.665 --> 01:12:33.325

And that's, um, that's the about as hopeful

1226

01:12:33.465 --> 01:12:34.565

as I can be at the moment.

1227

01:12:34.945 --> 01:12:37.285

And I, I have shared this with many patients.

1228

01:12:37.315 --> 01:12:38.405

Some people come in

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01:12:38.825 --> 01:12:42.615

and absolutely, uh, you know, are, are

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01:12:43.205 --> 01:12:44.695

overwhelmed with fear

1231

01:12:44.995 --> 01:12:48.335

and anger about seeing authoritarianism rising

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01:12:48.475 --> 01:12:53.015

or antisemitism or anti-Islam or, you know,

1233

01:12:53.115 --> 01:12:54.535

or any kind of hate group.

1234

01:12:55.075 --> 01:12:57.695

So, um, yeah, we have to talk about it

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01:12:57.955 --> 01:13:02.295

and, um, I talk about it, uh, the way I do,

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01:13:02.675 --> 01:13:03.975

and I think we all have to try

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01:13:03.975 --> 01:13:05.615

to help each other hang in there

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01:13:05.635 --> 01:13:10.095

and not feel so absolutely impotent, which is what the tn

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01:13:10.655 --> 01:13:13.215

absolutely wants you to feel, right?

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01:13:13.215 --> 01:13:16.375

Mm-Hmm. So don't, don't feel impotent. That's my advice.

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01:13:17.155 --> 01:13:19.335

That's a good note to end on. Thank you.

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01:13:19.385 --> 01:13:21.455

Thank you so much for your presentation.

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01:13:22.115 --> 01:13:25.575

Uh, just a reminder to those, uh, who are independence,

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01:13:25.575 --> 01:13:27.895

if you would like your continuing education credits,

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01:13:27.895 --> 01:13:30.535

please return to the course in your Austin Riggs education

1246

01:13:30.535 --> 01:13:33.415

account to navigate through the evaluation and survey.

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01:13:34.235 --> 01:13:36.495

We hope you'll join us at our next grand rounds on Friday,

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01:13:36.495 --> 01:13:39.535

June 28th with Dr. Morris Eagle entitled The Two Freud's

1249

01:13:39.535 --> 01:13:42.975

Implications for Conceptions of Mind of Psychopathology

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01:13:43.075 --> 01:13:44.215

and Approach to Treatment.

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01:13:44.985 --> 01:13:47.895

Thank you again, uh, Mr. Shaw for your presentation.

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01:13:47.895 --> 01:13:50.255

Wonderful. And, uh, thank you all for coming.

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01:13:50.315 --> 01:13:51.655

We look forward to your feedback.

1254

01:13:52.515 --> 01:13:55.585

Thank you all. Thank you so much everyone. So long now.