

Human Relations: Counting the cost of the Toxic Triad of Personality

By Michael Mulvihill

“Concerns should drive us into action not into depression”

Karen Horney

Introduction

I wish to foment an overview of the characteristics, behavior and tactics deployed within the traits of the dark triad of personality, inclusive of: A) psychopathy B) narcissism C) Machiavellianism. Admittedly for the sake of time we will fixate our attention on narcissism. The overall theme of this lecture is human relations and how they are impacted by toxic influences.

To get a clearer picture of human relations, we will now analyze how the human develops from infancy and childhood to adulthood, and what healthy and unhealthy relationships look like.

The Developing Human

I will begin this section on human development by reading a poem.

'No Man is an Island' by John Donne (1624)

No man is an island entire of itself; every man
is a piece of the continent, a part of the main;
if a clod be washed away by the sea, Europe
is the less, as well as if a promontory were, as
well as any manner of thy friends or of thine
own were; any man's death diminishes me,
because I am involved in mankind.
And therefore never send to know for whom
the bell tolls; it tolls for thee.

.....

The psychoanalytical understanding of development affirms the thesis that **no man is an island**.

This view is especially confirmed in the Jungian concept of **The Collective Unconscious**, which not only asserts that our psyche is made up of our biological living organic element but also parts of our mind comes from the cultural, collective, unconscious, through for example Jung's concept of the archetypes anima and animus. Jung believed in studying myths because he believed we inherited parts of our character from the collective culture.

His psychoanalytical theory incorporated both phylogeny, phylogenetics and ontogenetics. I don't want us to get bogged down in these terms but it's interesting to think that maybe some of the traits, dispositions and character we display and viewpoints could be inherited from an ancestor's characteristics which somehow our unconscious mind is able to latch onto.

Jung wrote in, "Memories, dreams and reflections"

"Atlas we know that from the outpouring of the Holy spirit man is not autochthonous, anima sprung from the earth" (Carl Jung 1963 Memories, Dreams and Reflections).

Jung's psychology is spiritual and ancestral not just biological and coming from this lifetime.

The statement 'no man is an island' however is a part of hard core classical psychoanalytical thinking.

This point is centrally demonstrated in Otto Rank's book on "Birth Trauma" (1933, 1929, 192).

Our first home is not without the presence of another human being, **our** mother's womb is firmly a part of us, and even in the parturition phase, we exit the womb into a world with an umbilical cord that has nourished us throughout the past nine months in the womb. There continues to be no symbolic, psychical separating of mother and child, though there is a literal separating of mother and child via the cutting of the umbilical chord.

The Oedipal Triangle is what will define our later character structure and our psychical structure. We know this is defined by the child/mother/father triangulation. It is the father who separates mother and child and creates the post Oedipal resolution to the Oedipal conflict.

There is no escaping early life dependency. Our biology will define our entrance to life via a most complete state of dependency. We humans are born the most premature of all living species on the planet. We rely on our mother (significant other) for everything: from food, to clothing, to shelter, and for all our human needs. If we leave a baby alone for just one day it will die.

Love, attention and affection, is of utmost importance to the developing infant. In childhood development we look specifically at thriving Versus a failure to thrive. Where the child is able to pass through the developmental stages and reach their various milestones A failure to thrive is where a child may regress and experience a regression at a developmental stage where milestones are not met.

If the child feels securely attached to their parent or caregiver they will thrive. Anna Freud (1953) wrote **“We fall back here on the practical experience that children feel secure, happy and content while they are loved by their parents and they become chronic losers when love is withdrawn”**.

The true goal of psychoanalysis is to make what is unconscious conscious, to relieve the patient of unconscious material that is causing their everyday misery. Freud (1917) gave this issue clarity when he wrote, “The ego is not master in its own house.”

It was Freud, in a letter to Carl Jung, who said: “psychoanalysis in essence is a cure through love”.

The first method of psychoanalytical therapy carried out by Doctor Josef Breuer involved a regression therapy via a hypnotic method of laying of hands on the patients forehead. The patient he performed this therapy on Anna O. between the years 1880 to 1882 called the method ‘chimney sweeping’.

Freud abandoned this method of cathartic hypnosis. The goal of classical psychoanalysis is **not** the same as this original cathartic therapy. We don't just remove symptoms because another symptom will prop up in its place. In Lacanian jargon the psychoanalyst does not give in at the level of demand, the psychoanalyst resists the desire to simply fix the client.

We have 3 clinical structures that Jean Lacan identified: neurosis, psychosis and perversion, all exist around a discourse of the Other, and a negotiation of the subject via the Oedipal Complex.

Neurosis was first identified in 1776 by Scottish physician William Cullen. He introduced the terms Neurosis and Neuroses and gave descriptions of anxiety disorders, eating disorders and other psychological problems 100 years before such disorders were acknowledged and accepted by physicians in general (psychiatrists and psychologists did not exist at that time)

Here we refer to neurosis as in: hysteria, obsessional compulsions, anxiety, phobia, fears, are a post-Oedipal structure, its chief mechanism is repression, and the expressions of these clinical identities is how our mind compensates for what is called The Lack, which stems from the post-Oedipal phase, from castration, which occurs visa-ve the father who intervenes to wean the child off the mother.

This is a symbolic not a literal cut the same way penis envy and castration anxiety are unconscious and symbolic not literal and conscious.

Psychosis can be traced from the time it was coined in 1845. Psychosis is discussed in terms of the following dichotomies: endogenous-exogenous psychoses, functional-organic psychoses, psychosis-psychopathy, and unitary-multiple psychoses.

In psychoanalytic terms psychosis is not a post Oedipal formation, it differs radically from neurosis. The chief mechanism in psychosis is projection and paranoia, we say that 'the sky is open' in psychosis, because the psychotic has no adequately developed and integrated superego. The psychotic has what is called a fragmented ego, via splitting, or a split ego. We see this splitting so clearly in the condition of schizophrenia (which means the splitting of the mind or split mind, phreng mind schiz split). Perversion via the object of debasement, the paraphilia, the fetish, the sado masochistic position, they have their resolution to what is called castration anxiety. Simply put the perverted subject replaces the Other with the object of their perversion and this relieves anxiety. The perversion represents the lost object so they don't experience their subjectivity as lacking but as whole.

You will not find the pervert in the Psychoanalytical clinic. They are very contented with their solution to early unconscious conflicts and will only end up on therapy if it is mandated by the courts or prison services. The pervert certainly shares this much in common with the narcissist, both feel they don't need therapy because they have the solution to their problems.

The neurotic (who incidentally is the receptor the container for narcissistic abuse) is what we call normal, because neuroses runs parallel to normality. Psychosis tends to require medical care because the chief symptoms of psychosis, hallucinations and delusions renders the subject as having a difficulty with reality. Generally psychotics are not dangerous people, whilst both neurotic and psychotics are people who certainly are vulnerable to narcissistic abuse, as are people with developmental disabilities such as autism, they have a literally minded mentality, and an inability to understand lying and manipulation, this makes them extremely vulnerable to manipulation, bullying, abuse in general.

Perversion in itself can have a harmless quality, symbolising a replacement of a human for an inanimate object that becomes a symbol of love and affection. Whilst coprophilous perversions (sexual interest in human waste) may make the stomach churn, necrophilia (sex with dead bodies) not only raises our eye brows but is a criminal offence in Ireland. I am uncertain of laws elsewhere.

Where human development goes wrong or right is irrelevant to one truth that remains stable, the story of human development is a story of interdependency. Even the proprietors of the dark triad of personality traits are interdependent on human beings. Without an Other, there is nobody to bully, harass, manipulate and control. Narcissism must be fed, if it lacks a narcissistic supply it finds depression in such a void.

According to Lacanian theory.

The neurotics question is, "Who am I?" The perverts question is, "Am I a man or a woman?"

The psychotics question is well we don't know.

I am not certain what the questions are for the narcissist their negative transference renders therapy useless, let's survey their history and behaviour.

Narcissism Personality Disorder: History

Allow us to journey into narcissism to see its position in Psychiatric history, to see what narcissism is and how they function and perform their traits.

Narcissistic Personality Disorder, which originated from the Augustan era and the work of *Ovid's "Metamorphoses"*, with the mythological story of *Narcissus and Echo* has moved from the concern of mythology.

Psychological and psychiatric writing, inspired by the myth of Narcissus, noting its clinical relevancy, the mental health community got involved in the topic of narcissism in the late 19th century and start of the 20th century, with contributors such as Paul Nakke (1889) Havelock Ellis (1927) and Sigmund Freud (1914).

The belief formed that narcissism is about excessive focus on the body which is used as a sexual object, excessive masturbation was hailed as the cause of narcissism. This is too simplistic.

An emerging feature of the dark triad of personality is the subjects subversion to the law, it represents a clear disorder of ethical morality.

Freud's essay on **Totem and Taboo** (1913) clearly educates us from an anthropological point of view about the development of morality and ethics within the human race. Originally the law of exogamy or prohibition of incest developed in ancient human history from superstition and placing spiritual value, in the form of what is called a totem on an animal, person or kinship tie. Behaviour was modified so as not to break the laws surrounding a totem. If the law was violated a sacrifice had to be made to make amends for the violation of this sacred law.

These totems are excessively detailed and vary from tribe to tribe. In effect it meant that to break a totem was taboo, so this is how exogamy or a prohibition on close kinship ties having sexual relationships was developed. Our ancestors developed several, what you could call reactions or symptoms that mimic phobia and obsessional neurosis, for example, the mother/son possibility of sexually relating to each other was prevented in certain tribes through a ban on them cohabiting with each other at the onset of puberty.

The ancient totems account for how our ancestors learnt not to eat one another, kill, rape and commit incest, it was due to the establishment of sacred laws, which kept developing over time that humanity learnt right from wrong.

The narcissist, psychopath, Machiavellian, violates and subverts the sacred as they interact with the taboo. That is not to say that traits such as self obsession do not exist within us.

Sigmund Freud's essay (1914) **"On Narcissism"** informs its reader that we all in childhood have primary narcissism where our libido is turned inward, however our narcissism dissipates as we get older, as we show other people love, so our energy is turned outwards, and we lose this anti social and dangerous self obsession. The adult narcissist remains self absorbed, lacking basic empathy, and is devoted to their own agenda.

Philosophical Contributions

The best philosophical meditation I have come across that eludes to the dark triad of personality traits comes from Hannah Arendt's meditations on Adolf Eichmann, who was the generator of **The Final Solution**, and embodied in his life legacy the dark triad of personality.

Arendt (1964) describes Eichmann as a clown, she argued that the author of **The Final Solution** had no capacity to think. This is not the same as a deficiency in intelligence, but a deficiency in thinking.

Crucially there is a difference between knowing and thinking. Eichmann knew how to do his job and to keep the cattle carts of innocent Jews being transported to death camps. He knew how to perform his work functions, but he lost that crucial ability to simply think, he was less than human, more like automaton.

Eichmann knew how to get himself and his family to South America, but he didn't know how to think about the gross magnitude of the crimes he had done. Eichmann didn't suffer pangs of any guilt or remorse since he merely perceived himself as an ordinary functionary of The Third Reich.

Hannah Arendt's contribution is vast and deep. Is the narcissist, behind the mantle of their well thought through strategies of abuse, a person that has stopped thinking, or is a lack of empathy the only explanation for narcissistic disorder?

Let's keep this in mind whilst we dig ever deeper.

Narcissism/Dark Triad of Traits/ and their tactics of control, deception and manipulation

Let us be reminded that this presentation requires me to provide you with ways to cope better with people you encounter who exhibit these traits of the dark triad of personality. Education is the key here, you must be able to identify the very subtle techniques that the proprietors of these dark traits of personality manifest.

Doctor Joost Merloo (1954) coined the word **menticide** in his book **The Rape of the mind**. This is a most apt term for what is achieved through abuse. **Menticide** literally means **the killing of the mind**.

Merloos book concerns how totalitarian systems induce brainwashing and conditioned responses within the controlled group. **The** main tactics and strategies of manipulation are: coercion, control, physical/mental abuse, threat, and alienation.

These abusers are not at all psychotic, they function at the level of normality. For example often psychotic people will believe they are God, a messenger of God, or involved in an overall date with divine destiny.

Anne Hamilton Byrne claimed she was the reincarnation of Jesus Christ. Warren Jeffs, David Berg, David Koresh, Jim Baker, all claimed to be prophets of God, and very critically **none of the afore-mentioned would reach the relevant metrics required for psychotic disorder**.

They were all extremely dangerous people that lead authoritarian, abusive cults and ruined the lives of countless people. As psychopathic narcissists they were all very grounded in reality. This is why they were able to scheme, manage, coerce, take advantage and manipulate others.

Now that we know the dark triad of personality traits are not correlated to psychosis let's survey the tactics of coercive control they deploy.

Narcissistic people don't make for good clients of therapy. Their grandiose belief that they are superior to you, unique, charismatic, more deserving of special treatment means they are not interested in doing a therapeutic search within themselves to see where they went wrong. The narcissist does not look within themselves and search for their culpability or fault, other people are to blame for their problems where they **deflect blame to others** never to their own selves.

The narcissist will use their social charisma, charm and friendly nature, which is all artificial and self-serving. In the here and now a **hypothetical you** is being emotionally lured in, groomed by what is otherwise known as **love bombing**.

A narcissist will neither offer transparency (be open) or offer you **informed consent (where you know what's going on)** this is another way of saying 1) they will limit your information supply so you know only what only what they want you to know 2) they will be full of surprises because they certainly are not going to tell you their strategy or what they intends for you. They feed off your uncertainty as you wonder what will he do next?

If you want to know what the extreme effects of having only a limited and controlled access to information and knowledge can do over a long term period watch the Greek Film, "Dogtooth" (2009) This is a shocking film in how it recounts a fathers experiment on his two children, wherein he confines them from birth to only their residence and fills them with grim, foreboding lies, about the outside world, whilst the children's mother plays along with this charade.

Dogtooth is the exact micro prototype of how cults, sects, and extreme groups operate, a very accurate rendering of Psychology of the dark triad of personality traits in practise. In a way, by blocking your access to proper information, the narcissist is paving the way to fill your head with lies, propaganda and deceit. Chairman Mao called this **re-education** and he said its the first step to coercion. There is also another yet again stomach churning 2016 film from Greece called **Suntan** that recalls the story of a narcissistic, middle aged, single, physician who takes an excessive interest in a bunch of young holiday makers with eventual gruesome effect that is most uncomfortable for the viewer.

I have now written that basically the narcissist is censoring our need to know their interactions lack transparency, they dull truth, growing paranoia and fear it enables thought control. I am thinking this is especially true Dogtooth whilst in Suntan the pathetic main character lacks both self awareness and self insight.

I am going to quote Alexandra Stein (2018) and her words on narcissistic abusers.

"They detach our higher order cognitive thinking from our sensory perceptions and emotions and leave us helpless to understand a way to turn to avoid danger".

So let me summarise. The narcissists aims to impair your relationship between what is truth and what is real and to engage in thought stopping and thought control. Through **social isolation** the narcissist can remove your ability to gain access to the truth.

I did reference this act through the fictional film *Dogtooth*. We also see in cults like Children of God, The Family, Heavens Gate, cult members being rendered non citizens as they exist off the register, not

paying taxes, not being actively employed, not paying utility bills, living in compounds, not paying rent or mortgage, their money rinsed away. This is how you turn people into automaton.

Establishing a divisive environment of **dichotomous based thinking, an Us versus Them, a black and white thinking**, with no grey areas, is important for the narcissist. To ostracise the abuse victims from their family of origin, to depict every one outside as being inadequate and taboo, to punish and humiliate those who disagree with them, this is all the work of a narcissist to create dependency in their victim.

The worst symptom of narcissistic abuse is where the victim is realised when the subject is financially, emotionally, psychologically, spiritually dependent on their abuser and where the abuser defines who you can talk to, where you can go, what you can do, how you can act, when you must come and go, and of course interrogation of one's motions, i.e. always being asked to explain yourself.

Psychodynamics Versus Social Dynamics: can narcissism be a social disease of culture?

This present era has been heralded as the age of narcissism. Whilst narcissism has been heralded as the trait for being successful, according to a leading expert Doctor Ramani Durvasula. The idea has been put forward that our culture is promoting and manufacturing narcissism. This is something we need to digest fully.

I know this is not the only period in history where vanity was promoted by the agents of power. In the Soviet age we had the ideology of The Ideal Soviet which promoted the idea of the athletic body beautiful. From what I have gathered Yury Olesha's book *Envy* is a social satyr on this Soviet concept.

I am uncertain if we are promoting narcissism or if blind conformity is creating a gradual future filled with citizens who don't think but act.

This eventuality was already billed in futuristic fiction. The Soviet science fiction and dystopian books like "We" by Zamiatyn, "The Foundation Pit" by Platanov seem to suggest that the future we are creating is one minus our humanity, our ability to think and act with reflection and thinking is dying. Instead we dig ourselves a bottomless hole to our perdition, like in *The Foundation Pit*, or, the world becomes so comprehensively dehumanised that our day to day existence mimics the life of automaton, as per Zamiatyn's novel *We*, where the living environment is totally artificial and the minutes of Life are micromanaged and planned.

In this future the mechanics of capitalism have went full circle. Automaton is left to clean up an uninhabitable planet as per the Pixar film **Nine**, and humans live exclusively sedentary lives just sitting, eating, buying, suspended in space, growing increasingly gelatinous as in the Pixar movie **Wall-E**, as if the ultimate expression of capitalism is to be in a constant, ego centric, primitive intrauterine, oral, needy state of being. The solution to manufacturing a narcissistic population is to give everyone everything they could possibly need, to over fill them with every desire they could possibly want, so they don't have to concern themselves with the others around them, in other words there is a death of community.

We can't treat therapeutically people with pathological traits of personality disorder but we can treat the victims of their abusive strategies.

Freud said, "unexpressed emotions never die, they are buried alive and will come forth in uglier ways". Clinical hypnotherapy and hypno-psychoanalysis is most at home in the treatment of trauma caused by abuse, wherein unexpressed emotions from violence, beatings, torture, and emotional violence can be expressed.

I believe in hypnotherapy because it puts the patient into a relaxed state before they are told to freely associate about what is in their mind.

Free association as a therapeutic method does have a structure and a methodology allow me to quote Freud. "On Beginning the Treatment" (1913c) "One more thing before you start. What you tell me must differ in one respect from an ordinary conversation. Ordinarily you rightly try to keep a connecting thread running through your remarks and you exclude any intrusive ideas that may occur to you and any side-issues, so as not to wander too far from the point. But in this case you must proceed differently. You will notice that as you relate things various thoughts will occur to you which you would like to put aside on the ground of certain criticisms and objections. You will be tempted to say to yourself that this or that is irrelevant here, or is quite unimportant, or nonsensical, so that there is no need to say it. You must never give in to these criticisms, but must say it in spite of them—indeed, you must say it precisely because you feel an aversion to doing so. Later on you will find out and learn to understand the reason for this injunction, which is really the only one you have to follow. So say whatever goes through your mind. Act as though, for instance, you were a traveller sitting next to the window of a railway carriage and describing to someone inside the carriage the changing views which you see outside. Finally, never forget that you have promised to be absolutely honest, and never leave anything out because, for some reason or other, it is unpleasant to tell it" (p. 135)

Psychotherapy, without some form of deep relaxation methods, to my mind, compounds and slows up therapeutic progress. Reichian analysts will insist on you and the therapist wearing loose tracksuit and runners, they will teach exercises and breath-works. Trauma and stress is lodged in our body, and must be released through exercises that involve the release of tension.

Techniques such as progressive muscular relaxation, matched with breathing exercises, allow the client to finally relate to their body again. **Dissociation, depersonalisation, derealisation**, the 3 major symptoms of trauma are addressed through this exercise, somatically and psychologically.

Deeply traumatised people, with the worst imaginable experiences of childhood and life long abuse, can be receptive to hypnotherapy.

An illustration of hypnotherapy to treat war neurosis, shell shock, hysterical paralysis and hysterical blindness is depicted in the 1946 John Huston movie, **“Let There be Light”**. Here the viewer will see psychiatrists in institutions treating World War 2 vets for debilitating shell shock using hypnosis over a short term.

The effect of trauma is **psychophysiological**, that is to say it leaves its mark on the patients body not just the mind. **Hypervigilance** can be triggered in the patient where they are hyper aware and anticipating something bad is about to happen, it is an effect of the debilitating nature of trauma that makes life difficult, that can cause insomnia, an inability to relax, and intensive disability.

Patients can experience **flashbacks, intrusive mentation’s and imagery** relating to a series of traumas, especially if abuse occurs over a series of years and decades. The traumatised client may experience **dissociation** where they feel they are outside of their body, derealisation and depersonalisation may also be observable.

Derealisation is **where you feel the world around is unreal**. People and things around you may seem "lifeless" or "foggy". **Depersonalisation** is where you no longer feel connected to the person you were. **Dissociation is a mental process of disconnecting from one's thoughts, feelings, memories or sense of identity.**

Extreme cases of trauma vividly depict these symptoms. **Morad** an Arab Israeli when he was a teenager sent an innocent message to a Jewish class mate. The girl's brother with a gang of other teens after school beat Morad to within an inch of his life. (see Dolphin Boy 2010)

Left in a hyper alert state, Morad's eyes could not fixate on one spot. His entire body was in a hyper vigilant state trembling with fear and nerves. Morad was unable to verbally recount what had happened to him as he had become mute.

Doctor Kutz who said, **“I have become all too familiar with the effects of violence on the human soul”**. He told the father of the 15 year old that he would have to be institutionalised. Morad's father pleaded with the doctor telling him that his son was not born this way is there something else that can be done for him? The doctor suggests an outlier therapy called *Dolphin Therapy*. Morad's father sells the family farm and brings his son for a four year Odyssey with the dolphins and the sea.

Morad's feelings of depersonalisation, his possibly elective or unconscious and therefore non elected muteness, suggests his deep resentment and feelings of betrayal has caused him to be unable to recognise his family of origin.

Luckily he is able to form a bond of attachment to the dolphins, finally when his voice does return a further unpredicted symptom emerges of profound depersonalisation and profound identity crisis.

Morad has no recollection of what happened to him. Painfully he doesn't recognise his own family. When pushed about this he eventually says the dolphins are his parents and siblings. I think this means that he is replacing humanity (which he associates with non-safety insecurity) with the dolphins who he associated with security, love and acceptance, because the dolphins can keep him safe, they will not try to kill him based on an irrational impulse. His other wise loving human parents are replaced with the dolphins because his encounter with near death causes Morad to feel that affection and love has been rediscovered in the non judgmental world of the dolphins.

The disabling shock of extreme violence caused a detachment from reality, from security, and from belonging. Morad is first introduced to us drowned in shock, he is psychologically dying, being lost, afraid of everyone and everything, afraid of Life. It's as if the dual drives life and death, Eros and Thanatos are at war in his psyche. Morad does not feel at home in this world.

If the sea becomes his new womb and the dolphins his new parents, his ever present father will return him to humanity. **Embracing his son he says, "you are my life you are my soul"**. His father's projections that a thousand horses will gather to welcome his son back to his village of origin is the kind of suggested words the ostracised and the victimised need to hear.

Time moves on. Morad finds a Jewish girlfriend who hides Morad's ethnicity from her family. Love does not cure him. He says **if things were fine I would be able to sleep like you sleep at night but I can't**.

The issue of restorative justice still burns in his father's heart. Doctor Kutz intervenes via hypnosis which Morad agrees to. In hypnosis he recalls the events which caused such devastating trauma and with these recollections he is able to go to the witness stand and tell the court what had happened to him. After this the guilty are sentenced.

You will accept that it was physical abuse, verbal abuse, bigotry and violence that generated Morad's traumas. You will logically accept that abuse is the currency of trauma and the dark triad of personalities. You may also concede that abuse as a currency possesses contagion.

Conclusions

Our time discussing the horrors of narcissism leaves me with a firm conviction, we need simply do more of therapeutic good with young children than we can with adults. If a child is red flagged for the traits of the dark personality triad such as: abuse to innocent animals, abuse to a younger sibling or manipulative behaviours toward an adult who is under their care, with a sinister edge to it, intervention must be taken right away.

These early childhood red flags are so obviously detailed in the novel **We must talk about Kevin** so let me indulge it. Here we see Kevin's father repeatedly gas-lighting his mother, whilst Kevin, who even as a child was ever the master manipulator that knew he could use both his parents to toy with them and to create conflicting tension and confusion between them. His father is weak, ever trusting of his son, ever

minimising his wife's observations about Kevin's misbehaviour. His mother only stays and lives with Kevin 24-7 what would she know about her child?

Amongst some of his fathers more questionable decisions is to buy Kevin an Olympic archery set. Kevin will practise on this every day we will see the consequences.

A mutilated hamster, obstinate vulgar acts of oppositional defiance, including aggression towards his younger sister, all ignored, including his mother's pleas to his father that something urgently needs to be done because Kevin needs to see a psychiatrist. Only to be told by his father that she needs to see a psychiatrist.

Kevin keeps practising archery in the back garden as a load of bicycle locks are delivered. Kevin when asked about all the locks claims to be just just running an Internet business. Kevin's father will swallow all his lies hook and sink, until he and his daughter shall be murdered by his archery bows, this will follow a massacre at Kevin's school.

Red flags must be acted on, prevention is better than cure, perhaps something can be done for developmentally forming minds to change their outlook. This is my main conclusion, we desperately need child and adolescent psychoanalysis to be involved in the community and we also need a strong mental health service to protect our minds and bodies.

I also believe evidenced based, solution focused, short term therapies such as hypnotherapy, hypno-psychoanalysis, CBT and RBT should be covered by health insurers to provide access did the victims of abuse and manipulation. Realistically no sane minded insurer will cover classical psychoanalysis and integrative humanistic psychotherapy which is certainly not short term in focus. Currently CBT in Ireland is covered by health insurers for up to 12 sessions. I would like to see hypnotherapy being covered also. The relief hypnosis can give a disturbed mind is vast. Let me put this very simply. Listening to one hour of hypnosis every day is the equivalent of eight hours of sleep in terms of bodily rejuvenation.

The prejudice that people have towards ethical, clinical, medical hypnosis is not grounded in reality. This clinical tool can act as a conduit for immeasurable healing and in view of what we have discussed about trauma and narcissistic abuse the client needs every tool at its disposal to help themselves recover.

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