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Psychotherapy
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Group Seminar Audio Series

Self-Deception

Most forms of human suffering, anguish and conflict stem from the tendency of the mind to counteract what it already knows to be true. Freud characterized “self-deception” as a psychological process in which something that was once recognized becomes diluted, fragmented, and uninterpretable. Self-deception is learned throughout the socialization process in which one is conditioned to deny personal authentic experience. *This seminar was recorded on May 18, 2019, in Laguna Hills, CA.*

Key Excerpts:

- *Our first experience of intuition is in the mother-infant bond. The highly attuned mother “learns” her child and understands what soothes the child. As this learning evolves, the child becomes intuited by the mother.*
- *In this intuitive bonding, there is little or no signal distress. When the child begins to have a distressful experience or feeling state, a signal is transmitted to the mother, the mother accurately receives the signal, and then she quickly responds to it in the precise way the baby needs. The signal is not analyzed, debated, or refuted; instead, it activates in the mother a perfect response.*
- *I’m making the leap from relational intuition between the child and mother to what I call “self-intuition,” i.e., intuiting yourself, recognizing and responding to the signals you emit within your own mind.*
- *Carl Jung characterized intuition as perceiving the self; a patient once said to me, “When I talk to you, I hear myself.”*

Self-Deception

Key Excerpts (continued)

- *Psychological growth and sophistication involve a process in which you become able to signal and translate yourself to yourself. It's as if you become your own highly attuned caregiver.*
- *Problems begin in relational experience when distressed feeling states that are signaled to a caregiver are, for whatever reason, rejected. The signal is not responded to. This breakdown is narcissistic in the sense that the receiver's rejection of the sender's signal reveals an interpersonal hierarchy of value: the receiver of the signal claims the top position and the sender is left in a secondary position without his or her needs met.*
- *If such breakdowns occur throughout development, the person will be left with a mental preoccupation toward the other as opposed to the self; therefore, this person's true desires and feelings will be lost to self-deceptive tendencies.*

