

# 05 - Narcissistic defences

## Narcissistic defences:

© SPMM Course Repression Dissociation Information is stored in the unconscious in archaeological way - at various depths.

Information is stored in a horizontal fashion; all units are equally accessible to retrieval.

Motivated forgetting underlies repression Amnestic barriers maintain dissociation Information is scattered across time e.g. Dynamic conflicts. Information is discrete and delimited in time Information is transformed and disguised Untransformed storage Uncovering requires repeated trials with later interpretation

Direct retrieval e.g., hypnosis Interpretation and working through transference is needed in therapy Integration of memories and working through traumatic events is required in therapy

Narcissistic defences: Projection and denial are often called narcissistic defences though some authors may dispute this and regard them as immature defences. Projection: This refers to perceiving and reacting to unacceptable inner impulses as though they originated outside the self. For example, the person who attributes hostility to others may be unconsciously projecting their own hostility. Thus, internal threats become externalised and then are easier to handle. PROJECTION Conflict Result Process Hostility, unacceptable wishes Ideas of reference, prejudice, suspiciousness, injustice Attributing one's own feelings to be coming from others

Denial: It is the explicit refusal to acknowledge a threatening reality. It may persist despite constant explanation of the facts. It is not same as conscious avoidance of painful topics or thoughts. DENIAL Conflict Result Process Painful reality Stubborn and angry negation of reality that is visible to onlookers Refusal to acknowledge the awareness of reality; disavow problems at unconscious level

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