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Psychotherapy
Couples
Parent Guidance
Buddhist Psychology and Mindfulness
Executive Coaching

Group Seminar Audio Series

“Emplotment” Pathways

Relationship experiences are “fated.” By this I mean we are each carrying out a narrative in the world and recruiting participants to enact with us a script that has already been written. The script is an unconscious one that is more powerful than our conscious intentions, choices, and desires. Recent scientific evidence on the neurobiology of interpersonal relationships supports this view. These lines of “emplotment” (i.e., getting caught up in a plot we cannot escape) hold the clues for ultimately escaping them.

Please note: This interactive seminar in which Dr. Tobin presented to a small live audience as part of the ongoing Relationship Group was recorded on November 4, 2017 in Laguna Hills, CA.

The next page contains key excerpts from the seminar

“Emplotment” Pathways

Key Excerpts:

- *Early in child development we form a narrative or schema to explain the world and find meaning, and that schema looks for confirmation. This is known as concordance: the inner mind needs to be reflected in the outer world.*
- *We selectively perceive the world based on what we think the world should be.*
- *We are primed to distort all experience. Our essence is to distort. We have to distort because the main drive for us is to have a mind that perceives a reality we understand and know.*
- *Traumatic experience and relational trauma become part of our body, our physiology, our neurobiology. It's body memory. It's aura. Once the aura is established, the potential for change is obstructed. What is known as a change sequence is not very possible then. This is, of course, why people have a hard time changing.*
- *Somewhere along the way, what I call a “catalyst figure” comes along and says, you know, all those assumptions you formed as a child can now be thrown out of the window.*
- *Assimilation is the missing psychological capacity. This is when you take in an experience and it alters your identity, meaning it destroys your notions of self, other and self in relation to other, mobilizing you to change.*