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Psychotherapy
Couples
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Group Seminar Audio Series

Locus poenitentiae

A Latin phrase applied to contract law, locus poenitentiae means “a place of repentance or for changing one’s mind.” In the legal nomenclature, the phrase denotes the right to withdraw from an assumed obligation or role. I am using this phrase metaphorically as the psychological capacity to release oneself from the “internal and interpersonal contracts” that lead to poor choices, unfulfilling life circumstances, and self-destruction. Many people live in a state of ongoing dissatisfaction while some find a way to disembody themselves from patterned attitudes and behaviors that have imprisoned them.

Please note: This interactive seminar in which Dr. Tobin presented to a small live audience as part of his ongoing Relationship Group was recorded on June 16, 2018 in Laguna Hills, CA.

The next page contains key excerpts from the seminar:

Locus poenitentiae

Key Excerpts:

- *The idea is that we're all controlled by things we don't see, by assumptions, by habits, by whatever we thought things were or should be. We are acting on a set of principles, ideas that we have been conditioned to believe that we don't even recognize.*
- *A psychological process is involved in getting oneself unbridled, in acknowledging "untruths," in getting out of the reigns that control and dominate our thoughts and behaviors. The untruth is something we had wanted to believe, we needed to believe, but in the end is not what really is. It is the undeniability of a reality. This implies that there are truths we have disbelieved, sometimes for a very long time.*
- *We are unconsciously conditioned to get into scenarios that are not right, not optimal, and to foreclose on other opportunities.*
- *Locus poenitentiae is the process involved in connecting with a reality we had not been able to see, and acting in response to this reality.*
- *What I'm interested in is how people finally connect with the reality of something that was previously denied, and then act upon this new recognition. When there is no longer a self-deception or a bypassing of what may have been intuitively felt. It's the point where the feeling that something isn't right is finally tolerated.*