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Psychotherapy
Couples
Parent Guidance
Buddhist Psychology and Mindfulness
Executive Coaching

Group Seminar Audio Series

Strategies for Responding to Manipulative and Narcissistic People

Since manipulative and coercive tactics are commonly employed by narcissistic individuals to gain psychological and emotional control, they are insidious, highly impactful and quite damaging. Even if you are well-equipped to identify when you are being manipulated and by whom, it takes significant emotional confidence and finesse to negotiate the interaction and relationship to your advantage.

In this live interactive seminar, I explore the developmental origins of narcissistic and codependent tendencies, highlighting the attachment dynamics in the early mother-child bond and then illustrating how these dynamics evolve into adult relationships.

I refer to the work of Ross Rosenberg (author of *The Human Magnet Syndrome: Why We Love People Who Hurt Us* and *The Human Magnet Syndrome: The Codependent Narcissist Trap*) and George Simon, Ph.D. (author of *In Sheep's Clothing: Understanding and Dealing with Manipulative People* and *Character Disturbance: The Phenomenon of Our Age*), and also consider the contributions of Meredith Miller (InnerIntegration.com). The following YouTube videos are specifically mentioned in this seminar: Miller's Interview of Dr. Simon, Miller's "Don't Give Away Your Power to the Narcissist," and Miller's "5 Ways to Disarm Toxic People."

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 March 17, 2018 in Laguna Hills, CA.

The next page contains key excerpts from the seminar

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Key Excerpts:

- *The healthy mother starts to gradually diminish the codependency of the child and recognize the child's narcissistic needs. And what I mean by that is the child's need to be recognized, to be seen by the mother, to have the child's needs soothed by the mother. So the mother starts to do that. She starts to soothe, she starts to recognize, she starts to see the child. I am emphasizing "see" because we live in a "selfie" world. That's because we are a whole culture that was not seen when we should have been seen early in development by our mothers. So if we weren't seen then, we have to be seen later.*
- *We go into a romantic relationship not as an adult, as an independent adult, but as a child. We have a child in us, in an adult body. And so we approach a potential lover not as a healthy independent adult, but as a dependent child. Our goal is to attach, to comply, to learn what they want and then to do it, to give them what they want. And that makes us ripe for being manipulated.*
- *Many of us go through adult life in an attachment-oriented way. We either want to comply or we want to demand. That's what happened in attachment. And I differentiate that from adult "erotic life." Adult erotic life is not based on attachment. It's based on boundaries. It's based on being interdependent, which is neither codependent nor narcissistic. Interdependent means you're independent and you can defend and affirm and assert your own boundaries, but you can also depend on the other for your emotional needs. That's what we're all after. That's the holy grail of romantic love.*
- *You're a good "attacher", you worked really hard to attach to your mother, and you're conscientious of other people. You care, you try hard, you're conscientious, you have emotional IQ. You want to appeal to everybody. That means you're conscientious and therefore it means you try a little too hard. You're a little too organized to appeal, to make things work. So that means you're prey for a manipulator because they know you want it so bad. So the more you want it bad, the easier you are to destroy.*