



# **PUNK PSYCHOLOGY**

**Learning From Our Past.**

**History is our path. The story is our credibility.**

**No one person ever invented ANYTHING!**

**There is always an antecedent.**

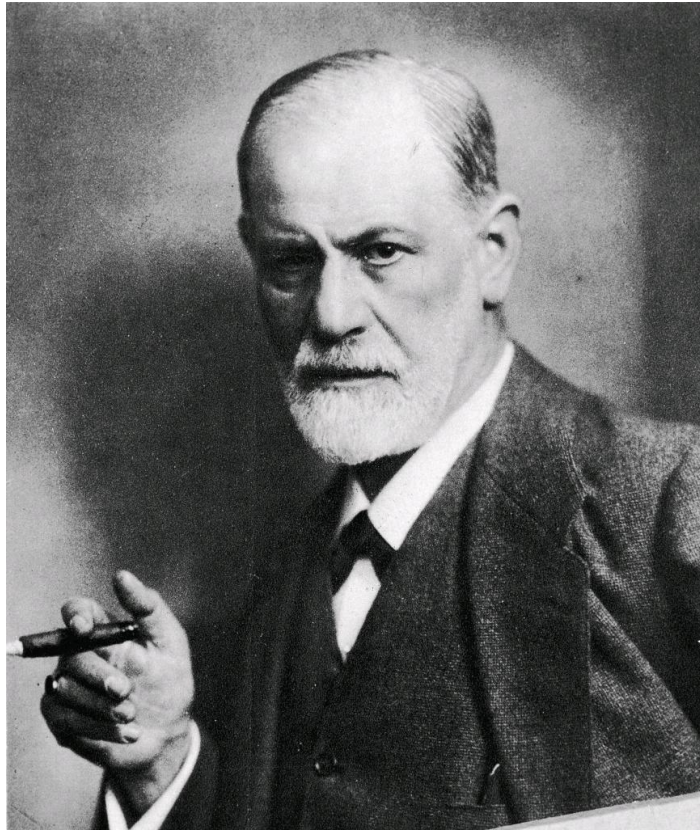
**But that doesn't mean it's exactly what has gone before! Today's hand-helds are not like old Time computers!**



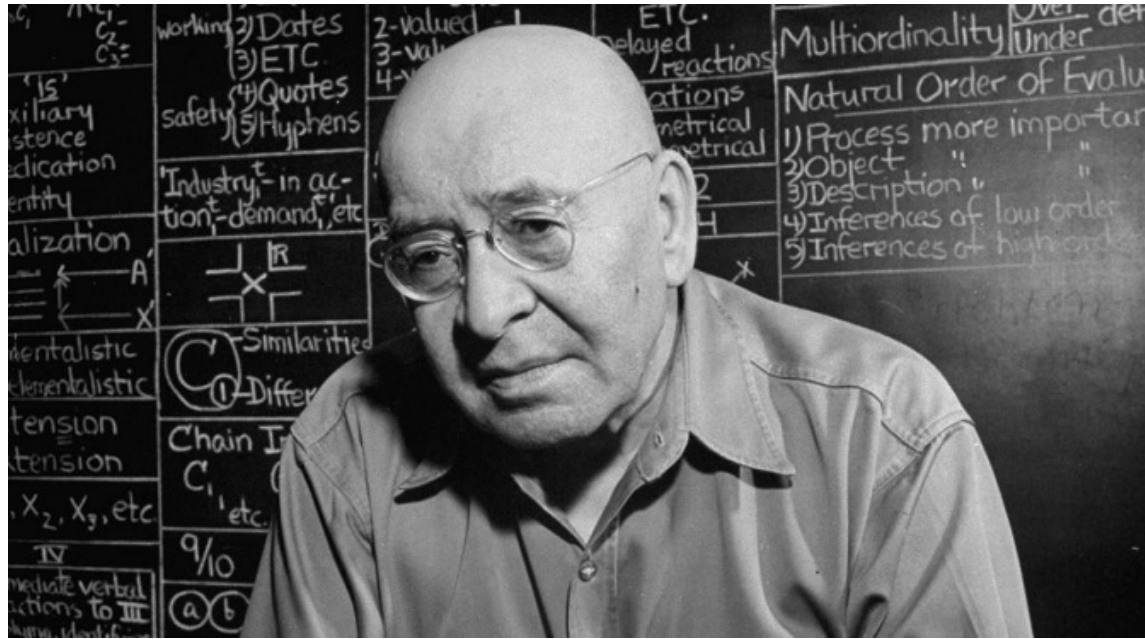
**Jean-Martin Charcot (1825- 1893)**



**Pierre Janet (1859-1947)**



**Sigmund Freud (1856-1939)**



**Alfred Korzybski (1879-1950)**  
**"General Semantics"**



# PUNK PSYCHOLOGY

## Problems With The Psychoanalytical Model:

- 1. Takes an inordinate length of time. That makes it expensive. Good for the analyst but not for the client!**

The logo for 'Punk Psychology' features the words 'PUNK' and 'PSYCHOLOGY' in a bold, purple, hand-drawn font. The background is a watercolor-style splash of colors, including yellow, orange, and blue, with a central point of convergence where the colors meet.

# PUNK PSYCHOLOGY

## Problems With The Psychoanalytical Model:

**2. Client is not guided and by definition will shy away from (not confront) that which is most hurtful and damaging.**



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## Problems With The Psychoanalytical Model:

**3. The technique of synthesis is telling the client what is wrong, instead of letting him or her figure it out for themselves.**



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## Problems With The Psychoanalytical Model:

**4. The “interpretation” becomes an excuse, not a solution to the difficulty. The person is defensive and retreats into “My analyst says...”**



# **PUNK PSYCHOLOGY**

**To the degree it did any good, it was piecemeal  
abreaction (catharsis). But it takes too long.  
We can do in minutes what took them years!  
The core Punk Psychology™ technique- MINT-  
Is the fastest and best we have.**

The logo for 'Punk Psychology' features the words 'PUNK' and 'PSYCHOLOGY' in a bold, purple, hand-drawn font. The text is set against a background of a watercolor splash in shades of yellow, orange, and red, with a light blue wash at the bottom.

# **PUNK PSYCHOLOGY**

**25 years ago, I evolved what I then called the “Freudian Axioms”: self-evident truths about the effects of the mind and memory on thought, emotion and behaviors. Today they are...**



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## **The Punk Psychology Axioms**



# **PUNK PSYCHOLOGY**

**1. Memory is the mind's recording of past events, which happened to an individual, from the first moment of consciousness to the present (NOW).**



# **PUNK PSYCHOLOGY**

**2. Much of memory is hidden. The fact that it is hidden does not mean that it does not exist. Freud (Janet) called this buried material subconscious or “unconscious” memory.**



# **PUNK PSYCHOLOGY**

**3. Subconscious memory is powerful. It retains the violence and force of original painful and counter-survival experiences. Time does not diminish this latent force, merely obscures it.**



# **PUNK PSYCHOLOGY**

**4. Hidden memory is the most destructive because it cannot be interpreted by reason. Subconscious memories can take control of conscious personality and force its imprint on thoughts, actions, dreams, phrases and other mental processes. In doing so, the subconscious mind does not reveal itself except by inference.**



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**5. The conscious analytical personality will rationalize these unwanted actions, thoughts, emotions, dreams, phrases and other mental processes, without recognizing the true origin of them. It tries to "make sense" out what is happening.**



**6. Hidden memory can also evoke physical symptoms, such as pains, malfunctioning organs, and other signs of organic disease (psychosomatic illness).**



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**7. If the buried memories can be contacted and experienced in a conscious, knowing way, their force diminishes and the hold over conscious processes is relieved.**



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**8. One way to access such hidden memory is to re-experience it, as if it were NOW, undergoing feelings, thoughts and sensation within the original time reference. This is called abreaction or revivification.**



**9. Once contacted and re-experienced, these hidden memories return to normal conscious memory and are made available for rational thought processes. They can be re-evaluated.**



**10. The individual experiences a resurgence of self-determinism and freedom, in proportion to the quantitative release of hidden distressing memories.**



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**1 1. Memory experiences tend to be associated in linear sequences, or “threads”; latest back to earliest. The first time it happened is key to releasing negative effects.**



**12. The earliest time on a thread may not be available easily but will emerge as later events are abreacted, bringing to earliest or basic into view. We call this unburdening.**



# **PUNK PSYCHOLOGY**

**When figures like Wagner Bridger, erstwhile president of the Society for Biological Psychiatry, declared that personality is in no way affected by childhood and there is no relationship between early experience and adult outcome, we realize that science can, at times, be very, very silly.**



# PUNK PSYCHOLOGY

**A serial killer must be potentially dangerous, even as a child, since he was born that way and not warped by some tormenting occurrence in his formative years. Indeed, according to Bridger and his like, there are no formative years!**



# **PUNK PSYCHOLOGY**

**Anyone conversant with Hypnoetics™ is fully capable of techniques to bring about release from past psychic traumas, using an alpha-state and an abreaction-style approach we call “Make It NOW”. He or she knows it is unkind to leave someone stuck in a past event.**



# PUNK PSYCHOLOGY

**Almost everyone who has not been released from the past has so many attention units there that he or she could not be considered as fully functioning until these attention units are released and made available for the present. Compassion requires that we release them wherever possible and it is rather easy to do.**



**That's what you are going to learn from the Punk Psychology™ book, and in this teaching academy, with many hours of instructive videos to copy from...**

**Let's get started!**