



PUNK PSYCHOLOGY

To speak the same language, we need to define common terms!

”...in the right Definition of Names, lyes the first use of Speech; which is the Acquisition of Science: and in wrong, or no Definitions, lyes the first abuse; from which proceed all false and senselesse Tenets.” (Thomas Hobbes, 1651)

The logo for 'Punk Psychology' features the words 'PUNK' and 'PSYCHOLOGY' in a bold, purple, hand-drawn font. The background is a watercolor-style illustration with a yellow and orange sunburst or explosion in the upper left, transitioning into light blue and white washes.

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Piloting: the act of helping another by steering him or her in the direction of significant events in their personal history and taking steps to drain off the dark mental energy or “charge”.



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The Pilot: a person who has learned how to do this. You, the reader, if you follow guidance carefully.

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Breakout: a specific time frame set aside for piloting, lasting an agreed length of time, free of all distractions. A breakout is entirely for the client's benefit and is performed for no other reason.



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The Client: the person we are trying to help. He or she trusts the pilot and is willing to surrender control. However, at no time is the client unconscious or unaware. He or she is in a light introverted, relaxed state we call alpha. This is not a medical, psychiatric, therapeutic, or hypnotic state.

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The Timeline: the sequential memory recordings of a person's experiences, from first awakening till now. Hermann Minkowski (1864-1909) coined the term "world path" as part of his mathematical model of the universe. A person's timeline is a more intimate and personal version of this world path.



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MIMPs: this is short for mental imprints, or what we would ordinarily call a memory. M-ental im-age p-ictures for some individual—but remember not everyone sees memory in a visual way. Usually we are aware of episodic memory, meaning recall of specific events, places and happenings.

It seems likely that the timeline is made up of a continuous string of MIMPs.



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The real violence and impact of these memonemes is the totality of what is wrong with Humankind and spirit destructive patterns.



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Primary memonemes. Deep and dark, beyond PP. More “archetypal”.

Secondary memonemes. These are still pretty tough but not as full-on as the primaries. Events of this nature would include dangerous illnesses, divorce, bereavements, bankruptcy, great public shaming, etc.

Tertiaries...



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Tertiaries. ...nuisance reminders of deeper events and structures, which keep us upset and create recurring unhappy feelings. Tertiaries can be getting in a rage with the wife, beating the kids, shouting at the boss and losing your job, or just getting aggressive in traffic.



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Threads:

This reflects Freud's observation that episodes tend to run in a chronological sequence, first to last. Similar content seems to get joined up and becomes a chain or "thread", to use modern Internet jargon.



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The Root

The first significant time something happened in a thread is its foundation event or “root”. The plant metaphor is good, because it reminds us that when we rip out the root, the whole plant (the thread) will wither and die.



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Running (sometimes Processing)

To run something means to go through it, in detail, experiencing it as the Now. The person gets immersed (see next definition). Something being “run” is the focus of attention. The pilot is addressing it; the client is processing it—looking at it from different angles



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Immersion.

This is a state of “time travel” in which the client goes back to a significant episode in memory and relives it, as if it were RIGHT NOW. He or she is “there”. We want to hear descriptive phrases like: “I’m stepping through the doorway.” Or, “He’s hitting me in the face.” And please not “I stepped through the doorway,” or “Then he hit me in the face.”



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The “Make It NOW” Technique (MINT).

This is to totally re-experience an event (memoneme, etc.) as if it is happening in the NOW.

This is the secret to being able to re-form memories in a more enhancing way. “Re-consolidation”. This is 21st century science, not Freud!



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Flattened.

Means to keep at an item or memoneme, until it contains no more charge. It is exhausted, drained. It can no longer affect the person adversely. The client normally loses interest in an episode once flattened!



Unburdening

Unburdening is what Hypnoetics™ is all about. Freud showed us that releasing the emotional charge which comes from hidden elements of a thread will allow earlier instances come to light and be addressed.

Once unburdened of charge and the root exposed, the whole thread collapses and loses its unpleasant impact.



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Cognosis.

The effect of having a sudden deeper insight into something. Basically an “Aha!” moment...



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Shift.

The result we are always seeking in a breakout is some kind of shift or new viewpoint. It's more than just an "Aha!" It means seeing things from a new (and better) place or seeing old things in a new way completely.



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Restimulation (Definition: to reactivate by stimulation (Merriam-Webster Online).

A special case of remembering phenomenon. This is when the memory comes at you when you didn't need it or want it. Moreover, it brings with it unpleasant feelings, thoughts and behaviors. In other words "stirred up again".



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Anything close or similar can cause restimulation. It doesn't have to be exact. This is a version of Krozybski's identification thinking: $X = Y = Z!$

Being out of time and place, of course, is just a kind of insanity. So thoughts and behaviors start to become very irrational.



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Now at last you can understand why wonderful human beings—the paragon of animals, noble in reason (Hamlet)—will suddenly do something weird, strange, out of character. He or she has experienced the backward shift of a restimulation. He or she is out of present time. He or she is “living” the reactivated trauma from the past.



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Dramatization.

A full-on reliving of the past, where the person takes on the identity that was relevant at the time, we call a dramatization. The person literally becomes the identity from the past, down to the voice sounds, shouting, gestures, movements, etc. It is re-living in the fullest sense.



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The Two-Trauma Mechanism.

Clancy McKenzie points out that just having it happen to you is not, itself, necessarily bad. It's having it triggered again (by restimulation) that sticks you in the drama.

This is delayed-PTSD for some unlucky individuals.



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Complex-PTSD disorder, means there are many complex aspects to the re-triggering of the past drama and the effect it has on a person. One painful identification people make when they are victims of abuse occurs when they internalize their aggressor. In other words, they may “become” the person who hurt them the most, sometimes feeling protective or taking on their destructive point of view toward themselves.



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Universal Trauma Syndrome (UTS): this is a Hypnoetics™ term, meaning continuous stirring of unpleasant memories triggered by our surroundings. The label simply reflects the fact that we are all affected, it happens a lot, and seems an almost inescapable aspect of human life. We are constantly being subjected to restimulators, causing endless re-iterations.



UTS is what we are here to solve. We have the answers. Punk Psychology™ is a beginning. There is more in Supernoetics® and its advances. In the next segment, let's look at the process of fractal memory...