Alternative placement of working memory: Recidivism the basis (Resolve)

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Abstract

**Purpose**: The objective of this paper is to address the three strains of PTSD – inherited, induced and experienced, on the strength of analysis of recidivism as a placeholder for emotion regulation, with special consideration reserved for undiagnosed PTSD.

**Design/Methodology/Approach**: Extends the “every-day life ... imperfections in our mental functioning” (Mayer, 1912) to a specification of working memory that accounts for the formation of decisions and judgements, friend or foe, that are driven by the all of experienced life, the reality that begets PTSD. The developed specification of working memory rests on the specification of progression (Glover, 1936). While the expression of PTSD is the common condition, if expressed, the variants of PTSD do stem from decidedly different initiating circumstances, with discussion devoted to iterative analysis of PTSD with respect to initiating circumstances as a progression, expression as a self-serving progression, and recovery from as a subsequent progression. The developed specification of working memory is a reframe, not a jettison, of all accumulated effort applied to the current specification of working memory.

**Research limitations/implications**: “In all demonstrative sciences the rules are certain and infallible; but when we apply them, our fallible said uncertain faculties are very apt to depart from them, and fall into error” (Hume, 1789|1888, p. 180) – the dilemma that is the social sciences. In tandem is the identification of the self, which “...experiences various degrees of conscious life without disclosing the principal of its identity. ...self-identity is a psychological phenomenon and cannot be affirmed scientifically” (Baker, 1897).

**Findings**: Glover’s specification of progression is extended thru Freud’s two biological rules (Freud, 1895|1966, p. 370-371) to perception, with his often-used ‘pcpt-cs’ caption in his many figures across the Fleiss letters (Freud, 1892|1966, pp. 173-282) and Project for a Scientific Psychology (Freud, 1895|1966, pp. 283-397) set forth as critical to understanding PTSD.

**Social implications**: With the developed specification of working memory the basis, it then follows that the cultivation of PTSD, and recovery from PTSD is open to scrutiny.

**Originality/value**: Provides rationale that extends progression to implementation of a human exercise, “gratuitous acceptance”, with no preconditions, “...resolution of life’s routine problems by relying on personal resolve and without resorting to any form of safe harbor” (Cook, 2010b).

**Keywords**: dilemma, PTSD, neuroscience, progression, recidivism, substance abuse, working memory

**Paper type**: Original writing.
Introduction

The objective of this paper is to address the three strains of Posttraumatic Stress Disorder (PTSD) – inherited, induced and experienced, on the strength of analysis of recidivism as a placeholder for emotion regulation. The claim will be developed that the initiation of each of the three strains of PTSD is exceedingly simplistic – though definition of each strain ranges from least to most definable respectively – if examined from Edward Glover’s specification of progression (Glover, 1936), and not by the tenants of behaviorism (Landenberger, 2005), cognitive psychology (Håkansson, 2012) nor the narrowness of the Research Domain Criteria (RDoC) (Hobbs, 1959; Lilienfeld, 2014). And, from this claim will be developed that resolution of PTSD is direct, not to be confused with ‘exceedingly simplistic’, on the strength of progression. With respect to the three strains ranging from least to most definable, if the approach to progression is open and available for scrutiny by an average non-clinician person, then undiagnosed is addressable as well.

The starting point of this introduction is recidivism followed by discussions of Ischemic heart disease, teen pregnancies and substance abuse. Those discussions will then be followed by a brief analysis of the common characteristics between recidivism and dreaming and mind wandering as a placeholder for a subsequent discussion of the self and the object world (Jacobson, 1964) – which will serve as the basis for an assertion of equality between current developments in neuroscience and Freud’s Project for a Scientific Psychology (Freud, 1895|1966, pp. 283-397) in a very positive sense. This introduction will conclude with an outline of the balance of this paper with the outline prefaced by an assertion this paper’s intended audience is the primary care physician.

Execution of life: Recidivism

Recidivism and relapse can be taken as synonyms (e.g. Anthony, 1972), in this paper recidivism will be aligned with criminal behavior while relapse will be aligned with substance abuse. Further, all references to recidivism will be with respect to the sexual offender only.

Freud’s focus on libido, the sex drive, has been frowned upon by many, e.g., “The majority [of textbook writers between 1924 and 1928] are sympathetic with a Freudian interpretation of dreams, complexes, compulsions, repressions, and the use of the free association technique; but are critical of Freud’s emphasis on ‘libido’ and ‘unconscious mind’” (Park, 1931).

Freud’s early use of the word libido was in his neurasthenia-based discussion of the anxiety neurosis in which he concluded that “neurotic anxiety is transformed sexual libido (Freud, 1892|1962, p. 271, fn. 2), a November 1897 letter to Fleiss that was a neurology-based adventure into behavior. The predecessor to that paper is his January 1895 letter to Fleiss (Freud, 1892|1966, pp. 200-206) where he, with melancholia (depression) the anchor, detailed sexuality in schematic form and with great detail, again, from the neurological perspective. It is most fortunate that the entire Fleiss-Project collection was not available in English until 1954 (Freud, 1895|1966, p. 286), for if the material were available to the textbook writers in the 1920’s, references to Freud just might have been nil.

Today we pay the price for having distorted science to fit ethics of the day (Hobbs, 1959). More to the point, the RDoC is an effort that has ethics silenced by science – “…the RDoC endeavor has considerable promise [but] faces several methodological and conceptual challenges: (a) an overemphasis on biological units and measures, (b) neglect of measurement error, (c) biological and psychometric limitations of endophenotypes, and (d) the distinction between biological predispositions and their behavioral manifestations” (Lilienfeld, 2014).
To wit – “Once detected, sexual offenders' motivation to change may also be related to recidivism. ...Motivation to change is difficult to assess, however, because there are clear benefits to ‘appearing’ willing to change, and many sexual offenders have the social skills necessary to gain the confidence of sympathetic clinicians” (Hanson, 1998). Further and with the prior reference to “social skills” the anchor in tandem with bottom up versus top down, “...there was no difference in the effectiveness of different brand name cognitive-behavioral therapy programs or generic forms of cognitive-behavioral therapy” (Landenberger, 2005), “Even when controlling for type and severity of crime, and for psychiatric problems, risk of criminal relapse was increased by substance use variables, including amphetamine, heroin and polysubstance use, and an additional risk was shown for injection drug users. These findings have implications for the need for substance abuse treatment after release from prison” (Håkansson, 2012).

Support for the claim that recidivism, particularly sexual, has basis in bottom up versus top down is provided by Ischemic heart disease. Both recidivism and Ischemic are the result of a chosen life style where ‘chosen’ is not necessarily a totally conscious process but imposed upon a person from their environment – unconscious will be asserted as controlling without prejudice as to source in the discussion of the proper character of working memory below.

Ischemic heart disease, the number one killer in the 2020 mortality and disability by cause baseline scenario (Murray, 1997). Ischemic heart disease is not a disorder unto itself but is at the end of a casual chain of life style decisions (WHO, 2009, p. 2) as shown in Figure 1.

A comparable diagram for recidivism would have the left two columns unchanged with recidivism, not as a replacement but as an overlay over the third column – Type 2 diabetes and so forth, leaving Ischemic heart disease where it is. Defense of this alignment is accomplished in three steps.

First, narcissistic is a given with “...have the social skills necessary...” from above the basis. Second, independent of Ischemic and recidivism and with focus limited to the second column, “Contemporary research in social psychology shows that people’s thoughts, feelings, and actions are guided not only by the conscious, reflective, rule-based system [regardless of the consequences] but also by the nonconscious, impulsive, associative system. This insight has implications for appreciating what factors increase health protection and reduce risk, and for understanding why interventions that target only reflective factors may not be entirely effective” (Sheeran, 2013). Third, also independent of Ischemic and recidivism but with focus left at global to the entire schematic is anger and anxiety, “The terrible twos” (Suinn, 2001).
Execution of life: Ischemic heart disease

This discussion could focus on flesh as a generic commodity – adult women portrayed as sexy girls (Machia, 2009) in advertising and video games that are widely available to any age, but will not. Instead, the underlying moral disengagement (Naso, 2006) will be developed.

This discussion’s anchor is “…nonconscious, impulsive, associative system…” from above. The focus here is on impulsive, which, on the strength of “…modernization, technology, the whole pace of our society has brought us not only thrills, but problems …” (McGovern, 1970) – begets the nonconscious and associative system. To set the stage for the discussions of undiagnosed PTSD and Literature (Freud, etc.) below, the focus returns to the 1920’s – the disdain for Freud’s reference to libido referenced above (challenge), to be followed by the contemporary unintended consequences of that stance (retort) as observed in 1980.

Challenge: “At first sight the notion of sublimation seems quite plausible, but with closer scrutiny doubts arise. Ordinarily we are told that there are three possible outcomes to the conflict between the libido and the conventional demands of society. The formation of perversions, the development of neurotic symptoms, and sublimation. Now two further alternatives are mentioned – reaction-formation and idealization, both of which are of doubtful validity. These various processes of sublimation, reaction-formation and idealization, so subtly distinguished from one another, and so often inherently dubious, never work themselves out where we can easily and directly observe them. The essential truth to which the theory of sublimation is a standing testimony is that there is nothing more important for the well-being of the individual than that he shall have a free and unimpeded psychic development, particularly in the affective sphere. The concept of sublimation is based on a logic that is radically faulty, and that the facts with which it proposes to deal can be explained very well along totally different lines” [italics added] (Mursell, 1926).

Retort: In 1987 U. S. Secretary of Education William J. Bennett stated that government [any government] is a poor substitute for family (Bennett, 1987). “How did American children fare during those 20 years of unparalleled financial commitment? Regardless of the intentions of the social policies of the 1960s and 1970s, the answer is clear: Our children did not face as well as we hoped they would. Here is a sample of the record during those 20 years from 1960 to 1980–a record not of the money spent but of the outcomes … [all of which are poor with youth alone bearing the brunt]. The birth rate for unwed teenagers rose 200%. The United States now has by far the highest rate of teenage pregnancy of any industrial nation – twice the rate of England, the closest competitor. In the seven years following the Roe v. Wade decision in 1973, the abortion rate for girls aged 15 to 19 nearly doubled. By 1980, nearly one half of all teenage pregnancies ended in abortion. The rate of homicide among young people more than doubled from 1960 to 1980. Teenage deaths from automobile accidents doubled. Juvenile arrests more than doubled. There is no way even to estimate the proliferation of drug use. Suffice it to say that when a recent Weekly Reader poll asked elementary school children what the most serious problem in schools was, they said drugs. And for teenagers, the use of PCP and cocaine, the most dangerous and most addictive drugs, is on the rise.” Now to extend the retort to a proxy for, from above, narcissistic is a given with “…have the social skills necessary…” with focus limited to teen pregnancies.

In the U. S. the birth rates per 1,000 females ages 15 to 19 and for all races/ethnicities for the years 1990 and 2013 were 59.9 and 26.5 respectively (Martin, 2015). The decline however is not the result of common sense but “The decline in US adolescent pregnancy rates appears to be following the patterns observed in other developed countries, where improved contraceptive use has been the primary determinant of declining rates” (Santelli, 2007), a statement that is extensible to narcissistic but not to
libido as a factual element of humanness on two counts. First, “Directing our attention to the constitution of the human body, we perceive that the power of reproduction is bestowed on man, and also intellect, to enable him to discover and obey the conditions necessary for the transmission of a healthy organic frame to his descendants; that digestive organs are given to him for his nutrition and innumerable vegetable and animal productions are placed around him, in wise relationship to these organs” (Combe, 1834, p. 21). Second, “The poets may be better psychologists than the psychologists and philosophers; but they are men of feeling rather than of understanding, and at least one-sided in their consideration of the subject. They cannot see the deep shadow behind the light and sunny warmth of that from which they draw their inspiration…. Schopenhauer thought it strange that love had been thus far a subject for the poet alone, and that, with the exception of superficial treatment by Plato, Rousseau, and Kant, it had been foreign to philosophers” (Krafft-Ebing, 1894, p. iii).

To set the stage for the next discussion, dreaming and mind wandering, alcoholism is the focus. Interest here is limited to narcissistic as the anti-thesis of “…have the social skills necessary…” Of the reasons behind the 19.5 million persons who did not feel a need for treatment (NSDUH, 2014, Table 5.51A) in Table 4, among the many reasons is “Might Cause Neighbors / Community to Have Negative Opinion” (NSDUH, 2014, Table 5.54A).

**Emotion regulation: Recidivism vs. dreaming and mind wandering**

This discussion is a continuation of the prior “…nonconscious, impulsive, associative system…” The sequence is associative (static, dynamic and operational definitions), nonconscious (operational execution) and impulsive (overt and covert expression). Impulsive is an expansion of moral disengagement from above thus setting narcissistic, “…have the social skills necessary…” as a defense.

**Static definition**

Emotion regulation “… studies how individuals influence which emotions they have, when they have them, and how they experience and express them…. According to a process model of emotion regulation, emotion may be regulated at five points in the emotion generative process: (a) selection of the situation, (b) modification of the situation, (c) deployment of attention, (d) change of cognitions, and (e) modulation of responses” (Gross, 1998). Applying this static definition to Figure 1 would result in both the third column – Type 2 diabetes, etc. – and the reference to Ischemic heart disease gone.

**Dynamic definition**

“In the past, emotions were considered to be feeling states indexed by behavioral expressions: now, emotions are considered to be processes of establishing, maintaining, or disrupting the relation between the organism and the environment on matters of significance to the person. When emotions were conceptualized in the traditional way as feelings, emotion regulation centered on ego-defense mechanisms and display rules. The former was difficult to test; the latter was narrow in scope. By contrast, the notion of emotions as relational processes has shifted interest to the study of person/environment transactions in the elicitations of emotion and to the functions of action tendencies, emotional ‘expressions’, language, and behavioral coping mechanisms” (Campos, 1989). Applying this dynamic static definition to Figure 1 would result in the third column – Type 2 diabetes, etc. – being replaced by deliberate but not necessarily healthy choices, and with the reference to Ischemic heart disease gone.

**Operational definition**

“Recent evidence has suggested a crucial role of people’s current goals in attention to emotional information. …how and what kinds of goals shape emotional attention” (Vogt, 2014). Applying this
operational definition to Figure 1 would result in consequences, not choices, replacing both the third column – Type 2 diabetes, etc. – and the reference to Ischemic heart disease.

**Operational execution**

“...despite the fact that a handful of dream researchers have called attention to a link between language and dreaming, beginning with Freud and Kraepelin, and continuing to the present, much remains to be understood about the role of language in dreaming. It is argued that certain commonly reported phenomena may be taken as evidence that the linguistic system is active during dreaming... [where] language use and the linguistic system is to be understood as akin to verbal thought and verbal thought processes, respectively” (Kilroe, 2001). From this it follows that non-criminal recidivism, relapse, is execution of the unconscious which in turn begets undiagnosed PTSD.

**Covert expression**

This is about justification as a higher order rationalization. The psychological mechanisms of wit spans three classes – analytical, synthetic, and theoretical. The various techniques of wit include (1) anecdotage, (2) condensation with substitution which is the nucleus of the techniques of wit, (3) puns which are the lowest form of wit, (4) displacement and absurdity, and (5) faulty logic. “All these techniques are also found in the techniques of dreams.... Where the wit is not harmless it serves two tendencies – a hostile joke serving as aggression, satire or defense; or an obscene joke serving as an exhibition” (Brill, 1911). Applying this covert expression to Figure 1 accounts for the transition from the second column – Physical activity, etc. – to the third column – Type 2 diabetes, etc.

**Overt expression**

Anger, in most of its forms, is “the most dynamogenic of all the emotions”. Anger may be associated with sex, but as an experience per se, is diametrically opposite to sex. Due to the taboo on the expression of anger, it undergoes repression, with sublimation the substitute. Anger, is expressed in dreams and reveries. “…much of the impulsion that makes us work and strive, attack and solve problems has an element of anger at its root” (Hall, 1915). Applying this overt expression to Figure 1 accounts for the destination – Ischemic heart disease.

**Neuroscience and the Project for a Scientific Psychology**

This discussion is about the scientific mind and the scientific method with explicit denunciation of conjecture included. Sequence is the characteristics and conjecture that is applied to each the physical and social organ, the dilemma, the scientific mind as the precursor to the scientific method, and, the philosophical mind as the enabler of the scientific method.

**Characteristics of the physical organ**

“The human brain is often considered to be the most cognitively capable among mammalian brains and to be much larger than expected for a mammal of our body size. Although the number of neurons is generally assumed to be a determinant of computational power, and despite the widespread quotes that the human brain contains 100 billion neurons and ten times more glial cells, the absolute number of neurons and glial cells in the human brain remains unknown…. These findings challenge the common view that humans stand out from other primates in their brain composition and indicate that, with regard to numbers of neuronal and nonneuronal cells, the human brain is an isometrically scaled-up primate brain” (Azevedo, 2009).
Conjecture about the physical organ

Conjecture about the physical organ: A sample assertion that a point does make trend with a random number of the candidate “100 billion neurons” the basis, has – “Memories are sparsely encoded, but little is known about how neurons are recruited/allocation to a memory trace. ...neurons compete for allocation to a memory trace, and more excitable neurons are more likely to ‘win’ this competition” (Yiu, 2014).

Characteristics of the social organ

This is essentially a macro versus micro issue – what is more important to the baking of a cake, the entire recipe (macro), or a single ingredient (micro). Mind maps in psychoanalysis are comparable to a cake, and like the recipe for a cake that can be modified by adjusting ingredients, a single person can be the source of competing mind maps with a change in the focus of inquiry the basis (Wilson, 1995).

Conjecture about the social organ

Science is a work in progress, with each new study attempting to add to, or improve upon, those that have come before” (Gillman, 2010). Uniformity of scientific investigations across disciplines is not uniform, e.g., engineering versus psychology. With engineering the deployed tools are open to scrutiny – mathematics and so forth, with psychology the deployed tools are open to creativity that is not limited to mischief.

The dilemma

This is what separates characteristics from conjecture for each the physical and social organ. “Craving is a core feature of all addictive disorders.... However, investigating the neurobiology of craving is fraught with ambiguity. Craving is an inherently subjective human experience, replete with cognitive, emotional, interoceptive, metacognitive and physiological components that are difficult, if not impossible, to capture fully in animal studies. Thus, the neurobiology of craving has been examined principally via human neuroimaging studies. These studies have revealed that a diffuse network of brain regions is reliably engaged by drug related cues” (Moeller, 2015).

The scientific mind as the precursor to the scientific method

The scientific mind is what separates characteristics from conjecture for the physical organ. Freud boldly described his effort now known as the Project for a Scientific Psychology as “The intention is to furnish a psychology that shall be a natural science” (Freud, 1895|1966, p. 295), hence, evolutionary biology and Lamarckian [soft inheritance] principles. To this end he provided two biological rules, on the strength of multiple references to cathexes (concentrated mental energy) – basis first, then the rules.

“The unpleasure through neglecting cognition is not so glaring as that from ignoring the external world, though at bottom they are one and the same. Thus, there is in fact also an observing process of thought in which indications of quality are either not, or only sporadically, aroused, and which is made possible by the fact that the ego follows the passage [of association] automatically with the cathexes. This process of thought is in fact far more frequent, without being abnormal; it is our ordinary thought, unconscious, with occasional intrusions into consciousness – what is known as conscious thought with unconscious intermediate links, though these can be made conscious” [Italics in original] (Ibid, p. 373).

First biological rule – “Everything that I call a biological acquisition of the nervous system is in my opinion represented by a threat of unpleasure of this kind, the effect of which consists in the fact that those neurones which lead to a release of unpleasure are not cathected. This is primary defense, an understandable consequence of the original trend of the nervous system. Unpleasure remains the only
means of education. How *primary defense*, non-cathexis owing to a threat of unpleasure, is to be represented mechanically – this, I confess, I am unable to say” [Italics in original] (Ibid, p. 370).

Second biological rule – “For the ego, then, the biological rule of attention runs: If an indication of reality appears, then the perceptual cathexis which is simultaneously present is to be hypercathected” [Italics in original] (Ibid, p. 371).

“The [Project] remains, however, foreshadowing many of Freud’s important psychological concepts. Further, although it is often dismissed because of archaic neurological ideas, many neurological guesses that Freud presented in [the Project] are in keeping with neuroscience of today. Aspects of mechanisms of the brain, understanding dreams, developmental perspectives and clinical ramifications all relate to what Freud said in this draft for a monograph” (Tabin, 2006).

*The philosophical mind as the enabler of the scientific method*

“Although James and Freud are generally not considered scientific by experimental psychologists, both wrote about their view of what a scientific psychology should look like. Their radically different philosophical epistemologies and historical origins … provide an understanding of their respective visions for psychology. James took his stand on a new metaphysical foundation for the way experiments should be conducted with his formulation of radical empiricism. Freud attempted a neurological explanation of the unconscious in his ‘Project for a Scientific Psychology’. Remarkably, their definitions of psychology as a science had a similar ring. Likely, this is because both took a phenomenological position with regard to how they defined science, which is also probably the primary reason their ideas on the subject have always been rejected by experimentalists. The humanistic implications of the neuroscience revolution, however, have caused a reassessment of their respective positions, as philosophical questions about the nature of consciousness have brought both Freud and James back into vogue, but in new and unexpected ways” (Taylor, 1999).

*The primary care physician*

The endgame audience is the primary care physician, the only member of the Helping Professions who has access to a rationalization-free dialog with a person as a patient – to challenge the first available thought that may be self-defeating – access that spans only a few precious seconds, and is presented across six tracks. The first track presents the proper character of working memory. The second track discusses the three strains of PTSD with special emphasis on undiagnosed. The third track traverses literature. The fourth track examines the host dynamic that begets PTSD. The fifth track discusses psycho-dynamics that are contrary to PTSD. The sixth track discusses progression from PTSD and its implementation.

This introduction concludes with support for this paper’s six-track organization – (first) the psychopathology of every-day life, (second) nurture versus nature, (third) an excerpt from David Hume’s 1789 “of scepticism with regard to reason”, (fourth) identification of the self, (fifth) resistance, and (sixth) relapse and acceptance.

*Psychopathology of every-day life*

This topic summarizes the first track, the proper character of working memory. “In our every-day life we frequently note what might be termed imperfections in our mental functioning. We fail to do just what we intend to do, or we do other things which we do not intend to do. These inadequate or seemingly purposeless acts usually go unexplained, or are merely attributed to chance and accident. …there is no chance and accident in mental operations…. An unconsciously operative repressed wish or motive is assumed to condition these deficiencies, whether directly or indirectly. The appreciation of
these everyday errors is important, both practically and theoretically, for the understanding of the way in which decisions and judgments are formed and for the evidence it affords of thoroughgoing psychical determinism” (Mayer, 1912). This common facet of everyday life is not addressed by the current specification of working memory but is very much a part of thinking that spawns and supports PTSD.

**Nurture versus nature**

This topic summarizes the second track, the variants of PTSD. The 2009 National Research Council & Institute of Medicine report on prevention “noted the substantial interrelationship among mental, emotional, and behavioral disorders and pointed out that, to a great extent, these problems stem from a set of common conditions. However, despite the evidence, current research and practice continue to deal with the prevention of mental, emotional, and behavioral disorders as if they are unrelated and each stems from different conditions“ (Biglan, 2012). While the variants of PTSD do stem from decidedly different initiating circumstances, the expression of PTSD is the common condition.

**David Hume’s 1789 “Of scepticism with regard to reason”**

This topic sets forth the challenge to be resolved in the third track’s traverse of literature. “In all demonstrative sciences the rules are certain and infallible; but when we apply them, our fallible said uncertain faculties are very apt to depart from them, and fall into error. We must, therefore, in every reasoning form a new judgment, as a check or controul on our first judgment or belief; and must enlarge our view to comprehend a kind of history of all the instances, wherein our understanding has deceived us, compared with those, wherein its testimony was just and true. Our reason must be considered as a kind of cause, of which truth is the natural effect; but such-a-one as by the irruption of other causes, and by the instancy of our mental powers, may frequently be prevented. By this means all knowledge degenerates into probability; and this probability is greater or less, according to our experience of the veracity or deceitfulness of our understanding, and according to the simplicity or intricacy of the question” (Hume, 1789|1888, p. 180). An altruistic statement about the development of thought that extends through Combe’s 1834 work referenced above and onto Freud, but falls into disarray once the current emphasis on cognitive psychology is in focus, which need not be as addressed in the first track.

**Identification of the self**

This topic summarizes the fourth track, the self as metaphor versus a cognitive but upscale primate. “The self when normal, experiences various degrees of conscious life without disclosing the principal of its identity. The self stands out as having a unique, persistent identity. ...self-identity is a psychological phenomenon and cannot be affirmed scientifically” (Baker, 1897). This discussion extends Freud’s two biological rules to perception, with his often-used ‘pcpt-cs’ caption in his many figures, set forth as a critical factor in, both, the cultivation of PTSD, and, progression from PTSD.

**Resistance**

This topic summarizes the fifth track, resistance in a positive stance, the psycho-dynamics that are contrary to PTSD. “Resistance has been considered as both a patient-in-treatment state and as an enduring trait. In either form, patient resistance seems to interfere with treatment outcome. Resistance also functions as a moderating variable in determining the effectiveness of different levels of therapist directiveness. The evidence that patients who enter treatment with high levels of trait like resistance will benefit most from nondirective interventions is moderately strong. Conversely, those who enter treatment with low levels of trait like resistance benefit most from therapist directed interventions” (Beutler, 2001). Treatment, however, is simply not enough. The underlying dynamics of PTSD – of any detriment to peace of mind, requires understanding before a treatment regimen is set in motion.
Relapse versus acceptance

This topic summarizes the sixth track, progression from relapse that is inherent with PTSD, then on to acceptance of the implementation of progression. “When the primary care physician begins a session with a patient with focus initially set to cognitive services, a flurry of activity begins without regard for the subject matter, meaning, the physician could be presenting the patient with a query about their use of cooking spices and not an ego-threatening query about the likes of drinking or smoking. At the onset, the patient’s rationalizations and perhaps (unfounded?) shame guarantees that the primary care physician is, at least to an extent, the judge, prosecutor, jury and executioner. That the patient’s perception at that moment is the rule of engagement, an insurmountable challenge for the physician, which leaves the physician, with respect to substance abuse only, facing the most difficult medical management problem for which no universally effective treatment option exists” (Cook, 2010a). The alternative is “gratuitous acceptance” with no preconditions, “…resolution of life’s routine problems by relying on personal resolve and without resorting to any form of safe harbor” (Cook, 2010b). With the specification of working memory in the first tract the basis, it then follows that, both, progression into PTSD, and progression from PTSD, is open to scrutiny – auditable, repeatable and verifiable.

The proper character of working memory

The position to be set forth below is that the current specification of working memory comports with “more selective attention” while the central executive comports with “less selective awareness”. Attention is more than compartmentalization of the brain – visual working memory and so forth, which in turn asserts that the immediate reception of the world that one is connected to defines behavior. True, one must be aware of physical obstacles while walking, but situations such as this fail to account for broader attentional issues such as the dysfunction (Garmezy, 1977) that that has the capacity to morph to schizophrenia with latent schizophrenia of interest later in this paper, the sixth track, Progression and its implementation. And, to focus primarily on signs and symptoms rather than on course and outcome is still not enough.

There are two dangers associated with the current specification of working memory. First, the idea that working memory can be measured as if it were a commodity does not allow for variations in motivation. Second, it is too closely aligned with the RDoC which is determined to explain a person based on the likes of an MRI which in turn allows for the notion of genetic essentialist biases (Dar-Nimrod, 2011), that the human condition is “(a) immutable and determined, (b) having a specific etiology, (c) homogeneous and discrete, and (d) natural, which can lead to the naturalistic fallacy”. That a person is nothing more than an upscale lab rat.

To be useful, any specification of working memory must account for more than “transitory psychoses” while avoiding a lab-rat rendition of human nature, but must account for the “every-day life … imperfections in our mental functioning” (Mayer, 1912). This means that the starting point is, without question, the current specification of working memory, but allows an observer to travel across the entire abnormal-normal spectrum of human behavior as depicted in Figure 2, where the grayed ellipsoid in the center of the figure is the entire current specification of working memory. (Note: The detail in the balance of the figure will be addressed throughout the balance of this paper.)

To be useful, any specification of working memory must account for three dynamics.
First, the vertical interior of Figure 2, the mature normals, extending through everyday life, imagination and on to inherited culture, while recognizing motivation and adaptation (Skinner, 1975). Motivation alone is best accounted for by Maslow’s “general-dynamic theory”, his hierarchy of needs, physiological, safety, love, esteem, and self-actualization (Maslow, 1943a). While adaptation alone is best accounted for by Skinner’s summary of Pavlovian and operant conditioning (Skinner, 1963). Pavlovian: “Classical studies of learning have emphasized the process of acquisition, presumably because one can easily see that an organism is doing something new or is responding to a new stimulus, but reinforcement is also responsible for the fact that an organism goes on responding long after its behavior has been acquired” [Italics in original]. Operant: “The Law of Effect specifies a simple temporal order of response and consequence – the relation implied by the term operant. The contingencies of reinforcement currently under investigation are much more complex. Reinforcement may be contingent, not only on the occurrence of a response, but on special features of its topography, on the presence of prior stimuli, and on scheduling systems. An adequate analysis must also reach into the traditional fields of motivation and emotion to determine what is reinforcing and under what conditions. Interrelated systems of operants raise other problems.” In short, Pavlovian is about conforming to an environmental factor, while an operant is any behavior that operates on the environment to produce a given consequence.

Second, Bleuler’s definition of “Transitory psychoses” which applies to the transitory vertical band on either side of the mature normals, the unstable actors, must be accounted for – “...attacks which appear and disappear suddenly, with disturbances of consciousness of brief duration. They occur in the manifold psychopathic states (Magnan's bouffées delirantes) with or without affective or toxic cause, then too, in latent and manifest forms of real psychoses, especially in schizophrenia and epilepsy. Many may be included in the concepts of twilight states. At times they are the cause of crimes” (Bleuler, 1924, p. 163). From this one can presume that “transitory psychoses” and recidivism are synonyms.

Third, conscious fantasy is inclusive to the reality principle, and unconscious phantasy is inclusive to the pleasure principle.
**Working memory, interface to physical reality vs. ‘work’**

The representation of the counter to the dynamic commonly referred as working memory is set forth in Figure 3. The task now is to account for each element in that figure, then to discuss three relevant topics – everyday life, overt mental activity and covert mental activity.

The figure is divided into two regions – bottom up and top down, with working memory providing the bridge. The top down region, the realm of the unconscious, provides memory images that result from reasoning as an audit function versus perception. The bottom up region retrieves memory images based on rules that are appropriate to changing circumstances of the conscious versus the preconscious. The reality principle accounts for Freud’s second biological rule while the pleasure principle accounts for Freud’s first biological rule. While in separate regions, terminal uniqueness and remorse management acting in unison account for the likes of PTSD as a self-serving expression – circular logic. The four linkages – more selective attention and decision, less selective awareness and deduction, less selective perception and reasoning, and, inertia of influence and perception – will be addressed as discussion develops.

Perception being referenced twice in this graphic is in line with Freud’s reliance on perception as a dynamic in the Project for a Scientific Psychology, the “w = system of perceptual neurones” and “W = perception (Wahrnehmen)” (Freud, 1895|1966, p. 294), with less selective perception in Figure 3 critical to his declaration that “consciousness and memory are mutually exclusive” [Italics in original] (Ibid, p. 234). Accounting for the references to suppression and repression is deferred to the discussion of PTSD in the third track below – Literature, etc. The reference to source, aim and object, correctly aligned with respect to bottom up and top down, is deserving of emphasis.

Early in his career Freud was concerned with defining psychic energy with that effort originating in his specification of instincts from the points of view of source, aim and object. Libido, the sex drive, provides information about the biological source only. When Freud included the aggressive drive in his thinking, his focus shifted to the object of instincts. Thus, Freud’s theory of instincts – or drives, is essentially a theory of motivation (Mendelson, 1974, pp. 249-252).

**Everyday life**

This is about the interface between everyday life and physical reality. Each full day of life spans 86,400 seconds with each day a declining percentage of a person’s life. Now, there are two ways to look at the 86,400 seconds versus total life – the immediacy of life versus the inertia of history, balance between immediacy and inertia is the focus with lack of resolution between the two the starting point.
Herbert Spencer’s 1855 *Principles of Psychology* built on the experience of earlier days as did Bertrand Russell’s overall focus on freedom of thought, a time-wise trek that has resulted in psychology as being “primarily a search for internal determiners” only to be burdened by discipline-created “obstacles to its path as a science – humanistic psychology, the helping professions, and cognitive psychology – seem to explain why” (Skinner, 1987). Freud provides part of the answer to Skinner’s concern while Krafft-Ebing, Bennett and Mendelson provide the balance. “[Freud] The starting point of this investigation [of psychical qualities] is provided by a fact without parallel, which defies all explanation of description – the fact of consciousness. [Fn] One extreme line of thought, exemplified in the American doctrine of behaviorism [over trumped by cognitive psychology], thinks it possible to construct a psychology which disregards this fundamental fact!” (Freud, 1938|1964, p. 157). Krafft-Ebing admonished the poets and their failure to “see the deep shadow behind the light and sunny warmth of that from which they draw their inspiration”, with Bennett enumerating the costs of “the deep shadow”, and with Mendelson’s reference to motivation the issue that morphed to the discipline-created “obstacles”, with the “obstacles” to be addressed in the third track’s traverse of literature.

What remains with premier importance is a focus on immediacy (with resolve) and inertia (with caution). The “multicomponent working memory model” (Baddeley, 2002) has value to be enhanced, one only need to look at the grayed ellipsoid in the center of Figure 2 and imagine the progress resulting from an expansion into the transitory vertical band on either side of the mature normals, the unstable actors. However, the deterministic-like idea that “immediate memory” (Baddeley, 1994) is discreet, is fraught with danger, the subject of “covert mental activity” below.

**Overt mental activity**

This discussion addresses the first of two views of ‘work’.

Void of fear of overstatement, the capacity of the grayed ellipsoid of Figure 2 to expand into the vertical bands labeled the unstable actors, is the continued evolving of cognitive thought. “What is felt when one has a feeling is a condition of one’s body, and the word used to describe it almost always comes from the word for a cause of the condition felt. The evidence is to be found in the history of the language – in the etymology of the words that refer to feelings. Etymology is the archaeology of thought. … To describe great pain, for example, we say agony. The word first meant struggling or wrestling, a familiar cause of great pain. When other things felt the same way, the same word was used” [Italics in original] (Skinner, 1989). In line with this is emotion (Russell, 1991) – described versus experienced.

**Covert mental activity**

This discussion addresses the second of two views of ‘work’.

Continuing from the above, that the deterministic-like idea that immediate memory is discreet, is fraught with danger, is evidence from the biological sciences. “The dorsal and ventral cortical pathways, driven predominantly by magnocellular (M) and parvocellular (P) inputs, respectively, assume leading roles in models of visual information processing. Although in prior proposals, the dorsal and ventral pathways support non-conscious and conscious vision, respectively, recent modelling and empirical developments indicate that each pathway plays important roles in both non-conscious and conscious vision. …perception [is] the registration of sensory information in consciousness. Accordingly, vision deserves a much broader definition by accommodating not only conscious visual processing, i.e. visual perception, but also non-conscious and pre-conscious visual processing. After all, flies have vision, but it is highly unlikely that their vision is unconscious. By contrast, when we humans look around, we perceive a visual world composed of richly varied objects and events that can be characterized by a
relatively small set of distinct perceptual dimensions or attributes. The subjectively experienced rich variations, particularly those of colour and brightness ... primary visual percepts, also referred to as qualia. We also note that all parts of a visual scene can be characterized by the contours that define their shape or form and by their surface features. ... For that reason, without making metaphysical assumptions as to what truly constitutes an object..." (Breitmeyer, 2014).

What truly constitutes an object will be developed in the fourth track, the host dynamic that begets PTSD.

**Fundamentals of top down vs. bottom up**

From above, there are two ways to look at the 86,400 seconds versus total life – the immediacy of life versus the inertia of history, where the goal of balance between immediacy and inertia is now challenged by a reference to anticipation without regard for either immediacy or inertia.

What follows is not confrontational to the current specification of working memory in tandem with bottom up, but is intended to be in part a challenge, and in part as an aid to the constructions of strategies that are intent on increasing the expanse of the greyed ellipsoid of Figure 2, strategies that are important to the investigation of the three strains of PTSD with special consideration for undiagnosed which is skewed to the abnormal at the expense of the normal. The task now is to enhance the prior references to ‘work’ – everyday life (here, concepts), overt mental activity (here, objective experience) and covert mental activity (here, subjective experience).

**Concepts**

Commentary could be limited to inconsistencies that exist due to unrelated investigators with different methodologies with respect to a common area of interest, but will not – there are enough conceptual problems due to the lack of purity between bottom up and top down. Instead, focus will extend from the above – that the deterministic-like idea that immediate memory is discreet, is fraught with danger.

Part of the problem is simple recidivism in the form of “prejudice for and against Freud” (Meltzer, 1930) – justification for an alternate view at any cost with creative and clever distortions quite allowable. There is no excuse for this at least in a contemporary sense.

First, there is the Big Five with its well-documented development (Tuples, 1961), to the point that the Big Five is akin to a generic commodity, grudgingly if necessary. The Big Five is applicable to each bottom up and top, in isolation as well as in unison.

Second, within each and every day of a person’s life there is a flurry of ‘wants’ and ‘whys’, the subject of motivation (e.g., Mills, 2004a), the nectar of anticipation, where ‘motivation’ is a common member of psychology’s vocabulary, and the focus of much debate some of which is quite spirited – a reference to motivation is generally a prerequisite to an inquiry into source, aim object (Mendelson, 1974, pp. 249-252). Anticipation alone is about bottom up and top down in unison, at the expense of either in isolation.

Third and in a poetic sense, there is death as very much a part of life with its visibility the circular logic that has terminal uniqueness and remorse management acting in unison – “Freud accounts for an internally derived motivation, impulse, or activity that is impelled toward a determinate teleology of destruction that may be directed toward self and others, the details of which are multifaceted and contingent upon the unique contexts that influence psychic structure and unconsciously mediated behavior” (Mills, 2006).
**Objective experience**

Transparent to the current specification of working memory is objective experience, literally life on autopilot – habit, but not sensory reactions. “Habit reactions constitute in their widest phases specific forms of intimate connections between behavior adjustments and particular stimuli objects and conditions. ... Habit reactions have their basis primarily in two fundamental characteristics of psychological phenomena, namely, (1) differentiation and (2) integration of behavior. ... According to the typical description of habit reactions, they are in terms of behavior segments, simple final responses to stimuli; in fact they are discussed much in the fashion of reflexes, excepting of course that the former are always assumed to be acquired” (Kantor, 1922).

**Subjective experience**

Not transparent to the current specification of working memory is subjective experience – a unilateral candidate for circular logic, that immediate memory is anything but discreet. First, “It is obvious that emotions are real, but the question is what kind of ‘real’ are they? ...emotions are a part of social reality” (Barrett, 2012) – emotions are unpredictably modifiable on a whim. Second, immediate memory can be overtrumped by pre-existing repression and/or suppression, “that involve removing mental content from [less selective] awareness” (Boag, 2010).

**Relationship with environment vs. relationship with life**

Continuing from above, there are two ways to look at the 86,400 seconds versus total life – the immediacy of life versus the inertia of history, where the goal of balance between immediacy and inertia is now challenged by a reference to anticipation with the comingling of immediacy (bottom up) versus inertia (top down) an assertion. The task now is to address the relationship with environment as principally bottom up (macro versus micro), and the relationship with life as principally top down (macro versus micro).

**Relationship with environment (macro)**

The transition from DSM-II to DSM-III was on the surface a shift from Freud (psychoanalysis) to Kraepelin (nosology). However, given the newly gained influence by Pharma, the pharmaceutical companies, Kraepelin was a pawn of convenience as the nosology of that day exposed incremental conditions each of which required a cure (Cook, 2014b, p.84), drama that continues to today.

Power to Pharma is not what Skinner had in mind as a social philosopher in general, as a behaviorist in particular – “…the aim of behavioral science is the prediction and control of behavior ... naturalistic behavior in (relatively) naturalistic settings with the aim of understanding behavior as part of a larger system (rather than manufacturing novel forms of it)…” (Smith, 1992).

The larger system – reality, the superset of bottom up, requires that epistemology (the nature and scope of knowledge) is the foundation of a positive doctrine of the meaning of reality, that thought and practice are only modes in which the ‘real’ is apprehended, that the problem of real logic is to find that experience in which the several modes of 'finding real' are included, hence, aesthetic contemplation (Baldwin, 1908a).

**Relationship with environment (micro)**

Aesthetic contemplation pales when confronted with anticipation – pragmatism results to the extent that knowledge is mature. Pragmatic inquiries make conceptions such as thought, existence, truth and reality, relative to other terms. Consciousness reaches the dualism of the ‘thinking principle’ and ‘reality’ through genetic processes, which “forbid definition in a static, absolute, once-for-all-fixed
system”. It is a genetic fallacy to treat the ‘thinking principle’ as valid and to deny that ‘reality’ is. 'Logical reality' is, genetically, the term in which pragmatic gains are reflected. The universal and normative modes of thought do not get adequate logical justification in a theory which is based solely on the reality of concrete experiences of usefulness, workableness, and the like. There is a need to resolve the dualism of ‘logical truth’ and ‘experienced value’, in order to interpret reality (Baldwin, 1904).

There is nothing, however, that suggests anticipation is to comport with 'logical truth' – ‘morbid anxiety’ versus fear (Jones, 1911) is an example. Anticipation in tandem with fear begets caution, or at least reservation, while anticipation in tandem with ‘morbid anxiety’ has the capacity to cause a “ring of punishment” (Worell, 1965), repression versus suppression, if not checked.

**Relationship with life (macro)**

The task now is to extend scope to anticipation.

“Psychoanalytic accounts offer a mix of reasons and causes to explain action. ... that these fail to be proper (causal) explanations because they are neither justified by inductively established laws, nor fit the standard form of rational explanation, the belief-plus-desire-yields-action structure of the practical syllogism. ...in the face of the apparent fact (exploited by those opposed to treating rational or psychoanalytic explanations as causal) that reasons, being defined in terms of their propositional content, cannot be causes. Clarifying the position of psychoanalytic explanation does involve seeing it and rational explanation as similarly causal. This requires a realist analysis showing (1) how reasons (desires and beliefs) may be understood, not as defined in terms of their propositional contents or objects, but as states of persons caused by entering into relations with situations, and (2) how reasoning is a causal process” (Mackay, 1999).

From this it follows that neither bottom up is exclusively a reason (or a cause), nor is top down exclusively a reason (or a cause), that momentary anticipation is the determinant of reasons versus causes, hence, Freud’s theory of drives – source, aim, object.

Without explicit reference to the term ‘momentary anticipation’ or anything close, Dewey asserts that mental experience, top down, will overtrump presumed reality. “The following concepts are essential to Dewey’s system: (1) Habits constitute the content of perception, thought, meaning, object, imagination, mind, and self. The genesis of impulse, desire, purpose, motive, and consciousness is through blocking or conflict among habits. Habits are dynamic, persistent, learned, selective, and purposive. (2) Character is the interpenetration of habits. The self is a complex Gestalt of habits. (3) Impulse is the dynamic phase of habit. (4) Emotion is perturbation from the clash or failure of habit. (5) Motive is an impulse viewed as a constituent of habit. (6) Desire is activity surging forward to break through obstacles. (7) Thought is the mode of organic behavior in which past experience, as habit, controls the present course of behavior in fulfilling some desire or purpose. (8) Mind is a way in which organisms behave on the basis of past experience. It is not private and subjective, but is known through experimental observation. (9) Consciousness is either bare immediacy or awareness of meaning, having ideas. (10) Meanings are ways of viewing things in the interests of action” (Crissman, 1942).

With ‘momentary anticipation’ the basis, at what point within the two unstable actors vertical bands of Figure 2 – (1) does normal become abnormal in an either/or sense, or, (2) does Bleuler’s definition of “Transitory psychoses” become recognizable with respect to appear versus disappear, or, (3) does exaggeration (Heidbreder, 1927) get labeled as abnormal. These issues are addressed in the fourth track examines the host dynamic that begets PTSD.
**Relationship with life (micro)**

The task now is to merge emotion regulation with Dewey’s ten points – habits, character, impulse, emotion, motive, desire, thought, mind, consciousness and meanings.

Given that ten-point expanse, it is fair to suggest, or more properly guess, that a unary bottom up is competing with a very busy top down, that, “Unlike other animals, human beings spend a lot of time thinking about what is not going on around them, contemplating events that happened in the past, might happen in the future, or will never happen at all. Indeed, ‘stimulus-independent thought’ or ‘mind wandering’ appears to be the brain’s default mode of operation” (Killingsworth, 2010). From this it follows that top down just might be less about exaggeration with abnormal the candidate for focus.

Continuing with suggest versus guess, at what point is Dewey’s array comiled, or not, with obsessive/compulsive – “the relation of emotional and intellectual factors in paranoia and obsession” (Meyer, 1906) – an advanced state of Bleuler’s “Transitory psychoses”. Alternatively, a unary bottom up in completion with top down just might be the analgesic that preserves sanity – at issue is self-deception.

One must remember that ‘momentary anticipation’, the core of emotion regulation, is a search for momentary equilibrium that can turn negative with self-deception, that in turn, can be positive illusions and/or conflicting beliefs (Chance, 2015).

What this digresses to is the entire concern about bottom up versus top down has the characteristics of an attempt to assert trend from a point in time. The reference to ‘point in time’ is clearly a vote against the current specification of working memory, thus advancing the specification in Figure 3 to that which exposes trend.

Working memory vs. free associations: The final task of this second track is to resolve the current specification of working memory to the dynamic in Figure 3, with a composite specification the result, then to resolve the composite to anticipation. The topics Figure 3, free associations, with a final accolade for the current specification of working memory the conclusion.

**Working memory – Figure 3**

1936 marks the fiftieth anniversary of Janet’s first publication which contained the germs of the dissociation theory. In comparing Janet with Freud, Janet set the ‘how’ as the final goal of science, with the ‘why’ Freud’s focus (Roback, 1936). While both the ‘how’ and ‘why’ are about psychoanalysis only, the ‘how’ expresses the intent of bottom up, while the ‘why’ is about top down – facts versus meaning.

Transparent to facts versus meaning is the durability of psychoanalysis versus endless criticism (Westen, 1998) – durability has however been the result with top down the beneficiary.

Bottom up simply does not comport in any way, shape or form, with “psychoanalysis as a theory of the mind, and as a basis for the application of that theory in the conduct of a therapy for the disorders of the mind” (Wallerstein, 2006).

This does not mean that psychoanalysis is skewed to the abnormal, ‘theory of mind’ is just that – normal is as much a part of life as is abnormal. For example, “Experimental research examining the clinical concept of transference using a social-cognitive model has demonstrated that mental representations of significant others are stored in memory and can be activated and applied in new social encounters, with consequences for cognition, evaluation, affect, motivation, expectancies, and self-evaluations, [and] constitute empirical demonstration of transference in everyday social relations and suggest that
transference is a normal, non-pathological process, occurring both inside and outside psychotherapy, following basic rules of social information processing” (Andersen, 1998).

**Free associations**

“Freud considered the rule of free association to be fundamental, he was tentative about the recommendations he made concerning other aspects of analysis” (Newton, 1989). The implied freedom of approach by the psychoanalyst allows ‘momentary anticipation’ to be a free-standing dynamic, that, in turn, allows each bottom up and top down to be registered as balanced dynamics.

**Working memory – Current**

Maslow’s specification of the “expressive and coping components of behavior” is what the current specification of working memory is about, hence, that specification can be thought of as synonymous with ‘momentary anticipation’. “Coping is purposive, motivated, more determined by environmental variables, more often learned, more easily controlled, and designed to cause changes in the environment. Expression is more often unmotivated, determined by the state of the organism, more often unlearned, often uncontrolled, not designed to do anything, and an end in itself. Character structure is better revealed in expressive behavior. Neurotic symptoms are characteristically coping, while in catastrophic breakdown behavior has no particular function” (Maslow, 1949).

**PTSD and its expression**

This paper’s title, *Alternative placement of working memory: Recidivism the basis (Resolve)*, has three elements - working memory, recidivism and resolve. The first two have been addressed leaving the third for the balance of this paper. The third element is no small matter as this author has been diagnosed with PTSD in tandem with survivor guilt, with military service the basis. In addition, this author is not a professor, has taught but not past the ‘instructor’ designation – the first two semesters of the calculus and then the C programming language with many years in between assignments. All of this author’s writing is based on contemporary clinical executive management – substance abuse and domestic violence, which was preceded by extensive volunteer work in the community with the self-help phenomena the basis. For about seven years ending April 22, 1987 at 01:30 PM EST this author’s day-to-day life did include a malady known as a three-martini-a-year beer drinker, with, by some *miracle*, absolutely no experience with the other stuff. Income was gained from various business analysis responsibilities, to include having been designated the “chosen prince” of a listed corporation, an opportunity that was foregone due to a family priority, a baby girl – geography was the deciding factor.

PTSD is the subject of much discussion across many disciplines with neuroscience, biological science and the RDoC initiative very involved. One can only hope for their success, for their ability to repeat the success of the past, the many maladies that have been relegated to history – polio and so forth. In support of those initiatives is the fact that the human body is a closed system that is in dialog with the external world to a greater or lesser extent. For example, the stomach receives an input and then executes its functionality. The same holds true for the brain. With focus limited to PTSD away from a controlled laboratory that is equipped with the likes of MRI equipment, attention now is on a recent clinical trial in Japan with the trial limited to severely injured victims of automobile collisions. The upfront practical assumption of the study was “Preclinical approaches to PTSD are examining the mechanism of memory consolidation and how this consolidation process could be interrupted to prevent the development of trauma related disorder”, with study experience not supportive – “Docosahexaenoic acid supplementation was not superior to placebo for the secondary prevention of...
PTSD symptoms at 3 months after severe accidental injury” (Matsuoka, 2015). From this it follows that attention must be devoted to Freud’s work and with that work treated as the “middle of the story”.

Regarding Freud and his work, what must be taken into consideration is the era in which Freud conducted his professional life. That era spans the Panic of 1893, the First World War 1914-1918, the Depression 1929-1939, and the formation of the Second World War (1939-1945) which began only days before his death. Thus, in the context of the time, Freud was normal with ‘brave’ allowable given his centrist focus on human sexuality – Emma Goldman, an attendee at the 1909 Clark University Conference and a feminist activist, lauded Freud’s spontaneous objectivity about the topic of sex, his recognition of sexuality as preeminent in the makeup of women as well as men (Buhle, 1998, p. 2).

But, is a global sense, Freud was a visionary with respect to human pain and suffering – and on to PTSD. Freud gained the respect of three noteworthy peace activists – Albert Einstein, Otto Nathan and Bertrand Russell. Einstein’s last living act as noted by both Nathan and Russell was his written agreement to sign “a joint pronouncement on this subject [peace] in conjunction with many eminent men of science who were willing to cooperate” (Nathan, 1960, p. xv). Einstein died on April 18, 1955 and the written agreement was the terminating event of his dedication to peace dating from at least 1914. In between those 41+ years Einstein’s peace activism included a request to Freud in 1932 – “June 30, 1932, under the auspices of the International Institute of Intellectual Co-operation, Albert Einstein wrote to Sigmund Freud about the need of his world for peace, for educative purposes to deliver mankind from the menace of war, of psychosis of hate and destructiveness. September 1932, Professor Freud replied with his characteristic genius for thoroughness describing the ethicality of most important discoveries in his psychoanalytic research. December 3, 1932, Dr. Einstein wrote his appreciation for Professor Freud’s ‘gratifying gift to the League of Nations … You have earned my gratitude and the gratitude of all men for having devoted all your strength to the search for truth and for having shown the rarest courage in professing your convictions all your life …” (Dorsey, 1974, p. ix). “Leon Steinig, a League of Nations official who did so much to inspire this [Einstein-Freud] correspondence, wrote Einstein on September 12, 1932 ‘... [Freud] will have his answer ready by early October and he rather thinks that what he has to say will not be very encouraging …” (Nathan, 1960, p. 191). Freud’s letter (Ibid, pp. 192-202) was effectively psychoanalysis of the dark side of society with Nathan noting that it “has never been given the attention it deserved” (Ibid, p. 191).

This discussion of PTSD is spread across three themes foundation, dimensions and characteristics covering eleven topics. The foundation is regression versus progression. The dimensions include fundamental, philosophical, subordinate, dynamic, resolution and indeterminate distractors. The characteristics include undiagnosed plus the three strains inherited, induced and experienced. This discussion of PTSD will conclude with notes on gender.

Regression versus progression

This is about the longitudinal event known as life. At issue is fixation as a placeholder for bottom up conjoined with top down with circular logic the result, soon to be extended to suppression conjoined with repression with circular logic the result.

A person is born, ostensibly but not so, with a clean mental slate and through some negative aberration drifts away from the vertical representation of mature normals of Figure 2 with some manifestation of fixation the result. Now, an extensive quote spanning seven paragraphs.

“In the sense that we shall discuss [regression] in this book, Freud refers to the backward movement of the libido, retracing to a certain point its former path of development, a process which occurs in
characteristic forms in particular types of mental illness. This concept of the regression of the libido is intimately bound up with his conclusions as to the forward course of the development of the libido and its ‘fixation points’, conclusions which are complimentary to the notion of regression and were formulated pari passu with it. ...

The order and essential character of the development of the libido is biologically determined, and springs from organic sources. It is not inherently dependent upon circumstances or experience. Yet it is at every phase of its history profoundly sensitive to psychical events, and responds to external and internal influences, both of a quantitative and qualitative order.

These internal or external factors may halt the forward movement of some of the libido at any point of development, to which this part then remains bound to a greater or lesser degree. Under certain conditions, the libido is liable to flow back to earlier stages of development and to such ‘fixation points’, which exert a pull on the forward-reaching libido.

Freud defines ‘fixation’ as ‘a particularly close attachment of the instinct to its object’. (The object may be something external or part of the subject’s own body.) He says that such fixation ‘frequently occurs in very early stages of the instincts’ development and so puts an end to its mobility, through the vigorous resistance it sets up against detachment.

Fixations not only hamper sexual development as such, by preventing the normal advance of libido from one erogenous zone to another, and from the earlier to later objects. They also limit the capacity of the subject to achieve sublimation, since sublimation depends upon the relinquishing of the primary objects and modes of intellectual satisfaction for substitute objects and derived (symbolic) forms of activity. Fixation also leads to inhibition of ego development, the ego renouncing those functions which are too closely bound up by early fixations.

Every mental illness involves some degree and some form of regression of the libido to early fixation points. Regression is a phenomenon of the utmost importance in the aetiology of neurosis, psychosis, and the involution of character. In hysteria, the libido regresses with regard to its objects, seeking again the earliest incestuous loves, whilst its aims remain (chiefly) genital. In obsessional neurosis (and certain forms of character deterioration), ‘regression of the libido to an antecedent stage of the sadistic-anal organization is the most conspicuous factor and determines the form taken by the symptoms’. ...

These regressive changes, thus, involve not only the sexual life itself; they affect the sublimations, the emotions, and the whole personality of the subject. The whole complex interplay and balance of the various mechanisms at work in the mental life are altered when regression occurs. This is patent in obsessional neurosis and the psychosis, but is also true in hysteria, although less dramatically” [Italics in original] (Heimann, 1943|1991).

These seven paragraphs leave unaddressed one point - the reference to 'backward movement' in the first paragraph. No hint is given for the cause of 'backward movement'. The single candidate available is the inertia of influence in Figure 3 as an expression of seduction but not in the sense associated with Freud, i.e., sex. Instead, seduction is an influence, with definition accomplished by disconnecting seduction from a physical act, Freud’s construction, and connecting it to a voice. A very reasonable example – a small child has an accident during potty training, which is followed by their frustrated parent’s you-ought-to-be-a-shamed-of-yourself admonishment (Cook, 2014a, p. 35). For emphasis, seduction is the instigator that causes Inherited PTSD, which is in synch with "Freud defines 'fixation' as 'a particularly close attachment of the instinct to its object'" in the above quote.
This leaves one last issue - to align Freud’s specification of the id, ego and superego to the source, aim and object in Figure 3. The result is Table 1 - Freud circa 1900 vs. circa 2000, with the placement of 'seduction' completely accounting for 'backward movement' in the above. This alignment also allows 'seduction' to be a momentary invocation of Freud's death instinct. Source, aim and object are accounted for in Table 1 as follows – source is aligned with “mental representation”, aim is aligned with “visibility of source impetus” and object is aligned with “cognitive selectivity”.

Fixation, an insidious factor in the form of a determination to discover the if-then link between a root cause and the subsequent disease, certainly has its power, but not its success. Theories on the etiology of neurosis rely on two kinds of developmentally sequential interactions, with each reflecting a Darwinian influence only: The claim that biological and temperamental characteristics and socialization influences spawn trait-like dispositions that facilitate but not insure neurotic development under certain conditions, leaving to experimentation the identification of the disease as a dependent variable or independent variable (Cohen, 1974). The dependent versus independent dialog applies to the opening of this discussion – circular logic as the result of bottom up conjoined with top down and/or suppression conjoined with repression.

The flaw in this is time as a proxy for inheritance. Keeping with the etiology-pathogenesis-disease is a must as the sequence follows the source-aim-object continuum. The problem with the Darwinian oriented thinking is that etiology points to something that is observable and/or describable, which fundamentally it is, but is oriented to ‘mind’ only leaving no room for an accounting of ‘free will’. However, allowing the sequence etiology-pathogenesis-disease sequence to be parallel to the source-aim-object continuum gives etiology validity and basis.

Limiting focus to etiology and source as parallel, perhaps as synonyms, allows resolution of the identification of the disease as a dependent variable or independent variable. Basis for resolution is in the above discussion of regression, particularly, regression accounts for Freud’s backward movement of the libido. Backward movement suggests that the disease is an independent variable – “However, testing an essentially outcome process (deviant behavior) by treating it as an independent variable (as in group comparison studies) usually limits potential conclusions about etiology” [Italics in original] (Cohen, 1974), that the disease is a foregone conclusion. If the statement about regression is extended to include fixation, i.e., regression accounts for Freud’s backward movement of the libido resulting in the libido being stuck at a fixed point in its development, the disease is then a dependent variable with an
etiology established. Final support for the establishment of etiology is accomplished by extending libido to motivation – enter progression.

Edward Glover’s starting point is regression – “The approach to drug addiction was (and still is) profoundly influenced by the concept of regression. The opposite view of a progression in psychopathological states has never been explored to the same extent. The idea of progression implies that psycho-pathological states are exaggerations of ‘normal’ stages in the mastering of anxiety and can be arranged in a rough order of precedence. It is, of course, implicit in Freud’s original pronouncement regarding paranoid states: namely, that the symptom is in part an attempt at restitution, i.e., an advance from the unconscious situation it covers. Not only does it restore some link with reality, however inadequate, it performs also a protective function. ...the core of an addiction or even of a severe obsessional state may depend more on the reduction of an underlying paranoid layer than on the most careful analysis of the recognized habit-formation or obsessional superstructure” [Italics in original] (Glover, 1936).

In short, the extent of disease is dependent upon the fixation from which it progressed, which leaves unaddressed Darwinian oriented claims about genetics as the basis for addiction – the challenge to be addressed by the likes of neuroscience, biological science and RDoC.

Much focus has been given to the “genetic transmission of vulnerability to alcoholism, the nature of the critique [of various studies] suggests that environmental influences may have been underemphasized as significant factors in the etiology of alcoholism. Unfortunately, methodologically rigorous studies of environmental influences in the pathogenesis of alcohol abuse have been rare, with longitudinal studies even rarer” (Searles, 1988). However, environmental influences is what begets PTSD.

Yet, life is a longitudinal event.

**Fundamental dimensions**

The fundamental characteristics are about everyday memory, mental disorders, emotional disorders, and, knowledge and imagination.

**Everyday memory**

The dependent versus independent variable with circular logic as the result of bottom up conjoined with top down, in isolation, then extended to suppression conjoined with repression.

Bottom up, if in isolation, is akin to declaring that memory required to solve engineering problems is transferable to memory required to solve life’s problems (Gruneberg, 1991) – consciousness and memory are mutually inclusive versus Freud’s declaration that consciousness and memory are mutually exclusive.

Regression implies that any analysis of either conjoined pair is inconclusive with respect to dependent versus independent. Progression however implies dependent versus independent can be ascertained with emotional state the determinant.

**Emotional disorders**

In a bottom up sense emotional disorders are mental disorders “…a disorder is a harmful dysfunction, wherein harmful is a scientific term referring to the failure of a mental mechanism to perform a natural function for which it was designed by evolution” (Wakefield, 1992). This implies that the disorder is the dependent variable with evolution the independent.
However, evolution is implicit and not a step one, step two process. “Emotions are special modes of operation shaped by natural selection. They adjust multiple response parameters in ways that have increased fitness in adaptively challenging situations that recurred over the course of evolution. They are valenced because selection shapes special processes for situations that have influenced fitness in the past. In situations that decrease fitness, negative emotions are useful and positive emotions are harmful. Selection has partially differentiated subtypes of emotions from generic precursor states to deal with specialized situations. This has resulted in untidy emotions that blur into each other on dozens of dimensions, rendering the quest for simple categorically distinct emotions futile. Selection has shaped flexible mechanisms that control the expression of emotions on the basis of an individual's appraisal of the meaning of events for his or her ability to reach personal goals. The prevalence of emotional disorders can be attributed to several evolutionary factors” (Nesse, 2009).

From this it follows that emotions can be categorized in a dependent versus independent sense on a ‘perhaps’ basis.

**Imagination**

Adding imagination to this sequence – memory, emotion, imagination – causes evolution to not be amenable to being categorized in a dependent versus independent sense.

The inertia of influence of Figure 3 is the issue.

In isolation, knowledge comports with engineering problems while imagination comports with life’s problems. “Taking the point of view of an outsider who casts his glance along the line of the series of objective meanings belonging to one mode after another, we reach a very striking and, I think, secure result: the result that the objective contents – the objects secured by consciousness – always may be and actually are treated in one or other of two clearly distinguishable ways. Every such object is either one of knowledge, recognized as part of the actual, the external, the true; or it is one of ‘semblance’ or make-believe, one to be toyed with, sembled or Eingefühlt, to get satisfaction from, to image for personal purposes and selective handling, with some measure of disregard of its exact place and relations in the sphere of the actual. The actual and the imaginative, the merely known and the usefully or playfully or aesthetically — in short the semblantly or imaginatively — known, this is the one universal and ever-present contrast in meanings for cognition” (Baldwin, 1908b).

This is, in Table 1, the ego being extended through concept of self and on to less selective awareness – but, not exclusively, a PTSD oriented qualification.

**Philosophical dimensions**

This is about evolution and emotion spanning from independent to dependent, and serves as a placeholder for development of suppression conjoined with repression (Inherited PTSD), bottom up conjoined with top down (Induced PTSD) and circular logic (undiagnosed PTSD), leaving experienced (Experienced PTSD) to the dictates of life as a longitudinal event. The evolution-emotion sequence is adaptation, fear, narcissism, anxiety, latent suicide and PTSD.

**Adaptation**

Adaptation is about social psychology and social pathology.

An example of social pathology is the sequence of events covered by Freud’s productive years – every era has, unfortunately, comparable events. Freud’s productive years are covered above.

Social psychology is, however, dynamic. It is the superego, neither describable nor observable, less selective perception of Table 1 in a macro sense. (The micro sense is Freud’s pcpt-cs, the subject of the
fourth track.) “...the psycho-physical theory of the subconscious, which include the causation and
nature of subconscious activities, and the laws of normal and abnormal suggestibility. The selective will-
activity of the highest nerve-systems, which are characterized by thought, reasoning, choice and will,
form the nucleus of man’s rational life. The biological significance of this consciousness is that it
improves the organism’s chances for survival in life. Under normal conditions, man's controlling
consciousness, as well as his reflexes, function in harmony; however, under certain abnormal conditions,
the two systems may become dissociated. The laws formulated for normal and abnormal suggestibility
are helpful for understanding ... that the cultivation of man's rational, free individuality, is the source
and aim of human progress” (Sidis, 1919).

Fear

The anti-thesis to the source and aim of human progress is fear with caution the practical qualification.
Unqualified fear is a primitive emotion and is not a candidate for analysis with respect to dependent
versus independent.

However, when fear morphs to caution, less selective perception can be overtrumped by practical
experience. “…it is only introspective analysis which can reveal the true nature and genesis of fear and
all emotion” (Stanley, 1894), which, in turn, allows for analysis with respect to dependent versus
independent.

Narcissism

Narcissism is the proactive everyday management of fear as well as of caution. Narcissism is commonly
discussed as negative (e.g., O'Leary, 1986) with respect to being contrary to shame, with gender a
consideration. However, if narcissism is, or can be, linked to guilt, then analysis with respect to
dependent versus independent becomes feasible.

The narcissism-guilt link is critical to a prescription for progression for this implies the phenomenon that
is fixation is then open to being the basis of understanding the nature of a rewind point, discussed in the
sixth track. (Note: The rewind point is an elemental inertia of influence and is at the vary base of an
instinct-oriented source, aim, object sequence. Hence, the rewind point is best thought of as akin to a
phrase versus a word, even though ‘point’ implies a word.)

Anxiety

Anxiety is the everyday reactive response to fear as well as of caution. Like narcissism, anxiety is
commonly discussed as negative (e.g., Chorpita, 1998) with respect to depression, helplessness and so
forth. However, if anxiety like narcissism is, or can be, linked to guilt, then analysis with respect to
dependent versus independent becomes feasible.

The anxiety-guilt link is critical to a prescription for progression for this implies the phenomenon that is
fixation is then open to being the basis of understanding the nature of a rewind point, discussed in the
sixth track.

Latent suicide

This is about self-inflicted damage (e.g., Firestone, 1987) as the execution of the undercurrents of fear
with caution not a consideration. Given the visibility of damage and with guilt presumed, then
dependent versus independent constructs can then be constructed, without reference to either fixation
or a rewind point – the evidence of damage is then the basis for progression.
PTSD

The disorder is like an iceberg. At the very tip is experienced, below that but above the water line is inherited and induced, with undiagnosed the entire mass below the water line.

But, being able to demarcate between the three strains, plus undiagnosed, is quite inconclusive given that the relationship between trauma and memory is clouded by bottom up conjoined with top down as overt, and suppression conjoined with repression as covert. “…that memory is severely altered by traumatic events, but memory deficits may also contribute to the development of stress-related disorders ... that in PTSD memory mechanisms are at the core of the disorder….“ (Flor, 2010).

Subordinate dimensions

This discussion focuses on personality, sensationalism, defense and betrayal. While these topics could have been included in the discussions of the fundamental and philosophical dimensions, they are grouped here to serve as an introduction to both undiagnosed PTSD and as a general guide to hypotheses about fixation and the rewind point.

Personality

The focus here is on personality as a syndrome, the host of an expanse of co-occurring characteristics, and is presented from two perspectives – macro and micro.

The macro perspective – as a syndrome, personality is top down only. However, with focus limited to the characteristics of personality and with respect to dependent versus independent, a flip of the coin is the only practical guide. Yet, when personality is considered to be a syndrome, it is “a structured, organized complex … [and] when studied carefully and validly, is found to have a common unity … the characteristics of personality syndromes are … (1) interchangeability, (2) circular determination, (3) tendency of the well-organized syndrome to resist change or to maintain itself, (4) tendency of the well-organized syndrome to reestablish itself after change, (5) tendency of the syndrome to change as a whole (6) the tendency to internal consistency, (7) the tendency to extremeness of the syndrome level, (8) tendency of the syndrome to change under external pressures, (9) syndrome variables, and (10) cultural determination of syndrome expression” (Maslow, 1943c).

The micro perspective – “Within the personality syndrome we find hierarchies of importance, and clusterings rather than homogeneity” (Maslow, 1943b).

Thus, introspection at the expense of analysis is sufficient to form opinions – hypotheses ideally, about the character of fixation and the rewind point, an incremental inertia of influence, a seduction.

Sensationalism

Viewing this collection of subordinate dimensions, personality, etc. as an iceberg results in personality above the water line with sensationalism, defense and betrayal conmingled below the water line, while serving as both a succinct definition of seduction and the dilemma that must be overcome in the search for fixation and the rewind point, separately and jointly.

Focus here could be to the “Dark Triad”, “narcissism, psychopathy, and Machiavellianism” (Jonason, 2012), but will not.

Instead, the focus is the longitudinal event known as life that transcends seduction as induced by commercial advertising – James Thurber’s 1939 short story “The Secret Life of Walter Mitty” (Thurber, 2008). Now, a slightly altered excerpt from the story – “While his wife is in a store shopping, Walter is outside the store standing against a wall with a cigarette hanging out of his mouth glaring, at a firing
squad, while at the same time thinking about his planned meeting with ‘McMillan, the millionaire banker and close personal friend of [Franklin D.] Lloosevelt”.

A pristine example of circular logic, the crux of PTSD. There is a bit of Walter in every one of us.

**Defense**

This is about threats to the ego (Baumeister, 1996), be they real, imagined, or some combination of both. This is the failure to understand, or appreciate, the intent of bottom up.

**Betrayal**

This is about the dark side of reality (Vohs, 2007) – real, imagined or some combination of both, but, nevertheless, an instigator of seduction that becomes internalized as a member of the inertia of influence.

**Dynamic dimensions**

This discussion is an extension of the philosophical dimensions above, with focus on social psychology at the expense of evolution. The sequence is depression, tiering, exaggeration, disengagement, and masking, and is aligned as follows. Depression and tiering are aligned with suppression conjoined with repression (Inherited PTSD). Disengagement is aligned with bottom up conjoined with top down (Induced PTSD). Exaggeration is aligned with circular logic (Undiagnosed PTSD). Masking is aligned with experienced (Experienced PTSD). No attempt will be made to explore independent versus dependent.

**Depression**

This is an extension of the discussion of emotion regulation, recidivism vs. dreaming and mind wandering, and is not to be taken as the dark side of mind but as a practical extension of free will – our fears and foibles both define and protect us.

The starting point is Freud’s January 1895 letter to Fleiss (Freud, 1892|1966, pp. 200-206) where he, with melancholia (depression) the anchor, detailed sexuality, the biological side of libido, in schematic form and with great detail from the neurological perspective. The bridge from neurology to the psyche was accomplished with his paper “Mourning and Melancholia” (Freud, 1915|1957, pp. 239-258).

The rudiments of the paper were the subject of Freud speaking to the Vienna Psycho-Analytical Society on December 20, 1914. His first draft was submitted to Karl Abraham for review, “who sent him some lengthy comments, which included the important suggestion that there was a connection between melancholia and the oral stage of libidinal development” (Ibid, p. 239). “One or two things may be directly inferred with regard to the preconditions and effects of a process such as [the ego and the ego as altered by identification]. On the one hand, a strong fixation to the loved object must have been present; on the other hand, in contradiction to this, the object-cathexis must have had little power of resistance. As Otto Rank has aptly remarked, this contradiction seems to imply that the object-choice has been effected on a narcissistic basis, so that the object-cathexis, when obstacles come in its way, can regress to narcissism. The narcissistic identification with the object then becomes a substitute for the erotic cathexis, the result of which is that in spite of the conflict with the loved person [or phenomenon as in PTSD] the love-relation need not be given up. This substitution of identification for object-love is an important mechanism in the narcissistic affections; Karl Landauer has lately been able to point to it in the process of recovery in a case of schizophrenia. It represents, of course, a regression from one type of object-choice to original narcissism. We have elsewhere shown that identification is a preliminary stage of object-choice, that it is the first way – and one that is expressed in an ambivalent fashion – in which the ego picks out an object” (Ibid, p. 249).
“...the distinction between mourning and melancholia was discussed in the literature long before the publication of Freud’s paper and that many of the concepts advanced in his paper were deeply embedded in the socio-political and historical context of his time. Freud was, of course, clearly innovative in applying his tripartite meta-psychological theory of human psychopathology on this framework” (Dozois, 2000).

Equally present before Freud’s paper is suppression and repression. It is melancholia that allows hypotheses about fixation, ideally, on the strength of free associations.

**Tiering**

This is about the “squeaky wheel gets the grease”, another slightly altered take on the logic of life by Walter Mitty – “common sense is much ado about not too much”. This is about attachment to the wrong idea but not for the right reason, or, attachment to the wrong idea for any reason.

“Attachment pathology results in deficit unconscious organizational processes within self-structure that predispose patients toward developing character disorders with many overdetermined, polysymptomatic profiles. The nature of developmental trauma on attachment capacities and corresponding emergent structuralization processes is intimately associated with a broad array of clinical presentations that are largely organized on borderline levels of functioning” (Mills, 2004b).

**Disengagement**

The psychogenesis of multiple personality, “consists of two phases - normal and altered. The second phase is the result of two processes, namely, dissociation and synthesis” (Prince, 1919).

With Figure 3 the reference, dissociation is the production of memory images under the direction of top down, while synthesis is the retrieval of selective memory images in response to bottom up. With the specification of working memory in Figure 3, multiple personality just might be the norm if the longitudinal event known as life is viewed from the perspective of Walter Mitty, hence, an element of everyday life in Figure 2.

From this it follows that dissociation is the normal phase, while synthesis is the altered phase.

**Exaggeration**

“The phobias of diverse objects and diverse situations ... are at bottom phobias of actions which are provoked or called forth by these objects and these situations [circular logic]. Cases beginning with ‘meticulous habits of verification’, in the end manifest fear for the objects or situations related to the activities. The ‘mania’ becomes a phobia, both of which involve fear in the domain of executive action. Analogous is the ‘reversal of sentiments’ in which for the action desired there is an apparently irresistible impulse to do the opposite action (Cf. the negativism of schizophrenia). In normal activity, sufficient and even superabundant energy is mobilized; unexpended energies enhance the sense of ultimate achievement, the sentiment of triumph and the joy accompanying well performed action. The available energy may be just sufficient when the performance is boring, without ‘passion of accomplishment’. If the disposable energies are insufficient, the activity will take on distinctive features, lacking reflective and rational intermediaries, and possibly ‘under the form of a mere perception or reflex action’” (Janet, 1921).

What this is saying is that the core element in the available memory images in working memory of Figure 3 is wrong[ness] as a person, where the isolated ‘ness’ is flexible logic with respect to bottom up – that top down could be right, but more likely is the judge, jury and executioner that has an intermittent lapses of kindness.
**Masking**

Sublimation ... "First used in alchemy, sublimation referred to the transformation of substances from solids to gasses; transferred metaphorically by Goethe into aesthetics, it came to designate transforming and transcendent states or exalting visions. In psychology it has come to refer to the transformation of infantile and pregenital sexuality as it finds acceptable, socially valued channels for release and gratification" (Adler, 1986).

This implies the sublimation is unary in execution and it probably is with respect to alchemy. However, with respect to psychology, sublimation is repetitive with the characteristics of addiction – that bottom up influences are interpreted to conform with momentary rationalizations masked as logic, with ‘exalting visions’ the basis,

**Resolution dimensions**

This discussion is about what is practical and spans introspection, centeredness, objective and acceptance.

**Introspection**

Here are two examples of what evades introspection – (1) being right for the wrong reasons, (2) a correct answer to a problem that is based on reckless and disconnected analysis. There is one thing that is certain about life – experience is owned even if it is not recognized.

“Although lost opportunities and mistaken expectations are unpleasant to think and talk about, these experiences may have a role to play in personality development” (King, 2007). If a disappointment can be verbalized, with or without the underlying detail, then pause is appropriate and is a necessary condition for introspection.

While happiness may not result, relief from the burden of disappointment is the reasonable expectation, hence, resolution of a fixation of some intensity.

**Centeredness**

This is about common sense recognition of resources available with respect to resolution of any problem with emphasis directed to self-deception, the ‘why’ of PTSD. There is a potentially huge difference between the resources of the day versus the resources of days gone by (e.g. Buss, 2000).

References that purport to be applicable to a current stated problem or condition should be chosen with care.

**Objective**

This is another take on common sense but with focus devoted to perception as molded by seduction.

“The essence of psychoanalytic treatment is to help a patient disentangle and sort out the real inner from the real outer constituents of his or her past in the interests of effective symptom, conflict, and character analysis. For the traumatically seduced, psychoanalytic treatment aims particularly to free reality testing and to strengthen the sense of reality” (Gediman, 1991).

**Acceptance**

This is about diminishing returns. There is a point with any endeavor that expended energy offers little or no gain. This holds true with introspection but with focus directed to the formal therapist-analyst dyad.
“Most patients come for analysis as for any other form of treatment with the concrete aim of getting rid of some definite symptom.... But there is another type of patient for whom psychoanalysis has become the new religion whether or not he comes for analysis because of some distressing symptom, he will never be satisfied with a mere alleviation of symptoms or any other simple tangible result. He expects that after being ‘fully analyzed’ he will never have any more difficulties or disappointments in life, and never under any circumstances experience guilt or anxiety; that he will develop remarkable intellectual or aesthetic powers, perhaps even prove to be a genius, be blissfully happy, perfectly balanced, superhumanly unbiased and absolutely free from the slightest neurotic symptom, caprice of mood or bad habit.... I have actually heard the view expressed that a ‘fully analyzed person’ will be free from aggression and pregenital interests, have no polygamous tendencies and never make a slip of the tongue or any other kind of mistake. Analysis is sometimes regarded as a panacea for all evil and the best or only solution for every individual or social problem. In a community where every member had been analyzed there would be no crime, war, unemployment, hatred, misery, sexual entanglement or divorce” (Schmideberg, 2009).

Indeterminate distractors

This is about author insecurity when the call is for professionalism, and is spread across six headings – fair play, loyalties, commitment, fairness, drama and rejoinder. Fair play is a call for mature and responsible thinking. Loyalties is a call for objectivity versus an allegiance of convenience. Commitment is a call for an understanding of responsibility. Fairness is a call for analysis that is void of self-serving prejudice. Drama is a call for honest contribution versus a quest for celebrity status. Rejoinder is a special message to persons who declare repressed memories are synonymous with fiction – Thoreau gave us Walden I, Skinner Walden II, perhaps, some day, persons of this bent will grant us Walden III.

Allowing any of these issues to be incorporated in any facet of an attempt to resolve PTSD is an open invitation to damage – an open invitation to the continuance of human pain and suffering.

Fair play

This is a call for mature and responsible thinking, not just with respect to Freud, but to every person who made and honorable contribution to the knowledge base.

“Unconscious processes of mind are a fact of life, both as phenomenon and as explanatory concept and were recognized before Freud. But it was Freud who not only put ‘the unconscious’ on the map but also operationalized it in a new way--as a dynamic unconscious, laying down the foundation of a science of the unconscious, his Copernican revolution” (Lothane, 2006).

Now, three accolades for Freud’s contribution to the knowledge with all from above.

(1) “…the distinction between mourning and melancholia was discussed in the literature long before the publication of Freud’s paper and that many of the concepts advanced in his paper were deeply embedded in the socio-political and historical context of his time. Freud was, of course, clearly innovative in applying his tripartite meta-psychological theory of human psychopathology on this framework” (Dozois, 2000).

(2) “The poets may be better psychologists than the psychologists and philosophers; but they are men of feeling rather than of understanding, and at least one-sided in their consideration of the subject. They cannot see the deep shadow behind the light and sunny warmth of that from which they draw their inspiration.... Schopenhauer thought it strange that love had been thus far a subject for the poet alone, and that, with the exception of superficial treatment by Plato, Rousseau, and Kant, it had been foreign to philosophers” (Krafft-Ebing, 1894, p. iii).
(3) It is most fortunate that the entire Fleiss-Project collection was not available in English until 1954 (Freud, 1895|1966, p. 286), for if the material were available to the textbook writers in the 1920’s, references to Freud just might have been nil.

**Loyalties**

This is a call for objectivity versus an allegiance of convenience. “Scientists and journalists may be more alike than they are different. Most scientists concentrate their research efforts in the safer areas, where money is available and where their findings will be welcomed by their peers and readily published. The same factors that influence the selection of subject matter can also mold and shape the way the material is handled” (Hager, 1982).

All of this applies to psychology versus conference audiences and so forth.

**Commitment**

This is the flip side of the prior reference to loyalties.

Institutions have, or should have, a published Mission Statement, if for no other reason than marketing communications. Deviations of any kind from the elements of the Mission Statement is betrayal, perhaps in kind, perhaps in fact. Such betrayal may not result in material harm, but, nevertheless, betrayal is exactly that – betrayal (Smith, 2014).

**Fairness**

This is a call for analysis that is void of self-serving prejudice – this is not about fraud, ‘cooked’ data, plagiarism and so forth, but is about honor. Creativity, trail-blazer if you wish, certainly has the advantage of a lack of competition. And, if the creativity results in an array of complex arguments, then pompous has the capacity to over-trump honor.

The analgesic to this is for the author to weave scrutiny – auditable, repeatable and verifiable, in their manuscript to avoid the presumption of stretching the truth (Gino, 2012).

**Drama**

This is a call for honest contribution versus a quest for celebrity status and is a narrow-in-scope extension of the prior discussion of fairness.

At the base of this discussion is the Kinsey Reports comprised of two books on human sexual behavior. The first book was Sexual Behavior in the Human Male published in 1948, and the second was Sexual Behavior in the Human Female published in 1953. There is no need to comment on criticism directed to the study, with Freud’s focus on libido the basis. Instead, there is a basic human motive – what’s in for me – that requires focus. “…found that volunteers for a sex study were high in level of self-esteem, and that this was correlated with unconventional sex behavior” (Maslow, 1952).

**Rejoinder**

This is a special message to persons who declare repressed memories are synonymous with fiction (e.g., Piper, 2008).

Congratulations on living a sheltered life – (1) on never having suffered criticism beginning with one’s parents in youth, (2) on never having been in a hot zone as part of a military deployment where seconds seem like hours, (3) on never having been witness to the aftermath of a collision between two (or more) motor vehicles with the driver of the initiating vehicle drunk but not injured while the occupant(s) of the other vehicle(s) suffered great bodily harm with instant death included, (4) on never having been
witness to the aftermath of one person attacking another person with a butcher knife in a fit of rage, a mom attacking a dad with two young children witness to the entire ugly incident, (5) on never having seen a 10-year old boy in handcuffs, assault with intent, crying “I want my mama”, (6) on never having been burdened with the screams of a woman, a daughter, as she watched persons remove the body of a dead man from the end of a rope, her dad, (7) on being the personification of the perfect psychoanalytic patient who lives “In a community where every member [has] been analyzed [with the community characterized by] no crime, war, unemployment, hatred, misery, sexual entanglement or divorce”, … (n)

Undiagnosed

What follows is only a survey, not a global review, with self-deception driven by the competing influences of bottom up and top down. This is about the dark side of family, neighborhood, community, society – psychosocial with no allowance for ‘bio’ as in biopsychosocial. This is about self-deception that is knee-jerk reaction to seduction, but drawn out much like a dull tooth ache. With Figure 2 the reference, this discussion could be limited to the two vertical bands labeled unstable actors thereby leaving the mature normals basking in the light of peace and tranquility. Not so. This is about the undercurrents of day-to-day living that is borne by everybody, from the depressive-paranoid to the normal.

Above it was stated that there is a little bit of Walter Mitty in every one of us. The task now is to explore why, with discussion organized as three themes – initiating circumstances, expression and recovery.

Initiating

Focus here is limited to stigmatization, anxiety and internalization.

Stigmatization is an environmental inheritance where the creation of the inheritance is outside the control of an individual (Kurzban, 2001). The inheritance, essentially not “fitting in”, could be the individual’s own creation. Regardless, stigmatization results in exclusion, which sets another invocation of seduction in motion.

Anxiety is an unbounded reaction to stigmatization that could very well be imagined, with factual not a requirement. At issue here is the extent that anxiety is linked to imagined versus factual as this is the determinant of anxiety emerging as a psychopathy – “In psychopathology, memory as a process, is a principal mechanism in certain psychoneurotic phenomena. Pathology of certain functional disturbances of the mind and body may be regarded as perversions of memory. Memory as a process consists in registration, conservation, and reproduction of experiences” (Prince, 1911). Hence, the greater the anxiety-imagined link, the greater the probability of the emergence of a depressive and/or paranoid mental disorder.

Internalization is what determines the outcome of the anxiety-imagined versus anxiety-factual link – the nature of the resulting seduction, if, and only if, there is one. There is no reason to suggest that the anxiety-imagined link is certain to lead to a mental disorder. “It is generally accepted that the sense of self is constructed rather than directly perceived or experienced. …that people’s rules of self-inference derive in large part from if–then expectancies about the contingencies of interpersonal interaction; that is, expectancies about how other people will react to one’s behaviors. If so, a central type of cognitive
structure contributing to self-construal is the relational schema, representing regularities in interaction” (Baldwin, 1997). Now, is if-then in isolation the basis of internalization or is the if-then-else of Figure 3 the basis.

Expression

Focus here is limited to rationalization as the parent to three corollaries – catatonic, latent and metaphor. The order of the three corollaries is alphabetical and is not representative of significance.

Rationalization, the focus here is not about contrived excuses – artificial intelligence, but is on an economic model – “…a decision maker is constrained to select the best feasible alternative (according to her preferences) from among those that she can rationalize. …this theory is falsifiable and can be tested non-parametrically like the standard theory of choice. …the theory of rationalization subsumes the standard theory and several alternative theories. Rationalization theory can accommodate behavioral patterns often presented in the empirical literature as anomalies (i.e., violations of the standard theory of choice). Hence, these anomalies are consistent with the basic principle in economics that choice follows from a constrained optimization process. Moreover, anomalies like cyclic choices do not imply cyclic preferences and can be accommodated with preference orders. In fact, anomalies can be used to make inferences about the decision maker’s preferences. Rationalization theory reveals a unique preference order in a variety of cases when standard theory cannot. Conversely, when standard theory reveals an order rationalization reveals the same order. These results show that, under suitable assumptions, rationalization theory allows for complete, non-parametric identification of preferences” (Cherepanov, 2008).

Catatonic, the focus here is on “why individuals avoid decisions by postponing them, failing to act, or accepting the status quo” (Anderson, 2003), and then wondering why their life is in turmoil.

Latent, this is in part an accounting for latent schizophrenia in the introduction to the first track, the proper character of working memory, and is an extension of Bleuler’s definition of “Transitory psychoses”. This is about a person molding their life to some presumed debilitating condition, which results in self-defeat, a self-created but untrue seduction (Peterson, 1954). Examples include the wearing of the likes of ADHD and bipolar disorder as a “badge of honor”- celebrity status, with self-diagnosed an inflexible requirement.

Metaphor is an extension of a self-created but untrue seduction, and is the self that becomes a perpetual victim, and, is only one, perhaps a few, steps away from factual suicide – “…motivations to escape from aversive self-awareness. The causal chain begins with events that fall severely short of standards and expectations. These failures are attributed internally, which makes self-awareness painful. Awareness of the self's inadequacies generates negative affect, and the individual therefore desires to escape from self-awareness and the associated affect. The person tries to achieve a state of cognitive deconstruction, which helps prevent meaningful self-awareness and emotion. The deconstructed state brings irrationality and disinhibition, making drastic measures seem acceptable” (Baumeister, 1990).

Recovery

This is not about Freud but is an extension of wording associated with him in the discussion of Dynamic dimensions above, specifically depression, “…the distinction between mourning and melancholia was discussed in the literature long before the publication of Freud's paper and that many of the concepts advanced in his paper were deeply embedded in the socio-political and historical context of his time” – while human mental maladies are dated, those same maladies are present in our own era.
The responsibility for recovery from the initiating circumstances and expression of those circumstances with respect to undiagnosed PTSD, lies not with the individual who is burdened with the resultant inertia – to include poets, psychoanalysts, self-engrossed intellectuals and so forth, but lies in psychology as a science. Freud’s objective – “The intention is to furnish a psychology that shall be a natural science”.

A contemporary extension of Freud’s thirteen word sentence is an outline for “a theoretically unified psychology”. “A new epistemological system is used to provide a unique vantage point to examine how psychological science exists in relationship to the other sciences. This new view suggests that psychology can be thought of as existing between the central insights of B. F. Skinner and Sigmund Freud. Specifically, Skinner’s fundamental insight is merged with cognitive neuroscience to understand how mind emerges out of life. This conception is then joined with Freud’s fundamental insight to understand the evolutionary changes in mind that gave rise to human culture. By linking life to mind from the bottom and mind to culture from the top, psychology is effectively boxed in between biology and the social sciences” (Henriques, 2003).

Inherited

This is about the price one must pay for being a member of society – transmitted expectations and values that predefine transgressions that are in turn literally an expectation. This discussion spans associated core, subordinate and philosophical issues with suppression and repression the finale. In the finale attention is given to alcohol where alcohol is only a placeholder for imported self-worth as the result of internalization of an external attraction with no regard for self-protection – biology, finances and so forth, a lack of logic that is hidden behind suppression conjoined with repression.

Core

This is not about expectations as history but is about the incorporation of history’s expectations on a momentary basis.

With Freud’s declaration that consciousness and memory are mutually exclusive the anchor, the concern here is the potential for expectations to cause dependent and independent variables to be self-contained circular logic. (What follows is an introduction to Freud’s pcpt-cs, the subject of the fourth track.)

In a “straight line” there is memory about expectations and consciousness of expectations with two scenarios the result. The first scenario is consciousness preempts memory, consciousness is independent of memory. The second scenario is memory preempts consciousness, memory is independent of consciousness.

Given that memory is molded while consciousness is absorptive, there are then four options. (1) Consciousness is about personal experience independent of expectations. (2) Consciousness is about personal experience that has absorbed expectations. (3) Memory is about personal experience independent of expectations. (4) Memory is about personal experience that has been molded by expectations. The task now is to tie the scenarios and options together with one of two fundamental dynamic the basis.

The first candidate dynamic, sophomoric to say the least, is “failure of the primary caretakers in presenting the [subject person as a] child with the necessary symbolic tools for drive regulation” (Verhaeghe, 2005). The second candidate dynamic, global as to time, is accounted for by Alice Miller’s central argument that children are molded by their parent’s childhood resulting in depression and grandiosity being two forms of denial with narcissistic the defense between the two forms of denial (Miller, 1997, pp. 27-68).
The second dynamic is the basis for tying the scenarios and options together.

The first scenario with the first option – the risk of a new seduction is the dependent variable while Miller’s grandiosity is independent, thus, the parent’s transmittable trauma is overtrumped by expectations with the possibility of inherited PTSD small.

The first scenario with the second option, the risk of a new seduction is the dependent variable while Miller’s depression is independent, thus, the parent’s transmittable trauma is joined to expectations with the possibility of inherited PTSD high.

The second scenario with the third option, the risk of a new seduction being imagined is the dependent variable while Miller’s grandiosity is independent, thus, the parent’s transmittable trauma is overtrumped by personal experience with the possibility of inherited PTSD small.

The second scenario with the third option, the risk of a new seduction being imagined is the dependent variable while Miller’s depression is independent, thus, the parent’s transmittable trauma is merged with personal experience with the possibility of inherited PTSD high.

Subordinate

This is about narcissistic as the defense between depression and grandiosity, the two forms of denial, Miller’s assertion.

Thus, with narcissistic in focus the combinations in the prior discussion that are extensible to a superstructure that is punishing, are: The first scenario with options (1) Consciousness is about personal experience independent of expectations, and (2) Consciousness is about personal experience that has absorbed expectations. The second scenario with options (3) Memory is about personal experience independent of expectations, and (4) Memory is about personal experience that has been molded by expectations.

Philosophical

This is an extension of narcissistic as being extensible to a superstructure that is punishing.

If the possibility of an inherited PTSD high, then that PTSD becomes a self-fulfilling prophesy, with respect to the PTSD’s underlying characteristics (e.g., Fogle, 1978).

Thus, with Figure 2 the reference, a person is in part a mature normal (in the absence of other issues), and in part an unstable actor. Depressive and/or paranoid as a factor is dependent upon the inertia of the inherited PTSD.

Suppression, repression

This is not about suppression conjoined with repression as being synonymous with the comingling of Miller’s depression, grandiosity and narcissistic.

This is not about the pharmacology of alcohol but alcohol-oriented as a self-serving reaction to inherited PTSD – “(a) [Narcissistic] Alcohol makes social behaviors more extreme by blocking a form of response conflict. (b) [Grandiosity] The same process can inflate self-evaluations. (c) [Depression] Alcohol myopia, in combination with distracting activity, can reliably reduce anxiety and depression in all drinkers by making it difficult to allocate attention to the thoughts that provoke these states.” (Steele, 1990).

Induced

This is not about history’s expectations but is about chameleon-like contemporary expectations on a momentary basis, and does not include bullying, which is considered here to be superficial with respect
to time, but tantamount with respect to intellectualizing, with discussion deferred to the third track –
literature. Instead, the focus is on manipulation that effectively has bottom up as the pathway to an
assault on top down. Manipulation is approached from actions by others and actions by self (e.g.,
Langer, 2010).

Manipulation by others

This is about mental power games that do not translate into benefit for the instigator – the satisfaction
of the attack is the goal. Examples include “if you want to be worth something then be a doctor”, “if you
want to be worth something then don’t settle for what is easy”. This is about top down being attacked
from bottom up.

Manipulation by self

This is about a person mistaking assertiveness and competitiveness (Ames, 2008). Competitiveness
implies possession of an appropriate body of knowledge and in turn implies that top down is in control.
Alternatively, assertiveness implies a fire-aim-ready mentality with top down completely ignored while
bottom up is whim driven.

Experienced

There are two sides to experienced PTSD. The first is the violation of an internal belief, where only
presumed is operative leaving no room for factual, a top down issue. The second is the violation of an
internal expectation, where only factual is operative leaving not room for presumed, a bottom up issue.

Belief

This is about a presumed failure to match one’s values about performance with respect to a
responsibility. This is not about the responsibility, level of performance nor the presumption of failure.
Instead, it is the level of commitment that is extended to performance (e.g., Sorotzkin, 1995). Clearly,
self-worth being determined by an internalized wrong-as-a-person seduction.

Expectation

This is about bottom up receiving an impression that has no hint of a match in working memory’s store
of memory images, Figure 3. Random with no warning is a requirement.

Now, one might expect discussion will be about the experiences of a member of a military combat team
in a hot zone under live fire where seconds seem like hours. However, two issues – first, being in a hot
zone is not random but planned relative to life, second, combat teams are generally a tiny percent of a
locale’s population.

This is about being witness to a horrible event in everyday life where victims of that event experience
great bodily and/or mental harm, with sudden death very includable. This is about memory to include
‘psychogenic amnesia’ (Golier, 1997).

Notes on gender

With metaphor the anchor, a question – what is the origin of a circle? Many answers exist with each the
result of a generally accepted convention of a particular discipline – in mathematics it is \((x, y) = (0, 0)\),
the very center of the circle from which measurements and points are expressed.

But outside an, any, accepted convention there is no definitive origin – therein lies the logic behind
circular logic with respect to gender – “(1) girls have it easy, they know that they are not boys; (2) boys
have it hard, they are clueless; (3) girls pay the price” (Cook, 2015). This entire issue is spread across
inherited, induced and experienced PTSD. These notes on gender cover a sample stereotype, two centrist challenges – circa 1900 and 2014, and, a rejoinder that is a call for pause with respect to gender.

**Stereotype**

An example only – “College students, especially women, demonstrated negativity toward math and science relative to arts and language on implicit measures. Group membership (being female), group identity (self = female), and gender stereotypes (math = male) were related to attitudes and identification with mathematics. Stronger implicit math = male stereotypes corresponded with more negative implicit and explicit math attitudes for women but more positive attitudes for men. Associating the self with female and math with male made it difficult for women, even women who had selected math-intensive majors, to associate math with the self. These results point to the opportunities and constraints on personal preferences that derive from membership in social groups” (Nosek, 2002).

**Centrist, circa 1900**

In 1900 maleness and psychology were literally synonyms leaving femaleness an after-thought at best. “To become accepted, most women psychologists chose to emulate the approaches to psychology that were championed by their male peers. There were, however, a few who chose perspectives that were sensitive to women’s experience. Mary Whiton Calkins’s (1863-1930) self psychology was premised on the social nature of the self and reflected her situated experience of being a member of a women’s collectivist community. Helen Bradford Thompson Woolley (1874-1947) investigated sex differences in various intellectual, motor, and sensory abilities. Although some of the tests favored men and others women, she found that overall the differences were small. What differences did exist, she argued, were the result of training and social expectation rather than physiology. Leta Stetter Hollingworth (1886-1939) undertook a series of investigations that challenged psychology’s assumptions about women, such as the notion that women demonstrated less variability than did men in physical and mental abilities and thus could not be expected to achieve as much as men” (Minton, 2000).

**Centrist, circa 2014**

Alcohol alone is commonly associated with the male while discounting (or even ignoring) an association with the female – “Harmful use of alcohol is the leading risk factor for death in males aged 15–59 years, yet there is evidence that women may be more vulnerable to alcohol-related harm from a given level of alcohol use or a particular drinking pattern. ...because alcohol use among women has been increasing steadily in line with economic development and changing gender roles and because it can have severe health and social consequences for newborns. ...7.6% of all male deaths in 2012 were attributable to alcohol, compared to 4.0% of female deaths. Men also have a far greater rate of total burden of disease expressed in disability-adjusted life years (DALYs) attributable to alcohol than women – 7.4% for men compared to 2.3% for women. ...When the number of health and social consequences is considered for a given level of alcohol use or drinking pattern, sex differences for social outcomes reduce significantly or even reverse. ...for health outcomes such as cancers, gastrointestinal diseases or cardiovascular diseases, the same level of consumption leads to more pronounced outcomes for women” (WHO, 2014, p. 8).

**Rejoinder**

The stereotype above as social reality certainly contrasts with inspiration that should have radiated from the early 1900’s given the accomplishments of Marie Curie, a Nobel Laureate, who shared the 1903 Physics prize with her husband Pierre Curie and Henri Becquerel, with the 1911 Chemistry awarded to her alone. She was the first woman to win a Nobel Prize and the first person to win two Nobel prizes. Yet, accomplishment by women is burdened with happenstance for lack of better words – the “imposter
phenomenon” (Clance, 1978). There is no basis for happenstance given what happens in kitchens across the world, mathematics is an innate skill of women. A woman who normally makes a particular dish for her family is asked to make that same dish for a large gathering of some configuration. She does not reach for pencil and paper to determine what portion of spices and so forth to add, she simply knows what to do. This simple example advances chemical engineering to an innate skill of women.

**Literature: Freud, Watson, Skinner, Hebb, Tulving**

This survey of relevant literature is also a survey of reason. Literature is about the evolution of ideas through time while reason is a harmonic theme that overlays literature – emphasis versus downplay. In what follows emphasis will be presented as an objective evolution of thought where emphasis has a direct one-to-one association with material that can be articulated, while downplay has a one-to-many direct association to suppression conjoined with repression – on the ‘one’ side is intent, on the ‘many’ side is (are) distortions just short of fraud (Crocker, 2011) – ‘short’ lies somewhere in between fabrications and crime.

To set the stage, find a person who has committed their life to theoretical physics that will declare that Sir Isaac Newton was an idiot.

Such is the case of what has led to the current specification of working memory – “Before beginning our study of ‘behaviorism’ or ‘behavioristic’ psychology, it will be worth our while to take a few minutes to look at the conventional school of psychology that flourished before the advent of behaviorism in 1912 and that still flourishes. Indeed we should point out at once that behaviorism has not as yet by any means replaced the older psychology called *introspective psychology* of James, Wundt, Kuipe, Titchener, Angell, Judd, and McDougall. Possibly the easiest way to bring out the contrast between the old psychology and the new is to say that all schools of psychology except that of behaviorism claim that ‘consciousness’ is the subject matter of psychology. Behaviorism, on the contrary, holds that the subject matter of human psychology is the *behavior or activities of the human being*. Behaviorism claims that ‘consciousness’ is neither a definable nor a usable concept; that it is merely another word for the ‘soul’ of more ancient times. The old psychology is thus dominated by a kind of subtle religious philosophy. … No one knows just how the idea of a soul or the supernatural started. It probably had its origin in the general laziness of mankind” [Italics in original] (Watson, 1925, p. 3). From this it follows, with Walter Mitty the consulting logician, that the current specification of working memory, particularly its bottom up stance, protects one and all from the “general laziness of mankind”, which begets a poor choice for motivation behind a concept. It should be no surprise that libido will be advanced to a critical component of Watson’s thinking.

Caveat – Watson did contribute. It is through subsequent evolution of ideas that has led to exposure of the dynamics of everyday life, the shaded ellipse of Figure 2. Watson’s *behavior or activities of the human being* was pivotal to investigations of everyday life. Watson set in motion a corollary to the conventional thinking of the time. He established “mechanistic behaviorism” as an ethic with “functional behaviorism” Skinner’s follow-up (Moxley, 1992), which leads to a question that cannot be answered – what impact would the lack of Watson’s work had on Skinner’s work.

Nevertheless, circular logic certainly has its resilience, from damnation of libido by declaring the human to be an upscale primate (e.g., Watson, 1925, p. 23) to the selling of sex appeal (Buckley, 1989, p. 141).

In Watson’s damnation of consciousness there was the seed of clever creativity that his innate intellectual prowess capitalized on. In his 1925 book, Behaviorism, Watson presents himself as “Formerly Professor of Psychology and Director of the Psychology Laboratory, Johns Hopkins University”
with his dedication to Stanley Resor. The significance of ‘Formerly’ is that Watson’s decision to “sleep with a student” (Cohen, 1979, p. 157) resulted in him writing “out his resignation on the notepaper of the Office of the President … ‘I hereby tender my resignation as Professor of Psychology to take immediate effect’” (Ibid, p.157). The significance of Resor is that he was the President of the J. Walter Thompson advertising agency (Ibid, p. 161). Resor engaged Watson as a consultant. As such, Watson was able to pursue his conviction that the behavior of a person determines consequences. As an example of consequences, Watson developed a campaign for Pebecco toothpaste. The ad featured “a seductively dressed young woman smoking a cigarette. The ad encouraged women to smoke as long as Pebecco toothpaste was used regularly. Smoking was glorified as an act of independence and assertiveness for women. …they were buying sex appeal” (Buckley, 1989, p. 141). Hence, the application of a subliminal message – and, an unconditional vote for the existence of libido, with Watson a victim of his own circular logic.

Watson’s determination to overtrump consciousness with behavior, was, in turn, overtrumped by Skinner. While there is a link from Freud to Skinner that bypasses Watson (Henriques, 2003), Watson’s “objective methodology” was absorbed by Skinner’s “subjective methodology” (Horowitz, 1992).

This discussion of literature is presented as two themes and four topics. The first theme is the harmonic theme that overlays literature as the parent of two topics – behavior vs. consciousness and attachment. The second theme is the evolution of ideas – chronological survey of literature and extending the survey to Figures 2 and 3.

**Behavior vs. consciousness**

In an if-then sense, Freud’s *consciousness and memory are mutually exclusive* is extensible to *behavior and memory are mutually exclusive*. Thus, with a two-sided coin the basis, *memory* alone occupies one side of the coin, while *behavior* and *consciousness* are co-occupants of the other side of the coin.

Given it is impractical to think of *behavior* and *consciousness* as being separated in the sense contestants in a contest are separated, it follows that bottom up (*behavior*) conjoined with top down (*consciousness*) is the norm. Therein lies the dilemma that Watson created but was important to Skinner – while being side-stepped by Hebb and Tulving.

Further, taking suppression as the antonym to behavior and repression as the antonym to consciousness, it follows that suppression (*behavior*) conjoined with repression (*consciousness*) is the companion norm. Therein lies a different dilemma that Watson created but was important to Skinner – while also being side-stepped by Hebb and Tulving.

Thus, behavior versus consciousness is not the case, that behavior and consciousness is the norm given the two conjoined pairs. But what about memory, can memory be included without violating the *mutually exclusive* restriction. Incorporating emotion is the solution. Thus, focus needs to be on a tripartite internally self-referencing compliment – behavior, emotion and consciousness. Self-referencing is the focus and is discussed across five topics – basis, dimensions, benefits, conflict and resolution.

**Self-referencing – basis**

This is about equilibrium between behavior, emotion and consciousness, and the inherited biopsychosocial continuum, the “psycho-physics of emotion” – Lamarckian soft inheritance.

“The range of facts fairly shown by recent discussion to be available for the genetic theory of emotion-reactions may be stated under three such principles. These are Habit, used broadly to include the
effects of repetition and heredity, as the postulate of 'race-experience' makes use of it; Accommodation, the law of adaptation in all progressive evolution, no matter how adaptation is secured; and, earliest and most fundamental, Dynamogenesis, expressing the fact simply of regular connection between the sensory and motor sides of all living reactions, as to amount of process” (Baldwin, 1894).

Thus, the two conjoined pairs in this paper do have precedence as they conform to “regular connection between the sensory and motor sides of all living reactions”.

**Self-referencing – dimensions**

Behavior is not a reactive process as Watson asserted but is the acting out of identity as molded by the subliminal messages with the Pebeco campaign the initiator (Hoare, 2012). Behavior is a self-referencing mechanism that balances the unconscious as depicted in Figure 3 and spontaneous reactions to the immediate environment with emotion the assimilator.

**Self-referencing – benefits**

This is not about emotion per se but is about attitudes being driven by emotion. Emotion is the instigator of bottom up conjoined with top down - self-reference learning.

Here are two evolutionary accounts of emotion that cannot be refuted at face value but need to be accounted for jointly – James-Lange and expression (subjective), and Darwin and experience (objective). James-Lange theory of the nature of emotion is that physiological arousal instigates the experience of emotion. Darwin’s principles as to the explanation of emotional attitudes is about the relation of emotion to organic peripheral action. “The necessity of bringing the two theories together may be seen from the fact that the very phrase ‘expression of emotion’, as well as Darwin’s method of stating the matter, begs the question of the relation of emotion to organic peripheral action, in that it assumes the former [subjective] as prior and the latter [objective] as secondary” (Dewey, 1894).

However, setting behavior as dependent on Darwin’s objective experience, and consciousness as independent of James-Lange’s subjective expression, balances evolutionary account with momentary reality.

**Self-referencing – conflict**

In contrast to the prior discussion of benefits, this is not about emotion being challenged by the presumption of logic. “The origin of consciousness in which the function arises can be either physical [objective experience] or psychic [subjective expression]. Judgment is never without presuppositions [top down] and logical universes [bottom up] are products of logical processes. There are two types of judgments: Existential and relational. Affirmation and negation are coordinate and inconvertible modes of assertion, and the discourse advances through both denial and affirmation. Double negation is not affirmation. The negative can be conceived of either as the subject or as a relation. Denial contradicts affirmation to remove it completely. The meaning of denial and the implications of the judgment in which it is incorporated must be distinguished. Denial has various degrees of selective value in the activity of knowing, and its implications, in most cases, is positive” (Ormond, 1897).

In this vein, while emotion is effectively a hostage with logic the culprit, behavior being aligned with relational judgments, and consciousness being aligned with existential logic, provides emotion with the pause necessary to consider resolution with logic – with no guarantees.

**Self-referencing – resolution**

This is about introspection as being the self-correcting retort to existential and relational judgments. This is where human motives (consciousness) and human conduct (behavior) meet (Hilgard, 1949).
Attachment
This discussion’s base is the source, aim, object sequence of Figure 3, which is advanced through discussion to a preface to the rewind point.

Attachment has many origins in history, with global as to humanness of interest in this paper. The following reference to Plato accounts for this discussion’s organization. “Plato has a concept of personhood that indeed applies to the inhabitants of the ideal state of the Republic and to the practical state of the Laws. ... First, persons should be sharply distinguished from things. ... Allied with the concept of the distinctiveness of the person is the concept popularized by Kant of the individual as an end in himself or herself in contrast to the thinghood of nonhuman beings. ... A third feature of personhood is that persons are characterized by having attached to them legal rights and duties. Finally, persons have a distinctive role or function to play in society” (Hall, 1992). Now, this discussion’s organization.

“Plato has a concept of personhood that ...” is the basis for the contemporary specification. “First, persons should be ...” is the basis for history that pre-dates contemporary. “Allied with the concept of the distinctiveness ...” is aligned with the inertia of influence. “A third feature of personhood ...” is aligned with two topics. The first is the difference between consciousness and memory, the second is characteristics of PTSD. “Finally, persons have a distinctive role ...” is aligned with the preface to the rewind point.

Contemporary specification
Central to the rewind point, the intent of attachment is the transference, the topic of debate known as the Freud-Klein controversies at the British Psycho-Analytic Society in London from 1941 to 1945 – with the competing views of child analysis of Anna Freud and Melanie Klein the focus. The controversies were on the exchanges between the members of three camps – pro-Freud, pro-Klein and neutral. The pro-Freud members were Edward Glover, Melitta and Walter Schmideberg, Willi and Hedwig Hoffer, Barbara Low, Dorothy Burlingham, Barbara Lantos and Kate Friedlander; the pro-Klein members were Susan Isaacs, Joan Riviere, Paula Heimann, Donald Winnicott; and the neutral members were Ernest Jones, Silvia Payne, Ella Sharpe, Marjorie Brierley, William Gillespie, John Bowlby, James Strachey, Michael Balint, and Adrian and Karin Stephen (King, 1991a). The controversy revolved around the question of whether a child could develop a true transference. Freud felt that children were too young to shift away from the original family members, whereas Klein held that they could be analyzed through their transference-resistance reactions in much the same way as adults were analyzed. Freud also believed in the use of educational devices with both child and parent, whereas Klein stuck strictly to analytic methods (Fine, 1985). For emphasis, Bowlby was in the neutral camp.

While the Bowlby-Ainsworth specification of attachment applies to the family, it also applies to PTSD, particularly inherited. On an in-general basis, “Cultural differences in the regulation of attachment behaviors raise important questions about the value diverse societies place on attachment relations” (Bretherton, 1992).

Thus, with culture accepted as a proxy for emotion, then Freud’s view of the transference comports with behavior, bottom up and suppression, while Klein’s view of the transference comports with consciousness, top down and repression. The transference extends sanity, or at least the illusion of sanity, to attachment relations, hence a mask versus fixation and the rewind point. This sets the transference as a cloud that obscures source, aim, and object with respect to PTSD, across the three strains to include undiagnosed.
History that pre-dates contemporary

Attachment relations have precedent in, essentially, that which allows inherited PTSD. “…the consciousness of psychological science arises within a physical and a social world that are presuppositions of itself. From a logical point of view, a social psychology [attachment theory] is strictly parallel to a physiological psychology [loosely PTSD]. …human nature is endowed with and organized by social instincts and impulses; the consciousness of meaning has arisen through social intercommunication; and finally, that the 'ego', the self, that is implied in every act, in every volition, with reference to which our primary judgments of valuation are made, must exist in a social consciousness within which the social, the other selves, are as immediately given as is the subject self” (Mead, 1909).

Fixation is not an event, it is a placeholder for a momentary invocation of behavior-emotion-consciousness that in turn is comingled with the longitudinal event known as life – thus, the importance of transference as being a factor on both sides of emotion.

Inertia of influence

The inertia of influence is more than depicted in Figure 3. Each whole day of a person’s life spans 86,400 seconds, a number that sounds quite large, but, with each passing day, is a declining percentage of life. This applies to fixation as well.

Alternatively, think of fixation as being akin to a bad weld between two sheets of steel that are part of the hull of a sizeable ocean-going freighter. The freighter is fixed in size, while life continues to expand with each passing day. Thus, the potential for fixation to be threatening to quality of life, is a factor to be reconciled with respect to the rewind point. That potential is the inertia of influence, and is what distorts the store of memory images in Figure 3, and in turn, distorts the aim element of the source, aim, and object sequence of Figure 3.

Difference between consciousness and memory

The focus is now hope. While memory has a direct link to inertia, it has no connection to hope, a consciousness issue with a strong qualification.

Hope is “…as an essentially positive phenomenon necessary for healthy coping, its key purpose being the avoidance of despair, with the secondary function of permitting the individual psychologically to bypass ongoing unpleasant or stressful situations. Hoping is differentiated from wishing by hope’s reality-oriented focus, and from expecting or anticipating by its intense affective component” (Korner, 1970).

Now the qualification. Given hope is aligned with consciousness only, it follows that neither the two conjoined pairs nor the behavior-emotion-consciousness dynamic are a factor in hope. Instead, hope has basis in the store of memory images in working memory, Figure 3, and comports with the objective Darwin-experience link.

From this it follows that if hope can be verbalized, the anti-thesis to hope is then a hint to the nature of fixation. Thus, while the inertia of influence distorts the store of memory images in Figure 3, hope is the analgesic that in turn, mitigates distortion of the aim element of the source, aim, and object sequence of Figure 3.
**Characteristics of PTSD**

A void in attachment relations is a simple, concise definition of PTSD. Give that hope, in a graphical sense, skips the top half of Figure 3, it follows that the bottom half is the repository of fixation with the memory-inertia link the basis.

This is a call for introspection as an invocation of self-psychoanalysis. A person who is immersed in PTSD can be helped by formal therapy provided penetration past the transference is possible with the sexual offender the example – “many sexual offenders have the social skills necessary to gain the confidence of sympathetic clinicians”. Social skills is, of course, the issue which requires a contra developmental strategy (e.g., Osofsky, 1988).

**Preface to the rewind point**

Social skills do not exist in isolation – the objective Darwin-experience link as guaranteed by the memory-inertia link.

As a preface to the rewind point there are three factors “that uniquely contribute to people's global self-esteem: (a) people's tendencies to experience positive and negative affective states, (b) people's specific self-views (i.e., their conceptions of their strengths and weaknesses), and (c) the way people frame their self-views. Framing factors include the relative certainty and importance of people's positive versus negative self-views and the discrepancy between people's actual and ideal self-views” (Pelham, 1989).

PTSD is not cherished by the beholder, it is a confused hope that a ‘something’ in the past did not exist, knowing all along, that the longitudinal event knows as life does not include a rewind button.

**Chronological survey of literature**

This discussion is an application of what’s fair is fair, on two counts. First is the intent of this discussion, an objective review of the work of each Freud, Watson, Skinner, Hebb and Tulving with PTSD the concern. Second is the contemporary invocation of grandiosity, the principal defect with the current specification of working memory, which in turn, is a dark shadow over the merits of that specification. Topics to follow include grandiosity, contribution, dilemma, serendipity and the survey.

**Grandiosity**

“The year 1956 was critical in the development of cognitive psychology. At a meeting at the Massachusetts Institute of Technology, Chomsky gave a paper on his theory of language. George Miller presented a paper on the magic number seven in short-term memory and Newell and Simon discussed their very influential computational model called the General Problem Solver. In addition, the first systematic attempt to consider concept formation from a cognitive psychology perspective was reported” (Eysenck, 2000, p. 1). At issue is not scientific progress, the expansion of the knowledge base, instead, it is the birth of the cognitive psychology revolution, the gateway to many magic “bullets”. It is common to see abstracts that conclude with “…may be the basis for future research”, as in, “quote me, make me look smart”. Thus, the event of 1956 confirmed prophesy – “The advancement of the arts from year to year taxes our credulity, and seems to presage the arrival of that period when human improvement must end” (Ellsworth, 1844, p.5).

But, the revolution accomplished nothing with regard to human pain and suffering of which PTSD is a member. Additional critique is below, Flashbacks.
Contribution

In 1961 a three-volume *History of Psychology in Autobiography* was published spanning 43 contributors (Murchison, 1961). A sample entry, Pierre Janet’s abstract. “The editor of this collection had a very unique idea when he asked psychologists to write their own intellectual histories and criticisms, to transform themselves into philosophical historians, and treat themselves as though they had been dead for a long time. This hardly seems right since we are too active and too close to our own work to judge it with independence and to understand the influences which have unknowingly drawn us in certain directions. I have always protested against subjective psychology, and here I am asked for a most personal and subjective psychological analysis. It will necessarily be very poor, and the historians of the future, if by chance they should concern themselves with me, will find this autobiography very ridiculous. I beg to be excused in advance and I blame the initiators of this Project and their powers of seduction” (Murchison, 1961, Vol. I, p. 123). This is humility in the face of durable contribution to the knowledge base, exactly what is needed with respect to the resolution of human pain and suffering of which PTSD is a member.

We have absolutely no need for a revolution.

Dilemma

The dilemma was how to discount Freud’s focus on libido, the sex drive, the frustration of the majority of textbook writers between 1924 and 1928 (Park, 1931) – Watson delivered by exposing through time the merits of Freud’s objective analysis.

Frist, to be ignored was Krafft-Ebing directing attention to a troubled human psyche – “The poets may be better psychologists than the psychologists and philosophers; but they are men of feeling rather than of understanding, and at least one-sided in their consideration of the subject. They cannot see the deep shadow behind the light and sunny warmth of that from which they draw their inspiration…. Schopenhauer thought it strange that love had been thus far a subject for the poet alone, and that, with the exception of superficial treatment by Plato, Rousseau, and Kant, it had been foreign to philosophers” (Krafft-Ebing, 1894, p. iii).

Second, to be ignored was Freud directing attention to understanding – in his January 1895 letter to Fleiss (Freud, 1892|1966, pp. 200-206) where he, with melancholia (depression) the anchor, detailed sexuality in schematic form and with great detail from the neurological perspective.

Third, *salvation* was Watson directing attention to the human as an upscale copulatory primate – “Under sex excitement the male may go to any length to capture a willing female. Once sex activity has been completed the restless seeking movements disappear. The female no longer stimulates the male to sex activity” (Watson, 1925, p. 14).

Watson’s stark presentation was confirmed, if not in fact but certainly in kind by – (1) Bennett’s enumeration of the pathetic results realized from 1960 to 1980, (2) by a national football team’s notoriety as being more important than a female student who took her own life (Smith, 2014), and, last but not least, (3) Barbie (Cunningham, 1993).

Again, Watson exposed the merits of Freud’s objective analysis.

Serendipity

Watson’s transition from the academic world to the advertising world opened psychology to a hefty laboratory, where any attempt to enumerate the study subjects was impractical if not impossible. Watson’s contribution in the expansive laboratory was his innate dedication to the pursuit of
knowledge, to duty, regardless of the nature of the task. “Now, John B. Watson, who was recognized as being one of the greatest psychologists in the world, who was in the same league as Freud and Russell and Bergson, was asking Resor for a job. And Resor gave Watson only a temporary job. And what a job! Resor had to address the annual convention of the Boot Sellers League of America. In order to have the most impressive paper at the convention, he wanted some quick research done on the boot market. John B. Watson was given the job of studying the rubber boot market on each side of the Mississippi River, from Cairo to New Orleans. It is a measure of Watson that he took on this job without feeling humiliated” (Cohen, 1979, p. 161). This is the origin of the study of everyday life as depicted in Figure 2.

**Freud**

As an analyst-philosopher Freud stated – “We have found it necessary to hold aloof from biological considerations during our psycho-analytic work and to refrain from using them for heuristic purposes, so that we may not be misled in our impartial judgement of the psycho-analytic facts before us. But after we have completed our psycho-analytic work we shall have to find a point of contact with biology; and we may rightly feel glad if that contact is already assured at one important point or another” (Freud, 1913|1955, pp. 181–182). Freud did not, however, leave room to be challenged by critics whose thinking is 1956-based-grandiosity – “But what about the evidential merits of the two post-Freudian developments that are usually designated as “contemporary psychoanalysis”? Do they constitute an advance over Freud? The answer turns largely, though not entirely, on whether there is better evidential support for them than for Freud’s classical edifice” [Italics in original] (Gruenbaum, 2006). Given the extent of Ischemic Heart Disease and its known causal chain, the 1956-based-grandiosity is in dire need of embracing Freud’s open-source creation, contemporary psychoanalysis. Versus Ischemic, PTSD is probably more widespread when undiagnosed is taken into consideration. Proof of verbalization is not proof of the resolution of human pain and suffering, and does not even touch the everyday fears and foibles.

**Watson**

The determined damnation of Krafft-Ebing and Freud, resulted in a deep, dark cloud over the knowledge base inherited by Watson. While Watson leveraged the damnation, he extended, for example, “the same process that in Pavlov’s dogs led to the secretion of gastric juice and saliva by educated reactions to the environment” (Freedberg, 1973). This resulted in work in classical conditioning being extended to behavior therapy.

**Skinner**

Skinner’s contribution to the knowledge base was extensive. Of interest here is Skinner’s relationship to Freud with PTSD the underlying issue. “In his writings on human behavior, Skinner cited Freud more than any other author, and there is much clear evidence of Freud’s impact on Skinner’s thinking” (Overskeid, 2007). Attention is now on Skinner’s behaviorism, particularly Reductionism and Nonreductionism. With behavior not a consideration, Skinner’s focus was Reductionism – “Eventually, we may assume, the facts and principles of psychology will be reducible not only to physiology but through biochemistry and chemistry to physics and subatomic physics”. However, when behavior was a consideration, Skinner’s focus was Nonreductionism – “[Behavior] is not necessarily mechanistic in the sense of reducing the phenomena of behavior ultimately to the movement of particles, since no such reduction is made or considered essential. Behavior is an acceptable subject matter in its own right, and . . . it can be studied with acceptable methods and without an eye to reductive explanation” (Delprato, 1992). Nonreductionism is required in the evaluation of PTSD.
Hebb

Hebb’s focus was Reductionism in the area of neuropsychology. His research interest was to understand how the function of neurons contributed to psychological processes such as learning. He was clearly a scientist. “Scientific understanding means (1) having a model or theory of the phenomena to be understood yet lacking detail and apparent contradiction of reality, and (2) seeing the incompleteness and defects of the theory. Exploration of new theory should challenge and guide us. Effect on whole range of behavior must be questioned. Important area for theory construction is thought, especially its motivation” (Hebb, 1953). While Hebb’s focus was Reductionism, his “Scientific understanding” is transferable unchanged to Nonreductionism with respect to PTSD, in spite of him side-stepping the entire behavior-emotion-consciousness debate. While Hebb’s work has no explicit place in either Figure 2 or Figure 3, one must keep in mind the current status of the likes of polio, hence, implicit to either figure, must not be ruled out.

Tulving

Tulving’s focus was Reductionism in the area of cognitive psychology. His focus was on relating different memory systems (procedural, semantic, and episodic) to corresponding varieties of consciousness (anoetic, noetic, and autonoetic) (Tulving, 1985). Like Hebb’s work, Tulving’s work has no explicit place in either Figure 2 or Figure 3. While being implicit to each figure, the importance in Tulving’s work is in the investigation of fixation, of the rewind point. His segregation of memory must be respected.

Flashback

To the sons and daughters of the cognitive psychology revolution – sorry – 1956 saw the birth of unbounded grandiosity leaving prophesy of 1844 unaddressed.

There is absolutely no contemporary evidence the revolution contributed to the resolution of the ills of society. The thrills referred to by McGovern in 1970 are tiny compared to today’s technology addiction and associated damage to society, with extensive documentation across the internet available to the interested.

Given that 1956 occurred before the 20 years from 1960 to 1980 with outcomes of social policy poor at best, where were the proponents of the cognitive psychology revolution? “Recent analyses of American schools and proposals for school reform have missed an essential point: Most current problems could be solved if students learned twice as much in the same time and with the same effort. It has been shown that they can do so (a) when the goals of education are clarified; (b) when each student is permitted to advance at his or her own pace; and (c) when the problem of motivation is solved with programmed instructional materials, so designed that students are very often right and learn at once that they are. The theories of human behavior most often taught in schools of education – particularly cognitive psychology – stand in the way of this solution to the problem of American education, but the proposal that schools of education simply be disbanded is a step in the wrong direction” (Skinner, 1984). A stark statement that has precedent – medical education in the United States and Canada, circa 1910.

Abraham Flexner, a high school principal in Louisville, Kentucky and a pioneer of focused teaching that leveraged the natural abilities of students allowing those students, individually, to excel at their pace, transformed education into a broad social movement, entirely in step with John Dewey’s popular “progressive education” movement, with his stunning achievement the reframing of medical education in the US and Canada in only one report, his “Flexner Report” of 1910, which caused medical education to shift from lectures and rote learning to personal experience (Bonner, 1998).
Watson was not the first to reject Freud's specification of consciousness – “...the belief that the term 'consciousness' with its psychic implicates is a misnomer and that the conception of a mental, extra-physiological experience becomes useless for the teaching of psychology as a science” (Frost, 1914). However, take the lead from Watson being immersed in the hefty laboratory, and take the lead from the above critique of the Kinsey Reports, seminal pronouncements based on a small number of university students who only want to improve their grade in a course. And, jettison all references to ‘revolution’ instead focusing on the expansion of the grayed ellipsoid in the center of Figure 2, the entire current specification of working memory.

"A revolution of psychological thought and practice was made by Thorndike, Watson, Holt, Hunter, Lashley, Cattell, Terman, Yerkes, Tolman and Skinner between 1898 and 1938. ... The 1st of 2 stages in the revolution has been complete for some time, largely in the form of Behaviorism and the study of learning, and it is high time for the rebels to get on with the second one: a behavioristic or learning-theory analysis of the thought process” (Hebb, 1960).

**Extending the survey to Figures 2 and 3**

This extending the survey of selected persons to Figures 2 and 3 is less about the persons themselves and more about relationships between ideas and graphical elements. Topics to follow include altruistic duty, static inertia of influence, dynamic inertia of influence, spirited debate, serendipity and self as sponge.

**Altruistic duty**

This is about resolving each Reductionism and Nonreductionism to an ethical contribution to the knowledge base. “The demand has been often reiterated that the sciences of man should overtake or at least reach equivalent development to the physical sciences. Two broad sources of resistance are: (1) internal methodological difficulties, and (2) resistance of those professions or studies already performing in some manner the tasks which social science shall ultimately take over. The view that social science cannot be unbiased can be fought only by social scientists themselves in adopting a definite and high standard of what is acceptable. The basic fact that needs emphasis is that discussions and conclusions involve two distinct sets of principles: (1) those concerned with moral values or ultimate social goals, and (2) those concerned with the actual prediction of how individuals and groups act. The social scientist may campaign freely for whatever he wants as a citizen but not as a scientist. The historical situation is that social sciences ‘are called to the bar of public reckoning’. There is need for men having greater rather than less integrity in comparison with that demanded in research in the physical sciences. Social scientists should present the facts. The religious, political, or moral goals or values of which the social scientist has availed himself in arriving at a recommendation should be indicated” (Cattell, 1948).

**Static inertia of influence**

This is about self-referencing with focus limited to the “Baldwin effect” as an invocation of Darwin’s objective experience, and its application to modeling processes of learning and evolution. The “Baldwin effect” provides a mechanism whereby adaptations acquired in the life of the individual organism may exert a directive influence on evolution by natural selection (Wozniak, 2009). With PTSD the subject, the reference to evolution need not go any further than the evolution of thought, which can have an impact anywhere along the fringe of everyday life in Figure 2 (learning) and the production of memory images in Figure 3 (evolution).
Dynamic inertia of influence

This is also about self-referencing but with reference to the James-Lange subjective expression, with attention directed to the work of Harry Stack Sullivan. He detailed “two aspects of what makes us human: Goal-directedness (labeled by Sullivan the need for satisfaction and here ‘projectuality’), and its derailment by interpersonal forces (referred to by Sullivan as the need for security and herein as ‘eventuality’). The tension between projectuality and eventuality gives rise to the self-system: A defensive self-organization aimed at maintaining self-esteem through the prevention of [subjective] anxiety” (Shahar, 2011).

What this projectuality-eventuality duet says is that it is wise to explore the regions of Figure 2 outside of everyday life in order to discover a hint, or hints, as to the nature of fixation, while, with Figure 3, the idea is to be selective in retrieval of memory images from working memory so as to possibly void receipt of an element, or elements, that is/are protective of fixation.

Spirited debate

This is about a single word – radical. Now, to focus on a word within a discussion of PTSD and its expanse seems like making dialog out of the mundane. However, the word radical accounts for much. A repeat from above for emphasis, Freud’s 1895 objective – “The intention is to furnish a psychology that shall be a natural science” has been extended to the contemporary “a theoretically unified psychology”. An epistemological system that sets the psychological science in relationship to the other sciences. Skinner’s insight is merged with cognitive neuroscience to understand how mind emerges out of life, then joined with Freud’s insight to understand the evolutionary changes in mind that gave rise to human culture (with Watson not even a consideration). Thus, linking life to mind from the bottom (up) and mind to culture from the top (down). Epistemology is the base issue.

Watson was direct in that his behaviorism was a stark retort to the conventional wisdom attributed to consciousness – hence, radical with no qualification needed. Skinner was indirect in an epistemological sense that radical to him was denial of the existence of subjective entities (Schneider, 1987). With respect to Figure 2 and the lower boundary of everyday memory which touches phantasy, Skinner’s insight alone allows PTSD’s associated fixation to be pursued with Freud’s second biological rule the reference, while Freud’s insight allows pursuit based on his first biological rule. With respect to Figure 3, Skinner’s insight extends bottom up to a far reaching dynamic with top down impacted by Freud’s insight.

Serendipity

The starting point is the startle factor – Watson’s “Under sex excitement the male may go...” effectively declared the female’s duty is to service the male on demand, in turn, caused Freud to appear to be quite tame with respect to sex especially when the points in Flashbacks above are considered.

Beyond startle, radical was the norm with Watson’s every attempt to declare Freud’s psychoanalysis as incompatible with behaviorism. Watson first explained psychoanalysis in terms of William James’s habit theory, then in terms of Pavlov’s classical conditioning theory – his ultimate goal was to assimilate the discoveries of psychoanalysis into behaviorism. Watson’s experiment with Little Albert in the context of Pavlovian was a psychoanalytically inspired attempt to capture simplified analogues of adult phobic behavior, including the transference of emotion in an infant that in turn, through contributions to the knowledge base over time served as an input to the Freud-Klein controversies of 1941-1945. As a respected professor, Watson did have an extensive audience that, to the chagrin of Watson, responded to what Watson was radical about, with attention advancing to the scientific appraisal of Freud’s ideas in the laboratory (Rilling, 2000).
**Self as sponge**

This is about radical with respect to “possible selves”. For one to focus on Freud’s “[someday] we shall have to find a point of contact with biology” misses two points – first today is not ‘someday’, second, today is exactly that. To gain insight into PTSD and the depressive and paranoid realms of Figure 2, we need to be radical in Watson’s sense as well as in Skinner’s sense. We need to be honest as Cattell, Hebb and others have advised. We need to listen to Freud while being introspective and self-aware as the contributors to the *History of Psychology in Autobiography* were asked to be.

Freud opened thinking to a broad conceptual base while Tulving provided the specifics of a starting point to – “…discussing possible selves in terms of narratives instead of conceptions or images can have several benefits: (a) It emphasizes the possible selves’ potential for information richness; (b) it emphasizes that they are easily linked or nested into each other; and (c) it emphasizes that they are manifest as experiential meaning” (Erikson, 2007).

**The host of what begets PTSD: Freud’s pcpt-cs**

The thesis of this discussion is *what is outside of me is me*, the object of drives that is PTSD. This track’s two sections account for the thesis – Gordon Allport’s saliva narrative (*what is outside of me is me*) and Libido – motivation (the object of drives).

This immediate discussion is about Freud’s pcpt-cs as that which begets PTSD as well as the entire left to right continuum of Figure 2 to include the tiny and invisible line that separates left from right – thus, the continuum is not about absolutes but is about degrees of offset from the tiny and invisible line. To set the stage, the inertia of influence of Figure 3 is to be the dependent variable, while seduction is to be the independent variable. Before moving on this requires modification of an item from above, a candidate for disoriented thinking to be made sense of – *The dependent versus independent variable with circular logic as the result of bottom up conjoined with top down, in isolation, then extended to suppression conjoined with repression*. [The sentence is in the second track – Fundamental dimensions – Everyday memory]. The two contributors to the status of candidate for disoriented thinking is *circular logic* and *conjoined*.

*Circular logic* – This is about paradoxical logic as circular logic in reverse. Confirmation of this definition, and, the inertia of influence of Figure 3 is to be the dependent variable, while seduction is to be the independent variable, will be accounted for after the discussion of Freud’s pcpt-cs, Figure 4 below.

*Conjoined* – The use of this word, on the surface, can be easily discounted as the right of the author. However, precedent is with the *Oxford Dictionaries* – conjoin is the joining of theory and method. This leads to ‘in kind’ versus ‘in fact’. On the ‘in kind’ side are suppression conjoined with repression and bottom up conjoined with top down. Now, neither pair explicitly addresses theory versus method. To satisfy ‘in-fact’ requires two steps. The first step is to assign each ‘theory’ and ‘method’ to terms. The result has ‘theory’ accounted for by bottom down and repression, and ‘method’ accounted for by top down and suppression. The next step is to account for the difference between ‘theory’ and ‘method’ with working memory of Figure 3 to be used. The result is suppression conjoined with repression through working memory, and bottom up conjoined with top down through working memory.
‘pcpt-cs’ – static

“I should like to portray the structural relations of the mental personality, as I have described them to you, in the unassuming sketch I now present you with ...As you see here, the super-ego merges into the id; indeed, as heir to the Oedipus complex it has intimate relations with the id; it is more remote than the ego from the perceptual system. The id has intercourse with the external world only through the ego – at least, according to this diagram. It is certainly hard to say today how far the drawing is correct. In one respect it is undoubtedly not. The space occupied by the unconscious id ought to have been incomparably greater than that of the ego or the preconscious. I must ask you to correct this in your thoughts.” (Freud, 1932|1964, pp. 78-79). The response to Freud is simple, the representation is correct, but with the passage of time a practical qualification.

A person is born and as time rolls on each new day occupies a declining percentage of a person’s entire life. This guarantees that ‘shape’ of the non-neuronal mental apparatus will take the shape of an iceberg with the greatest percentage of life – the id (alternatively, the bio-psycho-social continuum, Table 1) well below the water line, and with the id essentially a stew that includes phobias as well as the likes of forgotten recipes for various deserts and memories of goals that morphed to myths – and, PTSD-related fixation points. This includes below the waterline the superego (alternatively, seduction, Table 1), but not as deep as the id. The ego is a different story as the ego is a series of compartments – consciousness and memory are mutually exclusive, as is behavior and memory are mutually exclusive. The pcpt-cs dynamic is part of the story, a small part – yet, a very powerful momentary part. The larger part of the story is the dash character between the ‘pcpt’ and the ‘cs’ – the dash character is a placeholder for an interpreter, the origin of seduction, with seduction emerging as a self-fulfilling prophesy. Thus the shape of Figure 4 is entirely correct with the idea of an iceberg a diversion from the importance of the active dynamics.

Now, this reference to the dash character may seem like declaring having pulled the correct single straw from a very large hay stack. In a sense, when you count characters – ‘pcpt’ is 4, ‘-’ is 1 and ‘cs’ is 2, the ‘-’ is not very impressive.

But when the ‘-’ is equated to a cardiac “bundle block” – blip, blip, explosion, ... – then a thought that may or not be important on the surface includes an impression that is interpreted where ‘correct’ is not a requirement. A cardiac “bundle block” lasts for a few nanoseconds, very long term when compared to the absorption of that which is represented by a seemingly irrelevant graphical character. Yet, if one were to image a flock of Canadian geese flying in a northerly direction high above Lake Erie with their flight originating from somewhere south of Cleveland, Ohio in the United States, and then, about 20 miles out from land, the very instant their natural guidance systems [the ‘-’] lock in on glide path to the feeding grounds north and slightly west of Pointe Pelee National Park, Ontario, Canada, one then gets the idea – the geese land as a flock, having bypassed Point Pelee to the west as the glide path is not a straight line.

‘pcpt-cs’ – dynamic

Attention now turns to two open issues from above – (1) the definition of paradoxical logic and (2) the inertia of influence of Figure 3 as the dependent variable, while seduction is to be the independent
variable, to be followed by supporting analysis. That analysis will cover five topics – Freud’s two biological rules, psychophysics, covert mental activity, psychogenic amnesia, and pathology of the psycho-neuroses.

The two issues are solved in unison, with Figure 3 the basis, and with Figure 4 superimposed, but not replacing, the vertical region that has working memory in the center – and with the ego in line with working memory in Figure 5 below. Now, imagine an arrow with its origin at the ‘-‘ of pcpt-cs moving across the top of Figure 3, along the left side, and then terminating at the inertia of influence – thus, bypassing Figure 3 entirely. The speed of that event is less than the time required for a cardiac bundle block while the distance traversed to destination matches the accuracy of the Canadian geese’s curved glide path. This enables a preliminary accounting of paradoxical logic save one issue to be addressed below. That one issue will result in paradoxical logic as being a concise definition of the three strains of PTSD with undiagnosed included.

Intuitively, one might imagine that working memory in Figure 3 is a two-way system, as being the host of circular logic – actions of bottom up defy the logic of top down. This implies that Figure 3 is a self-enforcing dynamic with working memory the controller. Not so. Working memory is a slave system while Figure 3 in total is a static subsystem of reality – hence, circular logic in reverse. Freud’s two biological rules make this clear – a two-step narrative then a graphic representation of the result, which sets the inertia of influence of Figure 3 as the dependent variable, while seduction, the ‘-‘, is to be the independent variable.

Step one: A repeat, Freud’s first biological rule – “Everything that I call a biological acquisition of the nervous system is in my opinion represented by a threat of unpleasure of this kind, the effect of which consists in the fact that those neurones which lead to a release of unpleasure are not cathected. This is primary defense, an understandable consequence of the original trend of the nervous system. Unpleasure remains the only means of education” [Italics in original] (Freud, 1895|1966, p. 370). Freud’s primary defense is the inertia of influence, where inertia can be thought as being akin to an inanimate rock imitating a dyslectic piranha where the parallel is the region occupied by phantasy in Figure 2 – as being akin to an inanimate rock [fixation] imitating a dyslectic [rational not required] piranha [reactive that is proactive].

Step two: A repeat of Freud’s second biological rule – “For the ego, then, the biological rule of attention runs: If an indication of reality appears, then the perceptual cathexis which is simultaneously present is to be hypercathectized” [Italics in original] (Freud, 1895|1966, p. 371). Freud’s indication of reality is the less selective awareness, the region occupied by fantasy in Figure 2 where indication of is not construed as possessing any degree of correctness – once at the feeding grounds, the Canadian geese must hunt before they peck.

Therein lies paradoxical logic – working memory in Figure 3 is a slave to everyday life, and not the interpreter as the current specification of working memory implies.

Now the graphic. This requires Figures 2, 3 and 4, and Table 1, to be presented as a single dynamic.
Figure 5 – Dynamic Working Memory

The construction of Figure 5 is as follows. The region to the left of the unconscious in Figure 3 is overlaid with Figure 2 which makes sense, everyday life need not be considered the “blare of the trumpet” momentary experience is just that. The region of Figure 3 being overlaid by Figure 4 was described above with the overlaid region set to the right side for reference only. Turning Table 1 to the side and cropping graphics results in source, aim and object being aligned with the id, ego and superego, which, in turn, accounts for Freud’s concern – “How primary defense, non-cathexis owing to a threat of unpleasure, is to be represented mechanically – this, I confess, I am unable to say” (Ibid, p. 370). One cannot fault Freud, in 1895, for not having access to thought that developed 100+ years after his Project was completed, with his subsequent thinking part of that development.

With Figure 5 the basis, the inertia of influence of Figure 3 is the dependent variable, while the ‘-‘, seduction, is the independent variable.

There remains one issue to be resolved – the reality principle, which appears twice in Figure 5. The first instance of the principle is with Freud’s second biological rule the reference. The second instance is in the source Figure 3. This makes perfect sense with the reference the thesis of this discussion, what is outside of me is me, the object of drives that is PTSD.

The first instance is accounted for by the thesis, what is outside of me is me – it is my inertia of influence, thus, me, is accounted for by an inanimate rock imitating a dyslectic piranha.

The second instance is accounted for on three counts with one conclusion. The first count is suppression conjoined with repression through working memory as a slave system which results in suppression being enforced by repression. The second count is bottom up conjoined with top down through working memory as a slave system which results in bottom up being determined, versus enforced, by top down. The third count is the coin analogy above – memory is on one side while behavior and consciousness are on the other side. The conclusion is that, in Figure 3, the reality principle and terminal uniqueness are synonyms with the primary conspirator behavior and memory are mutually exclusive, and with the lesser conspirator consciousness and memory are mutually exclusive.

Paradoxical logic and PTSD are synonyms with a common definition – what is outside of me is me.

This definition will be developed further, after an immediate task, with the two discussion under the headings of Gordon Allport’s saliva narrative, and Libido – motivation. The immediate task is to extend, with abbreviated discussions, paradoxical logic to six topics noted in this discussion’s opening paragraph – psychophysics, covert mental activity, psychogenic amnesia, and pathology of the psycho-neuroses.
Psychophysics

Gustav Fechner (1801-1887) published his Elements of Psychophysics in 1860 which included discussions about outer psychophysics and inner psychophysics. “Both outer and inner psychophysics depended upon the fundamental arguments of [a] new field of research, which Fechner based on an empirical finding by Ernst Heinrich Weber (1795-1878) during the 1840s and the research methods of a host of sensory physiologists. Weber noticed that in many sensory systems the just noticeable difference in stimulus is a constant ratio. In other words, we are able to notice a percentage change in a stimulus (e.g., light, sound) rather than any absolute value of increase or decrease in strength of that stimulus. In the 1850s Fechner elevated this empirical finding into something much more general. Mathematically, Fechner integrated Weber’s relationship: ∆R/R = c; doing so, he assumed that the just noticeable difference, or threshold, was a stable unit of measurement related to sensation (S). The result was S = k log R, what Fechner called the ‘Weber law’, or the ‘fundamental formula of measurement’” (Robinson, 2010). A reference to the ‘Weber law’ will be in comments about covert mental activity below. What is important here is the summary of his inner psychophysics – “Fechner, in short, proposes the following schema to represent the entire ‘chain’ of activity in human psychology: stimulus (R) – psychophysical processes (PPP) – sensation (S). Thus, the inertia of influence is the dependent variable, while the ‘-‘, seduction, is the independent variable, has precedent.

Covert mental activity

A repeat from above – the deterministic-like idea that immediate memory is discreet, is fraught with danger. “The dorsal and ventral cortical pathways, driven predominantly by magnocellular (M) and parvocellular (P) inputs, respectively, assume leading roles in models of visual information processing. Although in prior proposals, the dorsal and ventral pathways support non-conscious and conscious vision, respectively, recent modelling and empirical developments indicate that each pathway plays important roles in both non-conscious and conscious vision. ...perception [is] the registration of sensory information in consciousness” (Breitmeyer, 2014). Given the ‘Weber law’ resulted from work in physiology, it is fair to assume that conscious vision is subject to measurement leaving non-conscious vision to conjecture.

Psychogenic amnesia

In terms of disturbances of the notion of personality, psychogenic amnesia (dissociative amnesia) is an advanced form of psychasthenia (excessive doubts, compulsions, obsessions, and unreasonable fears), but with a very common basis. “There is a transitional region for all mental activities, and nowhere perhaps, is this shown more clearly than in the field of memory, whose characters, even within normal limits, are so various. That we forget is in itself no defect. On the contrary we could not fulfil the purposes of life if we did not disburden our memory constantly of superfluous matter; but it is evident that this suppressing and supplementing of memory ideas makes us unfit for life when it assumes large proportions. Our knowledge of our own personality and its doing is only a function of memory. We know of ourselves, in a psychological sense, through the connected memory of our actions and of our experiences. As soon as the memory for our own past is lost completely, the pathological character is, of course, evident; and if the ideas which form ourselves become dissociated and groups become split off as a second or a third personality, no one doubts the abnormality of the phenomena. Yet here again we can reach the most hopeless forms through small steps from the experiences of our daily life. Hence the borderland region between the normal variations of personality and the complete pathological destruction of the self demands the most earnest consideration in the court-room” (Janet, 1907).
To those who remain adamant that recovered memories are synonymous with fiction, please consider reading Janet’s full paper.

Pathology of the psycho-neuroses

Presented as president to Figure 2 being assigned to the unconscious in Figure 5: “That our points of view, attitudes of mind, sentiments, and the meaning which ideas have for us are determined by the experiences of life and are, therefore, acquired, can scarcely be traversed. … This is my first thesis. The psychological content of every idea is a complex affair. … The important point is that ‘meaning’ is a very definite concrete part of the idea. … We may say that the idea is set in his antecedent mental experiences which may be called the setting which gives the idea meaning. Going one step farther, we know that the setting is necessarily represented, according to the principle of conservation, by subconscious dispositions. Consequently, every idea, or nearly every idea, that has egocentric meaning must have roots in such dispositions. From them (or determined by them) a greater or less number of memories of antecedent mental experiences, organized with the sensational signs of a given present idea, emerge into the content of consciousness, either into the focus or fringe, as meaning. Idea and meaning, or perhaps more correctly expressed, signs and meaning, thus become a psychical whole” [Italics in original] (Prince, 1916).

Gordon Allport’s saliva narrative

PTSD is an if-event then-post-trauma-may-happen sequence, with progression as used in this paper the exact opposite of Glover’s use of the term with respect to alcohol, thus, what is outside of me is me. In this vein the event(s) that could have post trauma association are over-ruled by paradoxical logic.

“How very intimate (proper) the bodily sense is can be seen by performing a little experiment in your imagination. Think first of swallowing the saliva in your mouth, or do so. Then imagine expectorating it into a tumbler and drinking it! What seemed natural and ‘mine’ suddenly becomes disgusting and alien. Or picture yourself sucking blood from a prick in your finger; then imagine sucking blood from a bandage around your finger! What I perceive as belonging intimately to my body is warm and welcome; what I perceive as separate from my body becomes, in the twinkling of an eye, cold and foreign” (Allport, 1955, p. 43), but not with respect to PTSD.

From this it follows that an open systems approach as contra-PTSD that “represents better the human personality as a process (becoming) and not as a state (being in equilibrium)” (Allport, 1960).

Becoming, to balance the inertia that is what is outside of me is me, is the necessary focus in hypotheses about what the rewind point might look like. “There is evidence that beliefs (cognitive vulnerabilities) and goals (to prove self-worth) contribute to [defeat] … beliefs and goals leads us to four propositions: (a) People with cognitive vulnerabilities often adopt self-worth goals (seeking to prove self-worth and to avoid proof of worthlessness). People with the opposite beliefs often adopt learning goals. (b) Stressors trigger depression largely because they lead people with self-worth goals to focus narrowly on goals to avoid proof of worthlessness. The same stressors do not lead people with learning goals to become depressed. (c) People with goals to avoid proof of worthlessness adopt defensive self-handicapping behaviors when dealing with stressors, because those behaviors serve their goals. The same stressors lead people with learning goals to adopt constructive, problem-solving strategies. (d) A key to alleviating depression is fostering a shift from self-worth goals to learning goals and from the beliefs underlying self-worth goals to the opposite beliefs” (Rothbaum, 2009).

An example of “cognitive vulnerabilities”: When it came to selling, Watson also developed ideas that influenced America very deeply. He often started by telling salesmen that they tried too hard to sell.
They did not know themselves well enough. A typical analysis was one Watson gave at a conference in April 1934: ‘You should watch yourself like a Cadillac or a Ford. . . . It has always been a curious thing to me that people don’t know more about themselves. If I started asking you searching questions about yourself now you would find yourself pretty dumb. You have never looked at yourself in this critical performance way. Then, too, there are many painful things about yourself that you do not want to face and that you never have put into words. We know less about ourselves than we know about almost any other thing in the world” (Cohen, 1979, p. 189).

And, an example of “to prove self-worth”: “This is stirring stuff and, pushed in one direction, it might have led Watson to start a kind of encounter movement in which the accent would have been entirely on externals and performance. (In place of insight, that current cliché, maybe Watson would have given us exsight, the skill to see yourself from the perspective of the other.) But that was not what Watson was selling to the salesmen. His point was that a salesman should first of all get to know his own strengths and weaknesses well” (Ibid, p.189).

Both examples can be summarized by extended references to Walter Mitty. Above there was a reference to Walter Mitty as the consulting logician. We back-of-the-envelope experts are the “consulting logician” from time to time as we must be, as it is our back-of-the-envelope expertise that protects us, that prevents the comingling of “cognitive vulnerabilities” and the need “to prove self-worth” – “being in equilibrium” at the expense of “becoming”

**Libido – motivation**

The starting point is an impromptu conversation between Masers John B. Watson and Walter Mitty.

Watson: “In place of insight, I suggest to you exsight, the skill to see yourself from the perspective of the other”.

Mitty: “My eye sight is already 20-20, uncorrected”.

Therein lies the dilemma, we see ourselves as ourselves, as an object with no need for aim and source, for, after all, Libido is a six-letter word with three syllables – two letters for each syllable, clever. Then there’s Motivation, just a big college word. We are the conclusion.

To gain access to the lower left hand corner of Figure 5, the real parts of reality need to be prioritized.

First, what is outside of me is me – important, but metaphor. To the bottom with this.

The next task is to decipher the result of Freud’s first biological rule being extended through primary defense and on to the inertia of influence, an inanimate rock [fixation] imitating a dyslectic [rational not required] piranha [reactive that is proactive].

The inanimate rock is static, no need for concern now, its position is above metaphor. Dyslectic is in the next paragraph, which leaves the piranha, best left alone, its position is below metaphor.

Dyslectic is the focus. While what’s left is right and what’s right is left certainly sounds confusing, but at least, as does saliva, it has definition – fluid is the chief suspect as to the character of definition. From this it follows that it is best to consider dyslectic and the “consulting logician” as synonyms. With the reference to synonyms as the base, the next reasonable step is to leverage the pre-existing back-of-the-envelope expertise to the objective – “becoming” at the expense of “being in equilibrium”. To be as deliberate as Canadian geese that are inbound to the feeding grounds, the very instant their natural guidance systems [the ‘—’] lock in on glide path. Given that the ‘—’ led to the muddlement that is PTSD, then let the ‘—’ be the analgesic but with great care. Expansion of the analgesic follows. The sequence is idealistic, common sense and happiness, as in source, aim and object.
Source – Idealistic

This is about self-esteem that is too often thought of as having thing-ness – the likes of a high-water mark versus a low water-mark (e.g., Crocker, 2004). Metaphor is a reflection of reality, thus, what is outside of me is me, while true, what remains is that ‘outside’ is exactly that.

Aim – Common sense

This is about payback versus effort. Alternatively, the path of least resistance. “A good decision has high outcome benefits (it is worthwhile) and low outcome costs (it is worth it)” (Higgins, 2000). The pursuit of incremental gains versus dyslectic offer incremental equilibrium as a potential outcome. To consciously focus on an explicit self-induced seduction (the ‘’) opens the door to risk.

Object – Happiness

It is foolish to think of “becoming” at the expense of “being in equilibrium” as being a start-done proposition. First, the inanimate rock will always be, regardless of introspective effort. Second, paradoxical logic will always be if for no other reason than everyday rationalizations. Third, the piranha in us is in part self-inflicted nonsense and in part self-protection versus the malformed intent of others. This leaves dyslectic as being definable with survival of scrutiny the required determinant with respect to economical in view of everyday rationalizations. There is no need to be aggressive in approach as the current inventory of PTSD(s) need not be enhanced (e.g., Diener, 2006).

Psycho-Dynamics

The prior discussion, Libido – motivation, closed with a ‘to do’ list, with, as the basis, Freud’s first biological rule being extended through primary defense and on to the inertia of influence, an inanimate rock [fixation] imitating a dyslectic [rational not required] piranha [reactive that is proactive].

That discussion finished with dyslectic to be accounted for by idealistic, common sense and happiness, which in turn was preceded by setting the inanimate rock as the next priority, followed by paradoxical logic with the piranha left for last.

This track will focus on dyslectic while the next and last track will focus on the inanimate rock. This does not mean that both paradoxical logic and the piranha will be left unaddressed. Regarding paradoxical logic, as discussion unfolds, what is outside of me is me will take on extended form – what is outside of me is me because it is me, while piranha will gradually settle as a philosophical my-history-is-me person as preventive of “becoming” at the expense of “being in equilibrium” as a start-done proposition. As both this track and the next develop, references will be made to probable changes to each paradoxical logic and the piranha.

The intent is to advance dyslectic as resistance in a positive stance, to the psycho-dynamics that are contrary to PTSD.

The starting point, is, as it should be, Freud’s objective, “a theoretically unified psychology”. Freud was not the first to think along those lines. For example, Amariah Brigham, one of the founding members of the Association of Medical Superintendents of American Institutions for the Insane, which eventually became the American Psychiatric Association, stated, “Every part of the human system has undoubtedly been created for the performance of some action; as the heart for the circulation of the blood, the eye for seeing, the ear for hearing, the nerves for sensation, the bones to sustain, and the muscles to move the body. That action which nature intended a certain organ to perform, cannot be executed by another organ; the ear cannot supply the place of the eye, or the nerves perform the duties assigned to the
muscles. The particular action or duty assigned to several organs of the body we know by the evidence of our senses. We can see and feel the heart beat and the muscles contract. But as regards the action or function of other organs, we have not the same evidence. There is much proof that the brain consists of a congeries of organs, each of which, in a healthy state, manifests a particular faculty of the mind, and that the power of each faculty chiefly depends on the size of its appropriate organ. I allude to these facts, however, only for the purpose of directing the inquiries of others to them. My present aim is simply to show that the brain, considered as a whole, is the instrument by which the mind operates; and I hope to impress this fact deeply upon the minds of all those who are engaged in the education of youth. As a first proof, I will refer to that belief in the dependence of the mind upon a sound state of the body, which is forced upon us by almost daily occurrences” (Brigham, 1833, p.17).

This extensive quote covers a lot of territory – from the senses, to neurology, to being in equilibrium, to becoming.

Such is the goal of resolving what’s left is right and what’s right is left to a fluid theme – mindfulness, object relations and traits as practical expansions of idealistic, common sense and happiness which in turn were offered as the analgesic to seduction, the ‘-‘.

**Mindfulness, self-worth, anxiety**

The starting point is emotion as being synonymous to the continuum that extends from mindfulness, to self-worth, then on to anxiety, and then to absorb the original references to idealistic, common sense and happiness, with these three the reference points in what follows. From this it follows that the continuum ranges from objective to subjective. To fit this discussion with the evolutionary accounts of emotion (Dewey, 1894) from above, those accounts need to be modified to be in line with the goal of resolving what’s left is right and what’s right is left to a fluid theme.

Thus, Darwin's principles as to the explanation of emotional attitudes as being about the relation of emotion to organic peripheral action, is restated as, the explanation of emotional attitudes as being about the relation of emotion to reactive with respect to a seduction (objective). And, the James-Lange theory of the nature of emotion is that physiological arousal instigates the experience of emotion, is restated as, the nature of emotion is that proactive with respect to a seduction instigates the experience of emotion (subjective).

This discussion is spread across six points, the first three are aligned with Darwin’s principles while the last three are aligned with the James-Lange theory, with idealistic, common sense and happiness accounted for in stream. The six points are idealistic (mindfulness and altruism as dependent variables), common sense (relationship with each personal life and social life as intervening variables), and, happiness (Progression – implicit and explicit as independent variables).

All references to seduction in this fifth track are to be taken as being only in relation to undiagnosed PTSD. Specific accounting of the three strains – inherited, induced and experienced – will be addressed in the next track.

**Mindfulness**

There are two sides to mindfulness – idealistic and realistic, which set mindfulness as dependent upon intent as source. Mindfulness can be taken as a straight line, from left to right, that sits on Figure 2 and is in touch with the lowest edge of the greyed ellipsoid but not higher. Mindfulness is independent of the pleasure and reality principles on Figure 2 only, but is greatly influenced by each principle in dialog, with dialog totally inconsistent with a linear graphical representation. Thus, mindfulness extends from idealistic to realistic to idealistic, essentially from abnormal to normal to abnormal. Given that Figure 2
has been assigned to the unconscious in Figure 5, this sets mindfulness as being very dependent on total experience as described by Brigham.

With intent as being reactive with respect to a seduction (objective), that reactiveness affords “...direct evidence of specific subconscious processes occurring under certain conditions. ...consisting of coconscious pictures, visual and auditory occurring outside the field of awareness. ...that the coconscious images are elements of more elaborate subconscious processes that may emerge into consciousness as hallucinations and induce dreams and somatic phenomena” (Prince, 1917).

All such coconscious images are suggestive, with no guarantee, of fixation. The qualifier is due to the durability of impression – total experience versus a seduction. Given this track is about undiagnosed PTSD, total experience and seduction must be assumed to be comingled, yet, open to discovery.

Altruism

Being reflective of safety in inertia, altruism is expressed through belief systems that are decidedly in line with what’s left is right and what’s right is left, but, as an adaptive and protective theme, less adaptable than a fluid theme. In source, aim and object terms, the sequence is seduction to be rationalized, paradoxical logic and altruism.

“From the dynamic point of view, beliefs are influenced by and reflect wants, needs, desires, and feelings. The content of beliefs are not limited; people can believe anything they choose. From the structural point of view, beliefs are seen to be a function of the ego; they may be simple or complex, logical or illogical, realistic or unrealistic, conscious or unconscious. ...[reactive with respect to a seduction] ... The construct of belief does not ignore reality. Reality – that is, the ‘actuality’ of the external event – must be processed by the individual. The outcome of this processing becomes a person's best approximation of the external event – that is, subjective reality. Subjective reality is the only "reality" a person has (Kant's Esse Percipe est). Subjective reality comprises the meaning one attributes to experience and the beliefs developed therefrom.

Psychopathology can be conceptualized from the vantage point of beliefs. Beliefs can be unrealistic and illogical; unrealistic and illogical beliefs constitute the core of most psychopathology. ... However, anxiety (neurotic or psychotic), depression (neurotic or psychotic), paranoia (as a character trait or as an aspect of psychosis), obsessive thoughts and/or compulsive behavior, or hypochondriasis all can be seen to be a function of some pathological (i.e., unrealistic) belief. Beliefs also lend themselves to an understanding of resistance in psychoanalytic treatment. ... Beliefs about self, other, and significant relationships with others are difficult to change because they constitute people’s psychological reality and an aspect of the personal and interpersonal world that constitutes the basis upon which they function in their world. Freud [listed] five sources of resistance – repression, transference, secondary gain, unwillingness to renounce satisfaction, and the sense of guilt or need for punishment [one must add] the adhesiveness of the ego (i.e., the difficulty of changing what one believes to be 'reality')” [Italics in original] (Frank, 1996).

Relationship with personal life

The prior two topics, mindfulness and altruism, account for source leaving aim and object to be discussed. This topic and the next are about aim and account for the shift from reactive to proactive with respect to a seduction. Such is the basis for two views of paradoxical logic that in turn rests on seasoned reason – mindfulness, the law of creativity, and, altruism, the law of convenience. Thus, there was nothing impromptu about the short conversation between Watson and Mitty above. While Watson’s expression could be argued for whatever reason, Watson was without influence with respect to Mitty as Mitty’s response was based on the rule of law. Never underestimate the durability of
paradoxical logic – it is supported by two very durable constructs, the law of creativity and the law of convenience.

**Relationship with social life**

With this topic representing the shift from reactive to proactive with respect to a seduction, from the objective Darwinian principles to the subjective James-Lange theory, there results a loss of luster for paradoxical logic’s two very durable supporting constructs. The loss of luster is due to the human as a social animal. “For the development of character, the determining factor is not the influence of environment, but the attitude toward environment” (Latham, 1934).

**Progression - implicit**

This topic and the next are about progression from two perspectives and to the detriment of paradoxical logic – this topic the law of convenience, with progression in the light of the law of creativity to follow.

The law of convenience – altruism – beliefs – is about non-religious faith in the possibility of opportunity and with opportunity ill defined. This is preemptive to, but not extensible to, *what is outside of me is me because it is me.*

This is actually less about beliefs in general while being more about courage where courage is a challenge to, but not an assault on, beliefs – “…nonconscious activation of a goal in memory [led to] increased positive implicit attitudes toward stimuli that could facilitate the goal. …evaluative readiness to pursue the nonconscious goal emerged [in tandem with being] consciously unaware of the goal-relevant stimuli” [Italics added] (Ferguson, 2008).

**Progression - explicit**

And now, progression in the light of the law of creativity – Anna O, her story – felt defeat versus presumed expectations with no reference.

Academic history does offer a solution – Josef Breuer’s patient Bertha Pappenheim, referenced as ‘Anna O’, circa 1895 (Freud, 1895|1955, pp. 21-47). At the time Freud and Breuer were colleagues with Anna O Breuer’s case – “During the therapy, Breuer must have developed a fascination for the richness and complexity of Pappenheim’s inner world. …He was privileged to be present at the solving of an intellectual puzzle worthy of the attention of the best scientist. As her telling of stories brought emotional and physical relief, and later as her own formulation of working backward to the origin of a symptom led to the disappearance of the symptom, he must have felt the excitement of discovery” [Italics added] (Kimball, 2000).

Anna O’s joking reference, however, was to “chimney sweeping” (Freud, 1895|1955, p. 30), which *seems* to comport with the law of creativity. Just a guess, nothing more than a proposition about a supposition – presented in contempt of ‘clever’ – libido, six letters and three syllables, two letters per syllable – as that which engenders emotion. And, given that a dirty chimney needs to be swept else the attached structure might catch fire, be alight, motivation remains just a big college word. Every sufferer, not only those burdened with PTSD, has the right to *be* the conclusion.

Anna O had her own recap – “I want to say that a living organization can only exist against the background of a spiritual or ethical goal. Observation of all details, collection of all experiences, which may accomplish the end, uncompromising determination, not to lose the ethical background from view, and most of all: a blessed phantasy – which will keep the creation (you call it organization) alive in outlook. I go so far as to say that it is impossible to organize without phantasy” (Edinger, 1968, p. 69; Kimball, 2000). Caution, Anna O’s reference to ‘phantasy’ has nothing to do with ‘fantasy’.
Anna O’s recap summarizes the entire progression, from fixation via an understanding of the rewind point as working backward to the origin of a symptom, then, as she did, “transformed her own private pain into historic public action through an integration of her 'blessed phantasy' with a strong sense of public duty. What was her weakness became a part of her strength, making weakness and strength less opposites than parts of the same whole” (Kimball, 2000) – what is outside of me is me because it is me.

The reference to “‘transformed her own private pain into historic public action ... with a strong sense of public duty” is a preamble to the discussion of the implementation of progression and reasonable expectations in the next track.

Object relations

This is about working memory in Figure 3 as a slave system, with working memory bring absorbed by aim, and as being caught between the unconscious being absorbed by source and, preconscious and conscious, being absorbed by object. With this, paradoxical logic is a hostage. This is not a departure from the prior reference to working memory as a slave system, but is a philosophical step-aside to a new view of what has been developed.

There is a line of thought called ego psychology that views the ego as autonomous of the drives. “...an alternative, albeit less-recognized, school of thought proposes instead that it is the instinctual drives as knowers that constitute the ego. ... That is, it is literally possible to be in ‘two minds’ about something since, unlike the indivisible and immaterial Cartesian ego, any experience of ‘self’ belies what is in fact a multiplicity of knowing systems” (Boag, 2014).

The alternative view is already depicted in Figure 5. The id, ego and superego are inputs to source, aim and object respectively, from the right, and accounting for the James-Lange theory. To the left and accounting for Darwin's principles, there is from the original Figure 3 the unconscious being absorbed by source, working memory bring absorbed by aim, and the preconscious/conscious being absorbed by object. Given that paradoxical logic is imbedded in working memory, its influence is very limited.

Regarding the “multiplicity of knowing systems”, there are two accounts with the first already stated – in alphabetical order, behavior and memory are mutually exclusive, as are consciousness and memory are mutually exclusive

The second accounting is afforded by the Canadian geese. Their point of departure is the roosting grounds south of Cleveland. In the morning of the day for which all flight plans have been filed, some magic alarm clock fires and the flocks are quickly airborne, again, flocks. As they approach the shore of Lake Erie each flock selects a cruising altitude that is different as each flock’s guidance systems first survey wind speed and wind direction at the different altitudes – Canadian geese – smarter than the average human aeronautical engineer. Given the survey is about the probability of the path of least resistance, flight paths for each flock will differ as wind speeds from west to east will vary for each flock. Yet, when their natural guidance systems (the ‘-’) lock on to glide path with geo coordinates different for each flock’s lock on, the result remains the same, the inertia of the Canadian feeding grounds.

Therein lies the dilemma regarding the nature of fixation – “multiplicity of knowing systems”. Thus, while paradoxical logic is hostage to a slave system, it is not mobile, thereby remaining the key element in the advancement from – what is outside of me is me – to – what is outside of me is me because it is me.

What follows is limied to object choice and projective identification.
Object choice

This is about aim executing a balancing act between the subjective ego and the objective working memory – nothing more. It is “…the degree of rigidity versus flexibility with which the object-choice is made. More specifically, to what degree is this choice an endlessly tormenting repetition versus a challenge that leads to reworking and growth of the self? The concept of the repetition-compulsion applies here. …both sides that are always potentially present: the torment of repetition versus the opportunity for mastery and growth” (Blum, 1991).

Projective identification

Projective identification, or splitting, is a subset of object choice that has precedent in the multiple flight paths of the Canadian geese, particularly when each flock’s internal guidance system lock on (the ‘-’) to glide path at varying geo coordinates. This is where the ‘pcpt’ side of pcpt-cs’ is the controller to the benefit of the ‘-’.

In a schematic way, one can think of projective identification as a process involving the following sequence: first, there is the fantasy, not phantasy, “of projecting a part of oneself into another person [object] and of that part taking over the person [object] from within; then there is pressure exerted via the interpersonal interaction such that the ‘recipient’ of the projection experiences pressure to think, feel, and behave in a manner congruent with the projection; finally, the projected feelings, after being 'psychologically processed' by the recipient, are reinternalized by the projector” (Ogden, 1979).

Traits

This discussion is not a retrace of prior work on the study of traits that, through time, resulted in the publication of "Recurrent personality factors based on trait ratings" (Tupes, 1961). Instead this is about directing attention to the comment in the discussion of mindfulness above, that mindfulness can be taken as a straight line, from left to right, that sits on Figure 2 and is in touch with the lowest edge of the greyed ellipsoid but not higher.

At each point on that line there is an array of traits with no guarantee that the observed array will repeat at another point on the line. Thus, incremental mindfulness relative to the straight line is an accounting of the array of traits at that increment as well as an accounting of the intra-dynamics between the member traits at that increment.

“...the traits of personality are the springs of action, the principal motivating forces that determine the logical and other intellectual processes of thought. Some of them consciously, others – such as desires, aversions, fears, and sentiments of self, of hatred and affection and pride, sometimes subconsciously, and therefore unwittingly, marshal associated memories, originate, guide and control processes of creative imagination and other processes of thought which carry the urge of the traits to fulfilment and determine behavior” (Prince, 1929).

This is a full accounting of “concept of self” in Table 1, which in turn extends through ego and on to objects.

Progression and its implementation

This last track is being written with thoughts about a woman who has been betrayed by the system. That woman, is a composite person – a 9-year old girl who is trapped in the body of a 29-year old woman, the body will soon cross the 30-year mark. Last summer she spent 4 months in the county jail with both alcohol and domestic violence at the base. That jail time was then followed by 3 months in a
residential rehabilitation facility. She is back in jail and may draw a year in prison having been cited in contempt of court. She now has a felony on her record, which means that she is stained for life. At issue is the rehabilitation program. She stated that in one of the opening lectures that the therapist warned “that only 5% would be successful”. Yes, while that lecture is “in the middle of the story”, many questions need to be addressed – only one will be proposed with many implied: Is the purpose of rehabilitation to insure a stable customer base for the criminal-justice system?

This author’s factual experience states “yes” to that question, given what could be done. The 28+ years in the community in a non-structured format but with the self-help phenomenon the basis, with many marks of success on a person-to-person basis, imbedded in those 28+ years. The formal executive management included two years as the President of the Board of Trustees of a 144-bed treatment center and one year as the Finance Director and acting Executive and Clinical Directors of a major city’s domestic violence agency that in turn was a partner with the domestic violence detail of that city’s police department. The agency, then the center.

The agency was in organizational turmoil for a litany of reasons with focus limited to mismanagement of “rehabilitation” plans for women with children in a two-year build-economic-strength program. The program’s situation was quickly changed in, frankly, less than fifteen minutes. One woman was told that she had three choices – complete, handcuffs or quit – with pre-existing enforcement leveraged. (The complete-handcuffs-quit edict was quickly broadcasted to all other participants.) Regarding the three choices – handcuffs are normally not the adornment of choice, while, on average, it is not normal for a person to want to be a quitter especially when life itself is the wager. Not much wiggle room is the result. Regarding the pre-existing enforcement – two women. The first was the daytime case manager who, on occasion, advanced her voice to the screech of the “finger nails on the chalkboard voice” – “what are you gonna do, quit?” – with ‘subtle’ enforcement by the evening manager – “I’m gonna squeal on you”. In short, the women in the build-economic-strength program were ‘sentenced’ to progression, from chaos to safety, from where opportunity to pursue a better life was the next choice but not of immediate consideration. Not one woman was ever told the likes of “that only 5% would be successful”.

The center had three programs – a 2-year ‘socialization’ program with anger management the common issue, a 1-year half-way house as a typical bridge from formal treatment to life in the community, and a 90-day program. The 90-day program had an incredible 65% completion rate with about 75% of those persons in possession of durable sobriety at the one-year mark – what outcomes must be about.

There’s more. The building that housed the 90-day program had a “sense of familiarity”, in short, the building was designed by an Episcopal Priest who was a former U. S. Army Ranger – this author’s military Service was in a unit of the Special Operations Command, Ops for short, with the unit’s unpublished nickname “first to die” – before a mission each member of the unit was given the opportunity to sign Power of Attorney, “I hereby defer to the United States Army the administration of my personal estate...”. Commitment by any measure. Progression was internally enforced in the 90-day program – an example as observed, two people A and B. A – why don’t you clean up your area, B – a few choice words, A – if you don’t take care of your socks how are you gonna take care of your head. A statement about progression that is simply “move forward”.

This author’s current focus is with youth. Being that the word ‘older’ is not allowed, this author is a ‘seasoned’ white male who began working with a 13-year black male this summer. He is now in the eighth grade. Skipping detail which began with black versus white resistance this young chap is now getting the grad of A in every subject. At one point working on arithmetic homework he stated “let me check the answers” as he was reaching for his smart phone, the calculator. He was immediately told “no
you’re not”, he smiled leaving the phone alone. Last year he received the grade of fail in social studies, no small feat, slightly above, but “below the water line” were the rest of his grades. This author’s investment in the young chap now totals about four hours. He is now routinely pulled out of class to work with the school’s principle since he has not much to do in class. He can write a paper, yes, short, about 300 words, in less than an hour with the result possessing better organization than many published papers. When asked if he was have an effect on the other youngsters in the class, he replied “yes”. Regarding veterans of any military, Service includes Loyalty to Oath, Discipline and Unity. Not formally recognized, because of long periods of boredom, is creativity properly characterized as Mischief. With mischief in mind, the young chap has been told that he is expected to write a paper, soon, titled “Humble guidance to pristine multitasking for the perplexed (How to bake a cake while writing a paper)”. The write-a-paper component will be factual instruction to his classmates (already delivered verbally), while the bake-a-cake component will be literary mischief that dwarfs “par excellence”. When advised of the coming assignment, the young chap smiled. When asked if he understood the wording of the title, his reply was only a smile in tandem with a nod. This is progression with tentacles. Regarding candidates for literary mischief, his smile was the retort to suggested language – “The cake’s ingredients will be given to only persons who pass a lie detector test, as chewing gum in public is a social menace that must be investigated”. It is fair to assume his creativity just might dwarf the suggested language – no small feat. This narrative about the young chap is entirely in line with “Recent analyses of American schools and proposals for school reform have missed an essential point: Most current problems could be solved if students learned twice as much in the same time and with the same effort. It has been shown that they can do so (a) when the goals of education are clarified; (b) when each student is permitted to advance at his or her own pace; and (c) when the problem of motivation is solved with programmed instructional materials, so designed that students are very often right and learn at once that they are” (Skinner, 1984).

This author’s immediate plan is to first have this young chap write about reflections. The next step is to take those reflections to a member of the staff of the nearby Juvenile Hall of Justice to build a test plan with respect to veterans working with confined youth. An assertion – Veterans are Society’s Gold. The Hall of Justice is a self-contained facility – courts, jail (misdemeanor) and prison (felony), where the prison has inmates as young as 10 convicted of murder. To this day this author wonders what happened to, from the Rejoinder above, (5) on never having seen a 10-year old boy in handcuffs, assault with intent, crying “I want my mama”.

This author is adamant on two counts – to pursue veterans working with youth without prejudice to community versus institutional settings, and, to advance the woman who is a 9-year old girl who is trapped in the body of a 29-year old woman to what society is in dire need of – a contemporary Anna O. She is exceedingly “moldable”. Each is a deliberate analgesic versus PTSD in any form. The flashbacks that were ‘suggested’ in the Rejoinder above are very “low octane” when compared to what could have been written. Now to expand on the question above and with no answer forthcoming – Is the purpose of rehabilitation to insure a stable customer base for the criminal-justice system?

Deserving of detail is (4) on never having been witness to the aftermath of one person attacking another person with a butcher knife in a fit of rage, a mom attacking a dad with two young children witness to the entire ugly incident.

This is about is a family of four – mom, dad and two children about ten years old, neither the ages nor gender of each were ever known by this author. The dad’s “favorite sport” was to get drunk and then go home for a ritual beating of his wife. One evening on arrival his wife was waiting for him with a
butcher knife. The rest is in no need of description, only the conclusion. With mom in handcuffs and
dad on the cart ready to go to the emergency room as proxy for morgue, paper work was the concern,
then, “Oh no”, the two children in a shadow. Attention is now on the two children – how did they
progress through life with that horror in their history not to mention the unknown ritual beatings that
they were witness to – by sight, by sound, or both. Were those children in time committed to
membership in the criminal-justice system’s stable customer base? Were those children committed to a
charge of fiction (versus their history)? Were those children approachable regarding their certain PTSD,
if so, by the proponents of “that only 5% would be successful”, or, by the proponents of Freud’s free
association?

Before any author can publish a paper that asserts recovered memories are fiction, they should be
required to serve three eight-hour shifts over a four-week period, a total of 96 hours, in the back seat of
a marked police cruiser. The three shifts are to be the 7:00 PM to 3:00 AM shift starting the evenings of
each Thursday, Friday and Saturday. Given that person is not a police officer, then no bullet proof vest
and no weapon. Now, unfortunately, that person just might be in a position that is inconvenient to the
direction of travel of some culprit’s bullet – such is research in the fast lane.

To those authors who find any association to libido to be reason for being fraught with fear, a thought to
consider. A family of four – mom, dad and two children, one boy and one girl with each child close to
the age of 10 and with the age of each not a concern. About the boy, mom says “isn’t he handsome”,
while about the girl, dad says “isn’t she gorgeous” – such is a primer to the Oedipus complex as
delivered from the slow lane.

To those authors who are desirous of being associated with a seminal paper, here are two authors to
replicate – Anna Freud and Carl Rogers.

Anna Freud (1895-1982): “No one would have been more surprised than Anna Freud herself to find a
memorial tribute to her in the pages of the American Psychologist. She never took a course in
psychology and always referred to her field as psychoanalysis, not psychology. It is perhaps a sign of the
changing face of American psychology that this obituary has been requested” (Fine, 1985).

Carl Rogers (1902-1987): Here are three citations about the same paper. The first was the original while
the second and third are reprints, with both reprints after his death.

Rogers, Carl R. (1957), "The necessary and sufficient conditions of therapeutic personality change",

Rogers, Carl R. (1992), "The necessary and sufficient conditions of therapeutic personality change",


Anna Freud is one of two people who extended much energy to the capitalization of the first letter of
the word humanism, the second is Melanie Klein. Roger’s paper is a discourse about the imposition of
progression and with much kindness. Seminal is post publication recognition of a durable contribution
to the knowledge base and not self-declared grandiosity, to be continued below under the heading
Contempt, not fraud.

The balance of this introduction is a series of short notes as an introduction to this track’s primary
headings except for the first and last. The last heading, “By the bye” is a rhetorical suggestion to
Professor Freud, while the first, “Contempt, not fraud” is an ugly issue that builds out the basis to “that
only 5% would be successful”. Now, the interior five headings.
Basis for progression – PTSD’s rewind point

“The dichotomy between self and surrounding world, as popularly understood, implies a real world, a self which can be aware of it, other selves which form a part of the external world, and which can be known by, and can know the objective aspect of the given self; yet each self knows itself subjectively also. Hence a self can not only cooperate effectively with the objective world but also with other selves. The boundaries of your own self, as experienced by you, are variable, expanding and contracting with conditions, but you experience the boundaries of other selves as constant. Your subjective self expands with active striving to include the auxiliary objects you use in striving. It contracts when you relax or cease striving. The sense of self disappears in extreme relaxation, and we exclude from the self systems of impulses that we cannot control, as autonomic functions, etc. This explains such abnormal phenomena as alternating personality with and without amnesia, and the ‘feeling of unreality’. Expansion of the subjective striving self occurs in each member of a cooperating group of persons. Such a union might be called a ‘group mind’” (Lundholm, 1940).

Progression vs. retrace – latent schizophrenia

"Individuals move, not from a fixity or homeostasis through change to a new fixity, though such a process is indeed possible. But much the more significant continuum is from fixity to changingness, from rigid structure to flow, from stasis to process. ...the process of psychotherapy, or the process by which personality change takes place. 7 stages ... The process involves a loosening of feelings. From feelings which are unrecognized, unowned, unexpressed, the client moves toward a flow in which ever-changing feelings are experienced in the moment, knowingly and acceptingly, and may be accurately expressed. ... In the course of psychotherapy the individual has changed; but, what seems more significant, he has become an integrated process of changingness” (Rogers, 1958).

Gestalt basis

The term ‘theory’ is taken to refer "to any explanation of an observed fact which appeals to events taking place somewhere else, at some other level of observation, described in different terms, and measured, if at all, in different dimensions. Learning theory to date has tended to create a false sense of security, and research designed with respect to it is likely to be wasteful. ... There seems to be no a priori reason why a complete account of the higher mental processes is not possible without appeal to theoretical processes in other dimensional systems” (Skinner, 1950).

Understanding the rewind point

“The discovery of facts and practices concerning reinforcement in the past 25 years have increased our power to predict and control behavior and in so doing have left no doubt of their reality and importance. In the acquisition of a bowling response in pigeons 3 points are relevant: (a) The temporal relationships between behavior and reinforcement are very important. (b) Behavior was set up through successive approximations. (c) Behavior gradual ‘shapes up’ by reinforcing crude approximations of the final topography instead of waiting for the complete response” (Skinner, 1958).

Implementation and reasonable expectations

The 9-year old girl who is trapped in the body of a 29-year old woman, is in part dealing with self-inflicted damage and in part the victim of poverty. Very much a part of PTSD there is a need for “...application of psychoanalytic theory and technique to the psychological problems of people living in poverty. Careful examination of their psychological reality may offer a unique opportunity to broaden vision of assessment to what constitutes dysfunctional condition, the concept of adaptation, the development of the working alliance, the nature of resistance and transference reactions, and the like.
The analyst’s personal discomfort, motivations, and stubborn adherence to specific theoretical and technical stances are considered the most damaging obstacles in this endeavor” (Javier, 2002).

Contempt, not fraud

Reference to working memory of Figure 3 extends to a story that qualifies as a placeholder for the word terse, an encounter between the two Freud’s – father (Sigmund) and daughter (Anna). “I [Richard Sterba] would like to add to my report on these special meetings some comments by Freud which stuck in my mind … When the discussion in a meeting turned to the question of what means we have at our disposal to motivate a patient to undergo analysis, Freud pointed out that we promise him relief from his symptoms, an increase in his working capacity, and an improvement of his personal and social relationships. Anna Freud objected ‘How can we do this when we are not sure that we can keep these promises?’ Freud quickly answered ‘There one can see that you are not a physician’” (Sterba, 1982, p. 119).

The terse reference is to ‘curative’, a term normally associated with the physician. And, in line with ‘curative’ is adaptive. Freud was “less rigidly Freudian than many of his ardent disciples, that he now [in 1925] recognizes the primacy of the hormic principle, recognizing that instinctive urges work within us in relative independence of pleasure and pain” (McDougall, 1925).

Taking “less rigidly Freudian” one step further, destination, the revisionists. With the initial generation libido is the pivot – one side of the pivot accepted libido theory and the other side did not with Carl Jung, Alfred Adler, Karen Horney, Erich Fromm, and Harry Stack Sullivan the primary revisionists (Allen, 1956). Attention will now be limited to Alfred Adler and Carl Jung.

Arrogance was Alfred Adler’s ploy but with discontent his motive – “Adler constantly complained about psychoanalysis” (Sterba, 1982, p. 119), and “Adler had simplified the psychic dynamics to the basic complex of ‘masculine protest’ by which he explained all pathological manifestations of neurosis and psychosis. Through oversimplification Adler had reduced the complicated structure of neurosis to a single, easily applicable formula – which explains his great popularity” (Sterba, 1982, p. 156).

Carl Gustav Jung was Freud’s ‘chosen prince’ until Ernest Jones entered Freud’s domain – “With a doctorate in medicine from the University of Bade, he [Jung] made psychiatry his specialty, and pursued an experimental interest in spiritualism and religious belief” (Maddox, 2006, p. 49). The core of difficulties between Freud and Jung takes form, not with Jung’s experimental interest in spiritualism and religious belief, but with “… after he [Jones] called Freud’s attention to a deviation in Jung’s two-part paper Symbols of the Libido, was beginning to equate the libido not with the sexual drive, but with general psychic energy” (Maddox, 2006, p. 96).

Therein lies the very root of the current specification of working memory. Revisionists and their damnation of libido, which, in turn, begets a certain damnation to humanness and to those who are burdened with the ravages of depressive and paranoid disorders of Figure 2, with PTSD in particular.

The task now is to fill the gap between the birth of damnation, through the 1956 meeting at the Massachusetts Institute of Technology, and on to today, with comments organized as repression, ethics, revolution, personality, unconscious, fads, distortion and struggle. Before moving on, two side issues – fraud and Watson.

Fraud is not an issue here as self-inflicted damage for any reason is exactly that. One instance of fraud that could be commented on is “Diederik Stapel, a social psychologist and author of many published papers, has resigned his position at Tilburg University in the Netherlands after admitting to fabricating data in his research” (Crocker, 2011). Is this fabricating data any different than “that only 5% would be
successful” – technically, yes – one is overt while the other is covert – one applies to the quest for seminal, the other applies to the continuance of human pain and suffering – one is subject to scrutiny in a court of law, the other is not.

Now Watson, an interesting take on logic, conspiring to mask a stark self-view. Watson had to be a ‘gem’. While he was sleeping with a student and his wife was elsewhere, his colleagues were “chirpin’ like canaries” to Goodnow, the president of the Johns Hopkins University (Cohen, 1979, pp. 145-167). Watson’s damnation of consciousness is one issue, but of interest to this paragraph was he setting the human as an upscale copulatory primate. Did Watson contribute to the knowledge base – yes, with honor – no. Such is the origin of behaviorism, the noble discipline and its ignoble basis, that was overtrumped by cognitive psychology, which, in turn, spawned a new twist on fraud: For example, editors of journals have many responsibilities with a full statement appearing in a 1993 issue of the Journal of Educational Psychology, where the editors noted that it is their job to identify papers that are not 'blah' but are 'wow', and, “Ethical issues include piecemeal and duplicate publications, plagiarism, and falsification/fabrication of data” (Levin, 1993). Diederik Stapel was far, far from being a lone actor.

Repression

Damnation to repression, particularly repressed memories, is nothing more than damnation to human pain and suffering (e.g., Boag, 2006).

Ethics

“The reduction of the significance of human moral action to mere social construction” (Gantt, 2007) has logic in the wrong order – social construction begets human moral action where action is about survival. PTSD is collateral damage with no remorse by the social constructionist.

Revolution

Now, a play on words – revolution versus revolutionary.

The former normally results in bad things happening to those who are revolted against, while the latter suggests a fundamental change in a discipline with the only side effect being a few hurt feelings. “The cognitive revolution in psychology was not particularly revolutionary” (Marken, 2009). It is closed-loop thinking that is based on behaviorism, which in turn is based on murky damnation.

Personality

This is about curative, what it is and what it can be – the transitional process it is.

“Non-directive therapy provides an opportunity to observe the inner dynamics of personality as they proceed with a minimum of interference from the therapist. It appears that the perception of self is a basic factor influencing the behavior and adjustment of the individual. Under certain conditions the individual can reorganize his field of perception, including the way he perceives himself. Successful therapy is not a solution of problems. It gives a feeling of freedom and contentment which follows from an accurate and realistic perception of the self. The conditions necessary for this reorganization are an atmosphere of permissiveness and understanding and assistance in focusing upon the perception of self. In clinical psychology and personality research the therapist must study the individual from within the individual's own particular frame of reference. Secondly, the implication is that effective treatment is concerned with the internal unification of the individual and not with environmental changes. Thirdly, it appears that personality attributes and psychological abilities are not fixed but are alterable” (Rogers, 1947).
Unconscious

Damnation certainly has its resilience.

“After Freud discovered an unconscious system (Ucs) between 1894 and 1896, a window opened for him to formulate a comprehensive theory of the human psyche, which he called psychoanalysis. The Ucs was its foundation. The object relations theories, ego psychology, self-psychology, and their offshoots managed to erode that concept from the theory in different ways and tried to replace psychoanalysis. The reason is that Freud, for a long time, associated the unconscious with the repressed. It was possible by reviewing his work in the field of repression, defense, and the unconscious to uncover the nature of the system Ucs. It is not possible for a school of psychology within psychoanalysis to ignore the systemic unconscious and replace it with a dynamic unconscious and still claim that it is psychoanalytic” (Fayek, 2005).

Fads

Equally resilient in the pursuit of seminal.

“...emphasis on feelings has become almost an obsession with mental health professionals. The obligation to ‘do one’s own thing’ is seen as having led to unbalanced personalities. To uninvolved observers, the field of mental health appears flooded with oddball ideas and procedures. ... [what is the value in] emotionalizing mentally troubled people, who are already burdened by irrational reactions, instead of strengthening their rational and moral controls” (Jurjevich, 1978).

Distortion

This is a return to fraud. Taking “that only 5% would be successful” as an objective representation of a crime scene – question, what might the construction of the police report look like? Here is a chilling candidate for motive – damnation.

The narrow basis of the closed-loop thinking that is cognitive psychology presents a different problem – the dark side of creativity, largely presumed original thinking (Gino, 2012) – e.g., there is far too much similarity between Freud’s paper “Formulations on the two principle principles of mental functioning” (Freud, 1911|1958, pp. 213-226) and the many narratives about working memory.

This same concern applies to the origin of Beck’s cognitive therapy where his break from psychoanalysis was anything but clean – “... But there is yet another origin story that Beck tells less frequently and that contradicts his assertion that psychoanalytic theory is untenable without the theory of motivation predicated on an unconscious. In this story Beck admits to intellectual descent from ego psychology, a school of psychoanalysis that flourished in the 1950s and 1960s and that focused on the functions of the ego. He not only admits to descent but speaks to continuity” (Rosner, 2012).

Then there are the “Principles of Cognitive Therapy” (Beck, 1985, pp. 167-189), ten in all. Of interest is number ten, “Homework is a central feature of cognitive therapy”, which in turn advances “get over it” to candidacy for the designation of seminal.

Struggle

Wilhelm Wundt in his 1913 essay entitled Psychology’s Struggle for Existence anticipated the confusion that became the DSM-5 as well as the biological orientation of the overall DSM. “In his foreword to that essay, Wundt wrote: ‘Paging through the first section of this work, one might be inclined to view it as a provocation. But one who decides to read through to the end will be convinced that, on the contrary, the work could well be regarded as a peace offering. In the opinion of some, philosophy and psychology should divorce from each other. Now, it is well known that when a married couple seeks a divorce, both
members usually are at fault. In these pages it will be shown that the same is true in this instance, and that if this matter takes the course that both parties want, philosophy will lose more than it will gain, but psychology will be damaged the most. Hence, the argument over the question of whether or not psychology is or is not a philosophical science is, for psychology, a struggle for its very existence” (Lamiell, 2013). That “Logic has become more and more a psychology of judgment and reasoning, while psychology in the exact sense is more and more restricted to the less complete processes of mind” (Stratton, 1893).

**Basis for progression – PTSD’s rewind point**

This discussion of the basis for progression, the determination of PTSD’s rewind point, is prescriptive in nature with the follow topics – communications, reference, worth, feeling and experience.

**Communications**

There is no such thing as a decisive correct answer with communications. There are only guides, for example, “(1) C. R. Rogers' account based on empathy, (2) Freud's views on interpretation, (3) the operant emphasis on the reinforcement effect of communications, and (4) cognitive dissonance theory's focus on discrepancy” (Staines, 1969). Beyond the guides there is a flurry of right gestures, wrong gestures, and so forth, with each a seemingly minor happening, but with each just another candidate for a seduction, a’, principally, as a contribution to undiagnosed PTSD. What remains is the claim in this paper’s opening paragraph – that resolution of PTSD is direct, not to be confused with ‘exceedingly simplistic’.

**Reference**

Researching the rewind point is not the likes of a biology lab experiment but the possibility of, not probability of, is directly proportional to non-direct thought, William James’ pragmatism (Leary, 1992). Thus, “possibility of” is less about inquiry, kind as it may be, and more about understanding – just one more view of Freud’s free associations, additional support for the claim that resolution of PTSD is direct, not to be confused with ‘exceedingly simplistic’.

**Worth**

The starting point is Anna O’s own recap – “I want to say that a living organization can only exist against the background of a spiritual or ethical goal”. To enable an accounting of pragmatic, ‘spiritual’ and ‘ethical’ are taken as independent terms, where ‘spiritual’ is in line with the subjective James-Lange theory, while ‘ethical’ is in line with the objective Darwinian principles.

There are two choices, to agree, or not, with Dewey’s “begs the question of the relation of emotion to organic peripheral action, in that it assumes the former [subjective] as prior and the latter [objective] as secondary” (Dewey, 1894). Resolution remains as above – setting behavior as dependent on Darwin’s objective experience, and consciousness as independent of James-Lange’s subjective expression, balances evolutionary account with momentary reality. Thus, Anna O’s ‘spiritual’ and ‘ethical’ aligns with pragmatic provided that subjective is the independent variable and objective is the dependent variable, which is the flow of thought in each working backward to the origin of a symptom and what is outside of me is me because it is me.

On the subjective side is: “Worth predicates have been defined as the selective funded affective-volitional meanings of objects. They are subjective or objective. Worth or value is the meaning of the object for the subject in different attitudes, or as predetermined by different dispositions and interests. The psychological equivalents for the worth moment include both concepts, of feeling and conation. An
object has worth in so far as it has desirability. Among the feelings of value include only much feelings as have reality meanings and include two attitudes of presumption and assumption. It is maintained that all feelings of value are feelings of personality. Feeling of value is the feeling aspect of the conative process. The conative process is the total process of development by which affective-volitional meaning is acquired, the total process including actual and dispositional moments” (Urban, 1907a).

Subjective, then is pragmatic respect for the fixation point as a placeholder for a person’s history. What is right is left and what is left is right is still personal experience that is deserving of respect. To treat fixation with contempt only diverts the objective of working backward to what is outside of me, by denying prior emotional investment – and on to a new seduction but without the aid of the ‘-‘.

On the objective side is: “Worth and value are the funded affective-volitional meaning of the object for the subject. The funded meaning is acquired through actualization of conative dispositions by acts of presumption, judgement and assumption, and this actualization results in feeling which undergoes certain modification, with change in presumptions and with repetition. This feeling with its modifications, reflects the funded meaning of the object. Worth predication has a quantitative and qualitative side. Since the worth of the object is a function of the capacity of the subject for feeling as determined by the processes of accommodation in judgment and assumption, the analysis and formulation of these factors constitute the laws of valuation” (Urban, 1907b).

Objective, then is pragmatic respect for discovery of the origin of a symptom as being in line with is me because it is me as explicit recognition of value.

Feeling

The starting point is the emphasis in Anna O’s own recap – a blessed phantasy – which will keep the creation (you call it organization) alive in outlook. Here phantasy is subjective, the independent variable, and outlook is objective, the dependent variable. It may help to think of outlook as an approximation of fantasy, but not equal to – outlook has a definitive nature.

On the subjective side is: “Herbart’s theory states that interest is common with, as well as opposed to, desire, will, and aesthetic judgment. Interest is the result of the interaction of a number of ideas or systems of ideas. Dewey defines interest as the ‘consciousness of worth’, and proposes that interest is active, teleological and emotional. Stumpf identifies attention with interest, and interest with feeling. Locke was the first English writer to define attention, and Mill’s analysis offers the first account of attention in which interest is identified to it. Sully emphasized the necessity of investigating the relation of interest to attention. The concomitance of interest with attention is also emphasized by Titchener. Finally, James refers to interest as a selecting principle, Ladd considers it as a feeling, and according to Calkins, attention or interest is the feeling of clearness” (Arnold, 1906a).

Subjective, with respect to a blessed phantasy, then is pragmatic respect for the fixation point as a placeholder for a person’s history. From this it follows that the shape of Figure 4, particularly the dimension given to the id, is correct as that shape recognizes the density of the phantasy, the inertia of influence.

On the objective side is: “…the relation between interest and feeling, and between interest and attention, and the nature of interest. Interest is distinct from, but closely connected to feelings of pleasure and pain, as well as attention. The meaning or felt worth of an object is the consciousness of the attitude aroused by such an object. There is a tendency serially to realize reactions which will arise when a future condition is reached and to which the present situation is a means. This tendency is felt as interest. However, unless some cognitive element is present no future reference is possible and no interest can exist. Interest is, therefore, a body attitude pointing to the future. The relation of interest
to expectation, desire, curiosity, and the like [deserve respect]. Interest has also been related to apperception. Interest is not merely a physiological sensation, it is a manner of interpretation and reaction” (Arnold, 1906b).

Objective, expressed as outlook, simply sets the stage for pragmatic experience with fixation’s antonym.

**Experience**

The starting point is Anna O’s qualifying introduction to – a blessed phantasy: “Observation of all details, collection of all experiences, which may accomplish the end, uncompromising determination, not to lose the ethical background from view, and most of all…” Here it is practical to assume that Dewey’s concern is unfounded, as ‘uncompromising’ is undeniably subjective and dependent upon ‘observation’ which, in turn, is objective and independent. However, ‘observation’ is objective and independent only because a blessed phantasy is not allowed – it is beyond the quotation under consideration.

“Ultimate experience cannot be known, since only objects can be known; yet such experience is an actuality. In every experience a group of objects function in a sense for the ultimate experience and which may be taken as symbolic of the pure experience. The relative aspect of experience seems to have an ultimate value and finality in itself. Two philosophic needs arisen out of this immanent experience are utilitarianism and pragmatism. Elements of experience like impulses and feeling lie at the basis of moral and intellectual judgements, and give all experience its significance. These impulses and feelings are necessary for right living and true thinking. Rightly or wrongly, they are held to function for a pure experience, outside of the objective flow of consciousness that contains absolute worth and abiding truth” (Colvin, 1907).

From this it follows that what is right is left, comports with utilitarianism and pragmatism, as does what is left is right.

It is now time to give the reactive proactive piranha its due.

**Progression vs. retrace – latent schizophrenia**

This is an accounting of the resistance to progression – reactive at the expense of proactive.

The starting point is the fixed point that the libido regressed to – the result of the backward movement of the libido. From this it follows that the representation of mature that is outside of the greyed ellipsoid of everyday life in Figure 2 is caused to merge with unstable and the result collapses to fantasy, not phantasy.

In his 1959 book, *The Divided Self: An Existential Study in Sanity and Madness*, the author R. D. Laing “identifies a schizoid base (from which ‘clinical’ schizophrenia may or may not develop) [Bleuler’s borderline] as being one in which an individual's experience ‘is split in two main ways: in the first place, there is a rent in his relation with his world and, in the second, there is a disruption of his relation with himself’” [Italics added] (Bryden, 1996).

This leaves unaddressed one point - the reference to ‘backward movement’ (Heimann, 1943 | 1991). No hint is given for the cause of 'backward movement'. The single candidate available is seduction as imposed by the ‘-’ of the ‘pcpt-cs’ notation. In this vein, a seduction that begets PTSD can be considered as a die that has been cast in the form of an impetus of some sort or another, likely latent, that results in anger being both suppressed and repressed even if what triggered the anger was innocent in delivery but interpreted as an affront of one sort or another for the wrong reasons, hence, *in the first place, there is a rent in his relation with his world and, in the second, there is a disruption of his relation with*
himself. This possibility is in synch with "Freud defines 'fixation' as 'a particularly close attachment of the instinct to its object''' (Heimann, 1943|1991). Pragmatic is clearly overtrumped.

**Gestalt basis**

This is an accounting of adherence to progression – proactive at the expense of reactive, a reassertion of pragmatic

This is also an accounting of the sameness between working backward to the origin of a symptom and what is outside of me is me because it is me.

Discussion follows Gestalt, Arnheim, language, the young chap and the value of mischief.

**Gestalt**

The Gestalt theory is that psychology should be the study of whole processes and their interactions, rather than of simple sensations and other artificial units which we never experience. Thus is established a new kind of psychological unit, one which further division alters, though artificially it may be subdivided. The Gestalt theory springs directly from experimental work and has proved very fruitful in presenting hypotheses for further experimentation. “In educational psychology it promises to throw light on such problems as reading, transfer of training, maze learning, etc.” (Humphrey, 1924).

A Gestalt focus is not the best of news for a fixation point. Such focus takes the luster out of analysis via being subdivided from some parental representation, denies notoriety by setting the fixation in line with the likes of forgotten recipes for various deserts and memories of goals that morphed to myths, and, creates a wholeness-like mentality for the beholder of PTSD to engage in introspection.

**Arnheim**

“Gestalt psychology was the foundation of Rudolf Arnheim's approach to art. ... By paying special attention to the issues of (1) perceptual abstraction and visual thinking, (2) perceptual dynamics and expression, and (3) perceptual ‘goodness’ and beauty, it can be seen the degree to which Arnheim actually altered the basis of the general theory of Gestalt psychology, affirming the centrality of art in its purview” (Verstegen, 2007).

For emphasis, the three points – (1) perceptual abstraction and visual thinking, (2) perceptual dynamics and expression, and (3) perceptual ‘goodness’ and beauty – serve as an instruction to the remaining three points – language, the young chap and the value of mischief.

**Language**

Perceptual abstraction and visual thinking is not something that exists in isolation, but requires a basis that encompasses language acquisition (Meissner, 2008a), thoughts and words (Meissner, 2008b) and pronouns (Meissner, 2008c). Now, an accounting of the young chap’s writing of a 300 word paper in less than an hour with a few clean sheets of paper at the start.

This is akin to instructions on how to bake a cake with the ‘declare-define’ structure of the C programming language the core reference.

The person is to read the material, book chapter or whatever, for illustration, a chapter is assumed. When done, that person is to page through the chapter to make sure there are no unrecognized areas. Next, that person is to reach for a clean piece of paper, and label lines in a 1-2-3... sequence, up to a total of 11. Leave space between lines for visual comfort.
With the book closed, that person is to just look at the book, think about what was read, then record the first thought that comes to mind on the line labeled ‘1’. Pause a few second, then record the next thought on the line labeled ‘2’. Continue this process, being careful to pause between thoughts, until there are 9 thoughts. For the lines numbered 10 and 11, thinking changes to “how does this material relate to life” and there are no rules – yesterday, tomorrow, fact, fiction, or whatever.

When done, that person is to look at each thought in succession and place a word next to the thought where the idea is that the word will serve as a reminder of the thought while precision is avoided. What is required when done, is that there will be 11 unique words. At this point 15 minutes is consumed.

The next step is for the person to copy the 11 words to a clean sheet of paper with the words in alphabetical order. On the same sheet of paper a template outline is recorded with the following structure. A reference to ‘Introduction’ with three children ‘A’, ‘B’ and ‘C’. Next a reference to ‘A’ with three children ‘1’, ‘2, and ‘3’, followed by same pattern for ‘B’ and ‘C’. This allows for 12 points, which means that one of the ‘3’ positions will not be used. An additional minute or two is consumed, for round numbers consumption is set at 5. At this point, about 20 minutes.

Next, that person is to look at the 11 words and ask the question “if I must set one word aside, which word is it”. Now there are 10 words left, the question again. The surviving single word is placed in the ‘A’ position. Applying the “if I must…” thinking to the 10 words that were set aside with the survivor in the ‘B’ position, from the 9 set-aside words is the entry for the ‘C’ position. Now, the nature of thinking changes. Looking at the list of 8 words, the question is “which word qualifies as a child to the parent, the word in the ‘A’ position”, precision is a distraction, and spontaneity is the objective. Continue with the remaining two ‘1’ positions. For the ‘2’ positions, the focus is parent-child-grandchild. This will leave two words versus three ‘3’ positions. A best guess in the fair basis. Regarding time, add 10 minutes – the total is now at 30 minutes.

Next, copy the words to a new sheet of paper with the outline tags noted and with the source thoughts recorded next to the words. Reference to which thought was first and so forth is a distractor – now is not the time for insecurity, with condolences to any fixation point that just might be lurking about. The last step before writing is to look at the organization that has evolved, thinking in terms of artistic flow from the Arnheim perspective. Changes are made from the Gestalt perspective, add 10 minutes, the total is now 40 minutes.

When satisfied, it is time to write. The young chap wrote his paper, about 300 words in length in about 20 minutes. Given that prior account of time required for incremental steps were rounded up for convenience, Total time was less than an hour. There’s more.

First, the young chap’s grade was an ‘A’, and with no qualification.

Second, in a conversation prior to work on the noted paper, the young chap asked questions on how to write a conclusion. Given the paper’s assigned subject was the just-completed summer vacation, this author suggested “This summer vacation helped me get ready for this school year”. Instead, his conclusion was “This summer vacation helped me get ready for another summer vacation”. Mischief? – Yes. Equally import though is recognition of that young chap’s personal, deep-felt, ownership of his very own creation.

*The young chap*

With the initial contact and given that this author has no interest in black versus white resistance, the young chap stated ‘yes’ to a request that he be asked a few questions. The first question was “what is 6
times 8” while the second was “what is 8 times 6” – three results: First, two different answers, second, he was emotionally depleted, third, recovery from depletion was only minutes later.

The quick traverse across the three results happened with military style cadence. First, the rationale behind the cadence – Gestalt wholeness and Arnheim’s flow, and then a sample.

The proxy for Gestalt wholeness is the Flesch-Kinkaaid readability metric with documentation all over the internet. For reference, a thought in two forms. First, “The restaurant, it’s at the corner of Washington and Fourteenth”. Second, The restaurant? It’s at the corner of Washington and Fourteenth”. Thus wording is the same with the difference being the first is a single sentence while the second is two sentences. Now the metrics. The first’s single sentence has 10 words, and a total of 16 syllables, thus, an average of 10 words per sentence and 1.6 syllables per word. The second, and its 2 sentences, has an average of 5 words per sentence and 1.6 syllables per word. The second thought is easier to grasp.

The proxy for Arnheim’s flow is vocal inflection. To a youngster the ‘seasoned’ adult’s stature might seem large versus the stature of a youngster, a perspective that falls quickly, while the youth’s respect for the adult is enhanced. There are two sequences to the vocal-inflection exercise to be described, first, the adult is the leader, and second the youngster is the leader. The sequences are in an answer-question format in three distinct segments. An example sequence without notation of segments is “35, what is 5 times 7”. Given three distinct segments, there are then three inflection points, with duplication of inflection not allowed. The relationship is linear – the inflection point denoted as 2 has twice the vocal force versus what is denoted as 1, with thrice assigned to the 3. An example sequence with notation of segments is “(2) 35, (1) what is 5 times (3)7”. The result is that the (2) 35 is connected to the (3) 7 while the rest goes in one ear and out the other.

Now a sample with the ‘7’ the reference. There are two tracks, one is “up the hill” while the second is “down the hill”. The leader is to read from a card with no reliance on memory, vocal inflection is critical. Memorization will happen in due course.

“Up the hill”: “0, what is 0 times 7” … “35, what is 5 times 7” … “84, what is 12 times 7”.

“Down the hill”: “84, what is 7 times 12” … “35, what is 7 times 5” … “0, what is 7 times 0”.

Staying with the ‘35’, “up the hill” has the 35 linked to the 7, while “down the hill” has the 35 linked to the 5. Two results: the 35-7-5 forms a triangle in the person’s mind, while multiplication and division are covered in unison.

Such is the source to the youngster’s smile when he was told “no you’re not” as he started to reach for his smartphone with the calculator application.

The value of mischief

In the above two narratives there are three winners. First, the ‘seasoned’ adult experienced perceptual ‘goodness’. Second, the young person experienced perceptual ‘beauty’. Third, the piranha finally got a well-deserved snack, a hapless and helpless fixation.

There is a larger issue here – mischief as a positive. The young chap is just one person, who, through community, is in contact with other persons. Already noted above was his “yes” when asked if he was have an effect on the other youngsters in the class. Now, those other youngsters are in contact with other persons. From this it follows that one ‘seasoned’ adult, in only a few hours, has changed direction of life from some unknown number of youngsters. Regarding the ‘seasoned’ adult, must that person be published or at least experienced in writing – no. The only requirement is patience and the ability to smile.
The larger issue encompasses two statements: (1) The style of working with youth is the demise of “get over it” to the person who is burdened with PTSD. (2) The disclosure “that only 5% would be successful” is criminal contempt for what the criminal-justice system must be about.

Understanding the rewind point

There are two issues here: First, the rewind point is fluid while the fixation is static. Second, the rewind point is happening during the current time frame while the fixation is historical. This implies an out-of-balance situation, which it is not.

Fixation being historical with typically a lack of there-it-is character is aligned with the James-Lange’s subjective expression, and is the independent variable. Alternatively, creating a rewind point is aligned with the Darwin’s objective experience, and is the dependent variable. For clarity, the fixation as the origin of a symptom is a pragmatic view while because it is me is a visionary view, and, the rewind point as working backward to is pragmatic while what is outside of me is me is visionary. The result is pragmatic with the freedom of visionary. The following spans three topics - basis to personality change, processes of therapy and goals for therapy.

Basis to personality change

This is the pragmatic approach, and is the initial frame of reference to an understanding of the rewind point where curative is the target focus. The first is a formal engagement while the second is about patient introspection.

"For constructive personality change to occur, it is necessary that these conditions exist and continue over a period of time: (1) Two persons are in psychological contact. (2) The first, whom we shall term the client, is in a state of incongruence, being vulnerable or anxious. (3) The second person, whom we shall term the therapist, is congruent or integrated in the relationship. (4) The therapist experiences unconditional positive regard for the client. (5) The therapist experiences an empathic understanding of the client's internal frame of reference and endeavors to communicate this experience to the client. (6) The communication to the client of the therapist's empathic understanding and unconditional positive regard is to a minimal degree achieved" (Rogers, 1957|1992|2007).

Patient introspection is as stated by Anna O in her own recap – “I want to say that a living organization can only exist against the background of a spiritual or ethical goal. Observation of all details, collection of all experiences, which may accomplish the end, uncompromising determination, not to lose the ethical background from view, and most of all: a blessed phantasy—which will keep the creation (you call it organization) alive in outlook. I go so far as to say that it is impossible to organize without phantasy”.

Processes of therapy

This is the visionary approach, and is about the trek to an understanding of the rewind point where curative continues as the target focus. As with the prior topic, the first is formal a formal engagement while the second is about patient introspection.

“Certain basic conditions for successful therapy are: the client's awareness of dissatisfaction with his current adjustment, his intelligence being above borderline level; a reasonable expectation of manipulating adverse social factors; and a skilled therapist where the purpose is to strengthen the individual. The steps in successful therapy are: (1) establishment of rapport with a delicate balance between identification and objectivity; (2) a client's free expression of thoughts and feelings; (3) his recognition and acceptance of his spontaneous self; (4) his responsibility for making his own choices; (5)
his gain in insight through assimilated interpretation; and (6) his growth of independence” (Rogers, 1940).

Patient introspection is, for emphasis, the latter part of Anna O’s recap – “...most of all: a blessed phantasy—which will keep the creation (you call it organization) alive in outlook. I go so far as to say that it is impossible to organize without phantasy”.

Goals for therapy

Transparent to both the pragmatic approach, and the visionary approach, as well as a formal engagement versus patient introspection, is a generic statement about goals of therapy. “The goals of counseling should be stated as those specific behavior changes which are: (1) desired by each client, (2) compatible with his counselor's values, and (3) externally observable. Such behavioral goals would be both more consistent with the guidance tenet of individual worth and more scientifically useful than the traditional goals of counseling such as ‘self-understanding’ and ‘self-acceptance’” (Krumboltz, 1966).

Thus, only curative is the basis for an understanding of the rewind point with the nature of the strain of PTSD inconsequential – curative is about humanism.

Implementation and reasonable expectations

Anna O’s recap summarizes the entire progression, from fixation via an understanding of the rewind point as working backward to the origin of a symptom, then, as she did, “transformed her own private pain into historic public action through an integration of her ‘blessed phantasy' with a strong sense of public duty. What was her weakness became a part of her strength, making weakness and strength less opposites than parts of the same whole” (Kimball, 2000) – what is outside of me is me because it is me.

The proxy for Gestalt wholeness in tandem with the proxy for Arnheim’s flow delivered the three winners – while each the ‘seasoned’ adult experienced perceptual ‘goodness’ and the young person experienced perceptual ‘beauty’, each were freed of the burden of a PTSD of some character. The third winner, the piranha, seems to be a trite statement, it is not, for in this vein there is proactive at the expense of reactive, and from which follows the detoxified fixation is absorbed into the id have character equal to forgotten recipes for various deserts and memories of goals that morphed to myths. The following spans five topics – subjective versus objective, Mental Health Court, the valuing process in the mature person, insight in a counseling relationship, and imposter phenomenon.

Subjective versus objective

Continuing from above, there are two choices, to agree, or not, with Dewey’s “begs the question of the relation of emotion to organic peripheral action, in that it assumes the former [subjective] as prior and the latter [objective] as secondary” (Dewey, 1894). This time resolution is deferred to Freud’s contributions to the understanding of humanism.

“Two figures stand out massively as the architects of our present-day conception of man: Darwin and Freud. Freud's was the more daring, the more revolutionary, and in a deep sense, the more poetic insight. Freud presented the image of man as the unfinished product of nature: struggling against unreason, impelled by driving inner vicissitudes and urges that had to be contained if man were to live in society, host alike to seeds of madness and majesty, never fully free from an infancy anything but innocent. What Freud was proposing was that man at best and man at worst is subject to a common set of explanations: good and evil grow from a common process. It is our heritage from Freud that the all-or-none distinction between mental illness and mental health has been replaced by a more humane conception of the continuity of these states. Freud's sense of the continuity of human conditions, of the
likeness of the human plight, has made possible a deeper sense of the brotherhood of man. It has in any case tempered the spirit of punitiveness toward what once we took as evil and what we now see as sick. We have not yet resolved the dilemma posed by these two ways of viewing. Its resolution is one of the great moral challenges of our age” (Bruner, 1956).

*Mental Health Court*

This reference to a Mental Health Court descends from this author’s experience in clinical management. While this author holds full respect for the cost calculations associated with the Mental Health Court as being supported by financial statements with a clean opinion, there is deep concern for the notation of a “higher prison incarceration” for members of one group versus members of another group (Kubiak, 2015).

The concern extends from the above discussion of “contempt not fraud”, for emphasis, as used here, contempt is in contempt of curative, while fraud is equally in contempt of curative, the difference being fraud is a multi-dimensioned ruse while contempt is covert ruse. Question, which ruse is the most durable? The answer is clearly contempt, with qualification to be imbedded in the thirteen topics that follow – (1) Fraud as a contrived ruse, (2) Prelude to Fraud as an institutional ruse, (3) Personal drive resulting from resolution, (4) Anti-thesis to resolution of PTSD, (5) Prelude to Fraud as an institutional ruse, (6) Historicity of Fraud as a covert institutional ruse, (7) Fraud as a covert institutional ruse, (8) Fraud as an overt institutional ruse, (9) Preface to the Mental Health Court, (10) Mental Health Court, (11) Preface to contempt as a ruse, (12) Contempt as a covert ruse, and, (13) Anti-thesis to PTSD.

Fraud as a contrived ruse: In the reference to the professor (Crocker, 2011), it was noted that – “He published his findings in several journals of the American Psychological Association…. The association, and other publishers, will retract any fraudulent works that the investigation identifies. The early signs are that the scale of his fraud is vast”. Does this mean the lifespan of the associated papers is zero, absolutely not! Take Skinner – “In response to [the authors] inquiry concerning his early usage of the term [radical behaviorism], Skinner stated, ‘I don't believe I invented the phrase 'radical behaviorism'. I think it was in the air at the time’…” (Schneider, 1987).” Thus, what prevents a person who has no reason to be aware of material being retracted, through a prior-to-retraction literature search as an example, from building a writing/research strategy based on retracted references – nothing – and, for emphasis, the strategy is with honor having nothing to do with “The dark side of creativity” (Gino, 2012). Hence, that person, unwittingly, advances their own work to contempt as will be developed.

Prelude to Fraud as an institutional ruse: As noted above, this author is a veteran who has been diagnosed with PTSD. Further, it appears that through work in the community this author has arrived at resolution – yes, but the ghosts are still very real – while today, the ghosts come out of hiding only to shake hands with gratitude. This author’s trek through time was without knowledge of Anna O’s story and it is now obvious that her story was duplicated by this author but in reverse – service in the community resulted in the symptom’s disability. Quickly, the core incident was July 19, 1967, details withheld, no, this author was not in-country. This author’s 28-year trek began with work in the community, homeless women and then men, followed by work with inmates of a county jail, then executive management, and then on to writing of applications to U. S. Federal Funding Opportunities, aka, a grant app. Mid-afternoon of a day, an unknown day, but four or five days before July 19, 2007, this author appeared for a scheduled discussion about a grant app for a community service organization. There is no reason to wonder where the thinking was, the idea of 40 years certainly was an issue if not the issue. The meeting was set at one hour, with the whole hour devoted to this author caught in an unscripted fog. At the end of the hour the Rabbi left his chair, walked around his desk with his hand extended for a handshake stating “thank you for protecting the mission” – the piranha got a well-
deserved feast. That “resolution of the symptom” was preceded by about 40 sessions in 2003 with a psychiatrist who was a survivor of a rare sort, he escaped from Auschwitz. He kept stating “you need to learn to say to yourself ‘I was lucky’” – not enough – an illusion as an analgesic to a delusion simply does not make sense. The delusion, the seduction, must be sentenced to history with no hope for parole.

Now, an accounting of an institutional ruse starting with personal drive. For emphasis, “I was lucky” has absolutely nothing to do with “get over it”.

Personal drive resulting from resolution: On August 2, 2015 the title to this paper was created with its basis pre-declared by Skinner – “I think it was in the air at the time”. The next 13 days, to August 15, 2015, were devoted to creating for this paper an outline and setting a writing strategy with the word-count and reference-count objectives set at 7,500 words and 30 references. On August 15, 2015 the above Introduction was written, at 4,881 words and 25 references, and from that point on, the original design to the second-level heading survived with but a few very minor tweaks, but with flash-backs rushing forward faster than Canadian geese can form a flock, speed about equal to a cardiac bundle block, at which point it became clear that thinking had to be a “mop up” mentality else another symptom. This paper was completed at about 51,000 words and 259 references on October 10, 2015, with quality assurance yet to be done.

Anti-thesis to resolution of PTSD: In mid-March 2015 this author happened to notice a news story about “female soldiers and PTSD” (Golodryga, 2015). The story was about a young woman named Jamie Brunette (September 12, 1984 - February 9, 2015), who on February 9th took her own life. She had served in the U. S. Air Force for eleven years, had reached the rank of Captain, served two tours in Afghanistan, and was burdened with survivor guilt – why them, why not me – an exact line of thinking that is this author’s burden – having protected the mission remains a precarious solution.

Prelude to Fraud as an institutional ruse: The original obituary was replaced by a short-lived obituary that declared “Brunette was an alcoholic”, then replaced by another short-lived obituary that “Brunette was a barroom [retracted]”, with the funeral home’s formal obituary the survivor. In the original obituary the U. S. Dept. of Veterans Affairs admitted to 22 veteran suicides a day – 8,000 a year. At issue is “Groupthink” (Kelman, 2014). An explicit example of groupthink is the last sentence of a published paper – “…and help make good on the VA’s overall commitment to end veteran homelessness by 2015” (Metraux, 2013).

Historicity of Fraud as a covert institutional ruse: There is a larger issue – the U. S. Dept. of Veterans Affairs as a placeholder for other institutional delivery systems with “that only 5% would be successful” indicative of felonious intent. Now, felonious intent sounds like a dangerous statement, however, consider the evidence. Not too many years ago the Mission Statement for a Veterans Administration Medical Center read “…mission is to provide access to timely, compassionate and high quality care to those we serve directly and indirectly by encouraging teamwork, education, research, innovation, and continuous improvement”. Today the Mission Statement for that same Medical Center is about evidence-based practices as the “general order of the day”. Thus, persons responsible for the many facets of care with focus on curative have been pushed to the side by the damnation crowd. Veteran PTSD is addressable by curative and not by damnation. “…that the cultivation of man’s rational, free individuality, is the source and aim of human progress” (Sidis, 1919).

Fraud as a covert institutional ruse: How dare the proponents of the current specification of working memory ignore fundamental humanness, how dare proponents of a stable customer base for the criminal-justice system allow “that only 5% would be successful” to be disclosed, how dare evidence-based mentality be deployed by the high-level executives of the U. S. Dept. of Veterans Affairs when the
needs of persons, who, to a greater or lesser extent, were prepared to make the Final Sacrifice for their Country. Now, a single instance of fraud as an overt institutional ruse.

Fraud as an overt institutional ruse: An accounting of the Phoenix Veterans Administration Medical Center, copyright, *The Arizona Republic* 8:57 a.m. EDT May 22, 2014, disclosed administrative leaves as the response to 28 dead veterans – not one felony, not one misdemeanor, not one infraction – not one reference to conspiracy, not one to negligence, not one to institutional dysfunction. Now, the Mental Health Court.

Preface to the Mental Health Court: This preface is necessary to focus on the best intentions and professionalism of those persons who are on a day-to-day basis in contact with the confined. The authors of the above reference to “sexual offenders have the social skills necessary to gain the confidence of sympathetic clinicians” (Hanson, 1998), were with Corrections Research, Department of the Solicitor General of Canada. In their Acknowledgements they stated “We thank ... for help in locating articles for this review”. The detail of locating articles was in their Methods, “Computer searches of both PsycLIT and the National Criminal Justice Reference System were conducted using the following key terms: Sex(ual) offender, rape, rapist, child molester, pedophile, pedophilia, exhibitionism, sexual assault, incest, voyeur, frotteur, indecent exposure, sexual deviant, paraphilia (c), predict, recidivism, recidivist, recidivate, re-offend, reoffense, relapse, and failure. Reference lists were searched for additional articles. Finally, letters were sent to 32 established sexual offender researchers requesting overlooked or as yet unpublished articles or data”. A problem as big as recidivism should be the subject of widespread research, but, suppositions about research must be deferred to the lack of academic interest in Ischemic heart disease, the number one killer.

Mental Health Court: The focus now is on “higher prison incarceration” (Kubiak, 2015) for members of one group versus members of another group. What follows recognizes: (1) A highly restrictive environment, “the limited availability of social and fiscal resources requires an analysis of the relationship between a program’s effectiveness and its costs”. (2) Accepts persons who can be associated with “a concern for a stable customer base for the criminal-justice system” as being responsible for the cleaning of society’s soiled diapers while “that only 5% would be successful” is an unintended incorporation of advice that descends from “The dark side of creativity” (Gino, 2012). (3) Leverages “No differences between groups in mental health treatment utilization during the outcome period”. It is the last point, leverages, that reconciles “higher prison incarceration” to logic, in that those persons who were associated with favorable conditions were able to self-introspect to Anna O’s story – “simply opens the door to the origin of a symptom is a pragmatic view while because it is me is a visionary view”.

Preface to contempt as a ruse: Three references to revolution have occurred in this paper. The first was the initial generation with libido the pivot – one side of the pivot accepted libido theory and the other side did not with Carl Jung, Alfred Adler, Karen Horney, Erich Fromm, and Harry Stack Sullivan the primary revisionists (Allen, 1956). The second was the years 1898 to 1938 (Hebb, 1960). The third was the year 1956 (Eysenck, 2000, p. 1). Given references to libido has been the main point of contention, the true starting date of the revolution was the instant there was a shift away from libido by either Carl Jung or Alfred Adler. But, there is another date and that is when the proponents of the revolution have lost track of thinking. From the letter Freud sent to Einstein in September 1932, “This procedure [of victory in war] has two advantages: the enemy cannot renew hostilities, and, secondly, his fate deters others from following his example. Moreover, the slaughter of a foe gratifies an instinctive craving - a point to which we shall revert hereafter. However, another consideration may be set off against this will to kill: the possibility of using an enemy for servile tasks if his spirit be broken and his life spared. Here
violence finds an outlet not in slaughter but in subjugation. Hence springs the practice of giving quarter; but the victor, having from now on to reckon with the craving for revenge that rankles in his victim, *forfeits to some extent his personal security*” [Italics added] (Nathan, 1960, p. 193). The proponents of the revolution having lost track of thinking, was due to friends of those who were presumed to have lost the war continued with “spirit was not broken, that business continued as usual” such as the contributors to *History of Psychology in Autobiography* which resulted in a serious invocation of “*forfeits to some extent his personal security*” where the reference to some is small compared to what happened – “Ethical issues include piecemeal and duplicate publications, plagiarism, and falsification/fabrication of data” (Levin, 1993). “…it is high time for the rebels to get on with the second one: a behavioristic or learning-theory analysis of the thought process” (Hebb, 1960).

Contempt as a covert ruse: Focus here could be on those who maintain recovered memories are fiction, but will not be, as their lack of depth is in line with their lack of experience. Instead, Watson’s Pebecco campaign that encourage women to smoke ignored lung cancer as a well-known health risk (Witschi, 2001).

Anti-thesis to PTSD: An example anti-thesis to PTSD, what logic, other than institutional procedures, prevents inmates of a misdemeanor county jail from being recruited to work with youth in a county juvenile detention facility with purpose limited to above two procedures – write a paper and arithmetic?

**The valuing process in the mature person**

This is about the “change in the value orientation” (Rogers, 1964) of a person relative to the rewind point – psychological comfort attained through fortune. “On the basis of these observations, the theory is advanced that there is an organismic basis for the valuing process within the human individual; that this valuing process is effective to the degree that the individual is open to his experiencing; that in persons relatively open to their experiencing there is an important commonality or universality of value directions; that these directions make for the constructive enhancement of the individual and his community, and for the survival and evolution of his species”.

The valuing process is a child of Gestalt wholeness from which the hope is that experienced perceptual ‘goodness’ and experienced perceptual ‘beauty’ will continue through life – with the fixation point a factual part of a person’s history.

The final topic of this paper’s Introduction was: The endgame audience is the primary care physician, the only member of the Helping Professions who has access to a rationalization-free dialog with a person as a patient. This is not an absolute statement but does include metaphor, particularly, from the close of this paper’s first paragraph – “if the approach to progression is open and available for scrutiny by an average non-clinician person, then undiagnosed is addressable as well”.

At center is rationalization-free, a style of communication that is to be replicated. Precedent is with the Balint “mutual investment company” (Matalon, 1999), discussion groups where general practice physicians meet to discuss relationships between themselves and their patients. The discussed relationships need to be replicated to insure winners – a ‘seasoned’ adult who experiences perceptual ‘goodness’, a young person who experiences perceptual ‘beauty’, and a fixation that is committed to history.

**Insight in a counseling relationship**

This is the expectations of “counseling situations of a non-directive character, insight (new perceptions and understandings of self) develops in a spontaneous fashion” (Rogers, 1944). This is why “that only 5% would be successful” should not be tolerated, as made so very clear by Anna O.
**Imposter phenomenon**

With traits the reference and PTSD the focus, if there is a negative in a trait then that negative emerges in PTSD in the form of a dull toothache. The insidiousness of the negative (e.g., Langford, 1993) is most pronounced with experienced PTSD, which makes sense given the presumption of defined, and least pronounced with undiagnosed PTSD which again makes sense as ‘incomplete’ is the fair presumption – the 9-year old girl who is trapped in the body of a 29-year old woman.

The lesson to be replicated is in the Mental Health Court above – “No differences between groups in mental health treatment utilization during the outcome period”. Allowing conditions to form that leads to the self-introspect of Anna O’s story – “simply opens the door to the origin of a symptom is a pragmatic view while because it is me is a visionary view”.

**By the bye**

**Dear Professor Freud,**

Word is circulating that your reasons “for rejecting seduction theory ... were not strongly held convictions” (Kupfersmid, 1993). This paper concludes with thoughts that I submit to you for your consideration....

At a pre-experience state our relationship with life might be characterized as...

“Our relationship with life is a bilateral contract. We give life something; life gives us something in return. If this is all any of us want, then none of us need take any additional effort, and can go about as we ever did. Life can try to get the most from us, while we can try to get the most from life.

When getting-the-most becomes the rule of engagement, it becomes sort of a tug-of-war. We try to give life the minimum but extract the maximum, only to realize the minimum or less. Being generally clever, we succeed in this game up to a point with unfortunate effect on purpose, strength and hope, thinking all along our reasoning is sound” (Cook, 2014a, p. 15).

With experience gained our relationship with life might be characterized as...

“Maybe our contract with life should be a unilateral contract, a commitment that is based on caring, sharing and trusting, leaving the formation of a bilateral contract, if any, to the dictates of time, of circumstances – to the dictates of others to extend their unilateral contract to us. Maybe our contract with life should be less focused on give and get, thus allowing emphasis on give and receive.

Maybe our contract with life should be both give and get, and, give and receive. Give and get to prevent our person from being compromised by the malformed intent of other persons. And give and receive to prevent other persons from being compromised by the malformed intent of our person. Maybe our contract with life should reflect a mature sense of empowerment – to be empowered to recognize the momentary appropriateness of give and get, versus give and receive” (Cook, 2014a, p. 353).
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