

A Clear and Present Danger: Narcissism in the Era of President Trump

President Trump's victory in 2016 stunned the world and unleashed a new era in U.S. politics. Donald Trump often embodies the opposite of what many expect from a president, making it difficult for even Republican leaders to know how to respond to him. From his stubborn refusal to release his tax returns to the unprecedented cordiality he displayed to Vladimir Putin despite compelling evidence of Russia's tampering with the 2016 election, President Trump has proven to be a shadowy figure who many, including Richard Reich, feared would consolidate power like a demagogue. His brazen, overly self-confident manner is a lightning rod for those who think anything that changes the old order is welcomed and is a warning of *a clear and present danger* for those who oppose him. Since taking office President Trump's personality and its potential impact upon world affairs has become a central focus for many.

Narcissism is epidemic and as Dr. Tom Singer points out, President Trump is "carrying around the longest selfie stick in the world."

A Clear and Present Danger: Narcissism in the Era of President Trump assembles thoughtful, deep explorations of narcissism by bestselling authors, university professors, and practicing clinicians. The narcissist often demands that the world conform to their image in order to sustain unending adulation and praise. They are capable of viscous and cold-hearted retaliation when their image is impugned. Narcissism demands to be mirrored and refuses to be challenged. Readers may recognize narcissistic features in people they know from work, the home, the entertainment industry, and politics. President Trump's supporters as well as his detractors may be left asking how narcissistic traits manifest in someone who becomes President of the United States of America.

"Every country has the government it deserves," said Alexis de Tocqueville, author of *Democracy in America*. The contributors share a hope that these essays will become a mirror for the reader and for a nation called to examine itself. In the end, as Dr. Clarissa Pinkola Estés reminds us, "We were made for times like these."

Media Attention:



David Pakman Show - *Donald Trump's Narcissism is Dangerous*

- 10 minute television interview with Dr. Len Cruz; - 103,000 YouTube views
- www.youtube.com/watch?v=jg9K5sSjZ2I or: www.goo.gl/mY1bLE



Bill Moyers - *If Donald Trump Had a Selfie Stick, We'd All Be in the Picture*

- posts a condensed version of a key chapter in the book (Chapter Author - Thomas Singer, MD)
- www.billmoyers.com/story/donald-trump-selfie-americas-worst-side/ or www.goo.gl/Tt3AVB



New York Times - *Is It Fair to Analyze Donald Trump From Afar?*

- Mentions the book while quoting from a New York Times interview with Dr. Buser
- www.nytimes.com/2016/08/16/health/analyzing-donald-trump-psychology.html?_r=0



KGO 810 AM Radio - *On the Question of President Trump's Mental State*

- 4 min Interview with Chip Franklin & Dr. Cruz on the question of President Trump's mental health
- www.trumpnarcissism.com/posts/392



Eclectablog with Chris Savage -

- 30 minute interview with Dr. Len Cruz, discussing the *Trump Complex*, *Post Trump-matic Stress Disorder*, personal narcissism, and narcissism in our leaders
- www.trumpnarcissism.com/posts/eclectablog



KPFT Houston - Pacifica Radio - 90.1 FM

- One hour interview with Dr. Buser and Narcissism in America; www.goo.gl/dnsVld or
- <https://player.fm/series/kpft-the-monitor/the-monitor-mon-17-oct-2016-190000-0500>



SiriusXM Progress Radio - Nomiki Konst, host of "The Filter," Interviews Dr. Cruz

- www.trumpnarcissism.com/wp-content/uploads/Nomiki-Konst-and-Len-Cruz-Interview.mp3
- or www.goo.gl/Qu8mEA



Radio Interview with Dr. Buser – WDST 100.1 FM, Radio Woodstock

- INTERVIEW WITH DR. BUSER BEGINS AT 1:31:34 - www.radiowoodstock.com/2016/09/25/woodstock-roundtable-92516/
- www.goo.gl/D9DcuI



Therapist Uncensored – Podcast Interview with Dr. Buser & Dr. Cruz

- www.therapistuncensored.com/powerful-fascination-with-narcissism/
- or www.goo.gl/T97ZHZ



Barb Adams Live - Interview with Dr. Buser

- [Click on 3rd hour of show] <http://barbadamslive.com/?p=10673>
- www.goo.gl/gO5dqI



Mountain Xpress – Feature story on the Book

- www.mountainx.com/opinion/locally-published-book-analyzes-donald-trump-in-a-context-of-societal-narcissism/
- or at: www.goo.gl/437sJd



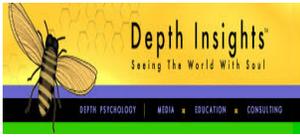
Shrink Rap Radio – Extensive Interview with Co-Editor, Leonard Cruz, MD

- One hour interview with book's co-editor, Dr. Leonard Cruz - www.goo.gl/EmhCo4
- www.shrinkrapradio.com/521-narcissism-in-the-era-of-donald-trump-with-psychiatrist-lenonard-cruz-md/



The Jeff Messer Show – 880 AM – Interview with Dr. Buser

- www.youtube.com/watch?v=i4aSajkC1MM&feature=youtu.be
- or www.goo.gl/XXUjBm



Interview with Dr. Buser – Depth Psychological Alliance

- www.depthpsychologyalliance.com/video/depth-psychological-insights-on-narcissism-in-the-era-of-donald-t
- www.goo.gl/aTw4Kt



Asheville Citizen-Times – Op-ed Article on the Book

- www.citizen-times.com/story/opinion/contributors/2016/09/16/guest-columnists-donald-trump-best-thing-america/90478024/
- www.goo.gl/MxMESy



Interactive Lecture with Dr. Buser – the Asheville Jung Center

- www.ashevillejungcenter.org/trumpwebinar1/viewing-portal/
- www.goo.gl/IBuCQH

See Publication data and further press information below....

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Selected Key Concepts:

1. President Trump at times displays characteristics of narcissism as well as traits of a “confidence man”.

President Trump's overly bold and confident style may have been part of how he captured the hearts and minds of so many voters. Many of these same characteristics carry narcissistic qualities or even overlap with the attributes of a *confidence (con) man*.

2. There is an important difference between “Healthy Presidential Narcissism” and “Malignant Presidential Narcissism.”

Perhaps every president or world leader needs a certain degree of narcissism in order to seek high office. Occasionally powerful leaders ignite the imagination of their followers by showing them a glimpse of something profound, transcendent and archetypal. These leaders mobilize the masses. In “Healthy Presidential Narcissism” the leader shows the people the transcendent archetype, but does not personally identify with it. In “Malignant Presidential Narcissism” the leader becomes inflated by identifying with the transcendent archetype. This may foster tyrannical leadership.

3. A “Trump Complex” is possessing the unconscious, collective mind of the United States.

According to Craig Chalquist, “a complex is a cluster of emotionally charged associations, usually unconscious and gathered around an archetypal center. [...] Complexes were first noticed by Aristotle, who in

his *Psyche* called them part-souls, and behave like little personalities. Examples of personal complexes include: “an inferiority complex,” “a Peter Pan complex,” “a mother complex,” “a warrior complex,” etc. A less familiar idea is that entire nations can develop unconscious national complexes. A collective trauma in the United States has arisen over the last 15 years from the 9/11 attacks, the 2008 financial collapse, decades of war, and the persistent fears of terrorist attacks. This collective national wound fostered deep-seated anxiety, a sense of loss of control, and a loss of dominance on the world stage. This national unconscious complex, “the Trump complex”, has drawn large segments of the US population towards an archetypal image of strength and nostalgia, that in America was epitomized by John Wayne. Donald Trump has skillfully unconsciously embodied this image, thereby drawing voters towards him subliminally and aiding his 2016 election victory.

4. The Trump campaign was a study in succinct, masterfully crafted core messages that tapped unconscious fears and unspoken thoughts of the American electorate.

Donald Trump has successfully utilized a number of “core messages” that tap into deep-seated national fears and hidden thoughts. For example, “Get ‘em out of here!” was blurted out in response to hecklers at a Trump rally but it quickly became a rallying cry associated with Trump’s proposals to deport millions of undocumented immigrants, bar entry to Muslims, and erect a wall on the US southern border. Another core message became a slogan emblazoned on a baseball cap, “Make America Great Again!” This nostalgic message promises to restore America’s preeminent position in business, defense, and world affairs. “America First”, another Trump campaign slogan, implies that all other nations will be second to the US.

5. *Post Trump-matic Stress Disorder (PTrSD)* is one way to conceptualize the deep anxiety and depression that many have felt since the 2016 Presidential election.

President Trump’s 2016 election victory seems to have unnerved segments of the population much more than any other recent election. Psychiatrists and psychologist are seeing greater anxiety and even depression post-election. A substantial number of people, particularly immigrants, women, Muslims and other marginalized peoples, seem to hold a catastrophic view of a Trump Presidency and are carrying heightened anxiety, fear and even despair. This phenomenon could be described as *Post Trump-matic Stress Disorder*.

Q&A:

Are you claiming *Post Trump-matic Stress Disorder (PTrSD)* is a new psychiatric diagnosis?

No, not really. We are not describing a new official psychiatric diagnosis, but rather giving a somewhat tongue-in-cheek label to a real phenomenon that we have seen clinically in our psychotherapy offices. People have been deeply disturbed by this election, far more than any other. There is real fear, anxiety, despair and even paranoia towards President Trump in levels we have never seen in prior elections. The *PTrSD* label refers to this cultural disturbance that many of us have felt.

Are you calling President Trump a Con Man?

No. While others have made such a claim, we are not calling President Trump as a Con Man. We have, however, taken the historical phenomenon of the *Confidence Man* (otherwise known the *Con Man*) and

examined it from a psychological perspective. We then scrutinize characteristics of President Trump and his behavior through the lens of that understanding.

What is the origin of the word narcissism?

The term traces its roots to Greek mythology and one of the more familiar accounts of Narcissus reached us through Ovid's *Metamorphoses*. Narcissus was known for his beauty and was disdainful of those who were enchanted by him. Nemesis, the goddess who ruled over divine retribution, lured Narcissus to a reflecting pool where he became so enthralled by the beauty of his own image that he lost his will to live. There he stayed, gazing upon himself, static and transfixed until he died. So the term has become associated with that quality that involves an excessive preoccupation with one's self or one's appearance. Here of course the idea of appearance encompasses much more than just physical appearance; it includes how one is perceived in the eyes of others.

How does clinical narcissism develop?

Narcissism, or self-absorption is a normal part of psychological development. The infant child initially must determine where it ends and the outer world begins. Soon thereafter, we all enter a phase of psychological development that will give rise the sense of "I" or ego as different from the rest of the world and different from other people. At that point, a child will be called upon to figure out how and to what extent their will can impose itself on the world around them. We might say that at an early age, everyone passes through a stage that resembles a small tyrant. Gradually, we learn that *My Will Be Done* is not a governing principle of the universe. The qualities of narcissism evolve and in the best of circumstances a child will preserve a healthy self-esteem but also be able to temper their will out of respect of others and society at large.

When this process takes an unhealthy turn the child may persist in treating others like one would an inanimate object. A useful object is treated with regard but a damaged or useless object is discarded or treated with scorn and derision. Individuals with narcissistic personality disorder often value other people (and things) based upon whether the other person inflates his or her esteem or diminishes the esteem they enjoy in other people's eyes. This is the axis upon which things turn psychologically.

The wounds a child receives may foster the development of a narcissistic personality.

What is meant by "healthy presidential narcissism?"

"Healthy presidential narcissism" refers to a style of leadership that may be founded on the leaders somewhat inflated sense of self but tends to encourage others to glimpse the inspiring, transcendent, archetypal realm. A healthy presidential leader inspires the people by showing them glimpses of the transcendent, archetypal realm. "Unhealthy presidential narcissism" occurs when a powerful leader over-identifies himself (or herself) with the transcendent and becomes inflated by it. Instead of pointing others to this transcendent, archetypal realm, the unhealthy leader that becomes identified with this energy makes no distinction between the archetypal energies and his or her own energies. In this situation, the unhealthy narcissistic leader resorts to an attitude of *My Will Be Done*. This is the domain of despots, demagogues, and tyrants.

Are you diagnosing President Trump with Narcissistic Personality Disorder?

Absolutely not! The American Psychiatric Association developed ethical guidelines discouraging mental health providers from making a diagnosis of a public figure who has not been examined in person. None of the

contributors presume to diagnose any public figures mentioned with Narcissistic Personality Disorder. The book is an exploration of narcissism with particular emphasis on its potential for influencing current politics in the United States. Some of the contributors address President Trump directly or indirectly and the book leads off with a series of quotes from the candidate himself.

Isn't the title of your book taken from a 1989 Tom Clancy novel?

No. The title has its roots in a defining 1919 Supreme Court case, *Schenck v the United States*. Justice Oliver Wendell Holmes wrote that Charles Schenck's attempt to disrupt military conscription during World War I represented "a clear and present danger" to the interests of the United States. The Court addressed the circumstances under which a citizen's right to free speech could be abridged. Many people may be familiar with the idea that one does not have the right to shout "FIRE" in a crowded theater. The idea captured in the title is that there may be some speech and behavior that warrants being limited when it presents a clear and present danger to the security of the nation. Tom Clancy's novel took its title from the same source.

Why has the American public been so attracted to President Trump?

The contributors who address this fascinating issue offer different ideas. Among other things, there are many Americans who have seen their power, privilege, and preeminent position as a nation eroded in the last several decades. Whether that process began in the aftermath of Vietnam or following the terrorist attack on September 11th, it may be the deep wounds inflicted on the nation at the collective (unconscious) level have played a role in President Trump's allure. One author suggests that narcissism is compensation for feelings of inferiority that remain unconscious. When a leader resonates with a nation's fears of inferiority and promises to extinguish the threats that cause those fears, they will be intensely attractive. The book examines some of the core messages that emerged from President Trump's campaign and how these messages resonate with the unconscious thoughts of many Americans.

What is the "Barry Goldwater Rule?"

In 1964 *Fact* magazine sent 12,000 questionnaires to US psychiatrists asking their opinion on whether or not presidential candidate Senator Goldwater was psychologically fit to be the president. Over 1000 psychiatrists sent in responses saying he was unfit psychologically and some went so far as to diagnose Senator Goldwater as impulsive, unstable, paranoid, neurotic, psychotic or even a "dangerous lunatic." This caused a strong backlash that eventually led to the American Psychiatric Association declaring it unethical to diagnose public figures without conducting a personal examination. This rule was vigorously questioned during the 2016 Presidential election.

Your book has an entire chapter on fascism. Are you saying that President Trump is a fascist?

Not at all. George Santayana said, "Those who do not remember the past are condemned to repeat it." The book does discuss past world leaders including Benito Mussolini and Adolf Hitler. The chapter on Italian Fascism was written by a professor at the University of North Carolina-Asheville. He paints a picture of Mussolini as an educated man who showed masterful skills in statecraft and propaganda. The fact that this Italian leader pioneered some of the techniques other charismatic leaders used, including Adolf Hitler, is a matter of historical interest. The reader is left to draw his or her own conclusions about whether or not this chapter pertains to any current figures. An interesting and perhaps little known detail involves the origin of the term fascist explained in Dr. McClain's essay.

What does Bluebeard have to do with a book on narcissism?

One of the principles within the book is how mythological stories can reveal deep truths about the individual psyche and the psyche of a nation. The chapter on Bluebeard is written by one of many best-selling authors who contributed chapters to this book. Clarissa Pinkola Estés is the author of *Women Who Run With the Wolves*. She makes a table that compares the themes embedded in the story of Bluebeard with the prominent features of Adolf Hitler's rise to power. The story of Bluebeard carries psychological representations of some of the predatory and dark aspects of narcissism.

Some of the chapters have nothing to do with President Trump, don't they?

That's true. We've noticed that in comments posted to Facebook and other social media sites few people have noticed that the title actually reads "...in the Era of President Trump." That was a very intentional choice that can easily be overshadowed by President Trump's image on the cover. While it may be fair to say that Mr. Trump has served as a lightning rod on the subject of narcissism, clearly there are others in political life who demonstrate unbridled narcissism. When a Congressman chooses to post a selfie of his phallus on a social media site, we might be able to agree with a basic premise of the book that narcissism is epidemic. With certain constraints, we gave the contributors a great deal of latitude in choosing what they would address. Some revised the topic they were assigned. For example, one author wrote about narcissism in Fyodor Dostoyevsky's *Notes From the Underground*. Another contributor is a very accomplished artist and retired Jungian analyst. He was asked to write about narcissism and the male phallus, instead he wrote about how men and women are portrayed differently in art when the subject is gazing into a mirror.

Does the book discuss how narcissism affects life outside of politics or is it just about narcissism and American politics?

Absolutely. Much of the book looks at narcissism apart from politics. There is a chapter written by a Jungian analyst who shares her ordeal of being married to a narcissist. Another chapter explores the phenomenon of selfies, then there is a chapter on celebrity, and even a chapter examining Shakespeare's *Macbeth*.

What evidence is there of the epidemic of narcissism?

The selfie is a blatant example of how epidemic narcissism has become. The rise of the investment banker, stock traders, and corporate raiders in movies like *Wall Street* and *Wolf of Wall Street* may be another manifestation. And then there is reality television where even the broadcasting of ordinary life takes on a celebrity status when millions of viewers tune in.

H. L. Menken said, "People deserve the government they get, and they deserve to get it good and hard." If this year has witnessed the rise of narcissistic candidates, perhaps it reflects the citizenry.

There is always a story behind the birth of a book like this; what is this book's story?

On April 15th of 2016, the two editors had a conversation about an edited volume on the subject of narcissism. A list of potential contributors quickly coalesced and an email went out inviting about two dozen individuals to contribute a chapter. The invitation asked the impossible. "Compose a chapter that is readable, thoughtful but not excessively scholarly, that refrains from libel of any candidate, and do all this in one month." Not surprising some people declined because they had other commitments. But many of those initial refusals reconsidered and

stepped up to the challenge. Chiron has never before produced a book on such a tight timeline. The editors sought to strike a balance between timely and timeless treatment of the subject. Who knows what will be remembered about *A Clear and Present Danger* in a decade. For many of the contributors it was a labor of love. After the election, a 2017 edition was produced.

Selected Excerpts:

Thomas Singer, MD:

There was simply too much free-floating anger and frustration in the national psyche about the current state of affairs in the United States to be activated and exploited by a figure like Trump who appears to have an uncanny knack for pricking sacred cows. His early attacks on “political correctness” scored a direct hit on a hugely vulnerable spot in the national psyche...

Trump’s foundational cries of “Get ’em outta here!!!” and “Make American Great again!” are perfectly attuned to the hatreds and longings at the group level of the psyche of many Americans. No one has been able to avert their gaze or turn their cash registers away from Trump. He has managed to capture and dominate our national discourse and imagination. He has been able to mesmerize or stun nearly everyone who crosses his path...

What a relief for so many to hear a politician speak their unspoken resentments and express their rage, which they could only mutter privately. President Trump apparently tapped into the dirty little (or not so little) secret of our loathing of various minorities (even though we may all be minorities now) and especially of recent immigrants.

Leonard Cruz, MD:

Feelings of inferiority are fundamental and part of normal development. They provide the impetus for a compensatory drive to improve oneself in order to avoid inferiority feelings in the future. Alfred Adler’s notion of a superiority complex was rooted in universal feelings of inferiority. This superiority complex reveals itself in an excessive, relentless degree of striving to overcome others, and this bears a striking similarity to narcissistic personality disorder.

Adler’s notion of a superiority complex is a compensation for what might otherwise develop into an inferiority complex. The inferiority complex tends to paralyze an individual, mostly obstructing his or her effort toward self-improvement and superiority. By contrast, the superiority complex becomes a style of living that is insensitive to others, does not promote collaboration or cooperation, and is focused upon disproving and disavowing feelings of inferiority. The superiority complex, like narcissistic personality disorder, exists in opposition to community.

Adler described a [normal] trajectory that moved toward greater degrees of collaboration and cooperation with others along with a movement toward equality and justice. According to Adler, the well-adjusted human being is capable of living in harmony and cooperation with others and acts on behalf of the greater good of society. This is called social interest and consists of an individual’s personal interest in furthering the welfare of others. Viewed through an Adlerian lens, the narcissist has gone awry and cannot consider others, cooperate with others, or strive for the welfare of others. The veneer applied to the narcissist consists of superiority, avarice, and incessant need to prove himself or herself better than the rest. This is the person who acts as if My Will Be Done.

Narcissists can prove to be very attuned to other people, not because they are moved by social interest, but because the other person has something they want. Once a person crosses the narcissist or once a person loses value for the narcissist, that person becomes like a thing that has no more usefulness. An individual entering the gravitational field surrounding a narcissist, especially a seemingly successful narcissist, has trouble getting away. Perhaps the same is true for a nation ensnared in the gravitational field of a charismatic, narcissistic leader.

The universal struggle with feelings of inferiority and an apparent deficiency of social interest on the part of President Trump resonated with a segment of the American public. Possibly, Donald Trump's tactics allowed viewers who have been bullied and struggled with their own feelings of inferiority to relate to being the bully. President Trump seems to have shrewdly singled out one group after another—undocumented Mexicans, people with disabilities, Native Americans, and of course Muslims—and made them targets.

Clarissa Pinkola Estés, PhD:

My father's family fought to stay alive during an era of world dictators who were besotted with malignant narcissism and ambitions to divide, damage and murder countless souls they found to be "life not worthy of life." Bluebeard was a folktale the family knew well, but Hitler and Stalin became their horrific Bluebeardian realities. I was their young witness. Born mestizo Latino, I was adopted as an older child into a fragmented Eastern European refugee/ immigrant family who survived WWII...

Folktales evolve over time, such as when persons previously unknown to each other are abruptly thrown together. During and after WWII, those marched to slave labor camps often came from different language groups. Some knew or were able to learn quickly the languages of others. In stolen moments, stories told and folktales shared, took loan passages from one another's tales. These were sometimes shared in each teller's home language after. Our family's Bluebeard tale accordingly, held him as vámpír, cutthroat drainer of others' blood, for he could not sustain his own energy without living off others' energies. Thus, he sought acclaim and dominance...

Hitler attempts to draw to himself those who feel 'righteously wronged,' disenfranchised --those who often remember a day when they were able to sit in the sun, had ideas and dreams. He promises a better life, but many will be taken to their deaths

...There will always be times in the midst of "success right around the corner, but as yet still unseen" when you feel discouraged. I too have felt despair many times in my life, but I do not keep a chair for it; I will not entertain it. It is not allowed to eat from my plate.

The reason is this: In my uttermost bones I know something, as do you. It is that there can be no despair when you remember why you came to Earth, who you serve, and who sent you here. The good words we say and the good deeds we do are not ours: They are the words and deeds of the One who brought us here.

In that spirit, I hope you will write this on your wall: When a great ship is in harbor and moored, it is safe, there can be no doubt. But ... that is not what great ships are built for.

...This comes with much love and prayer that you remember who you came from, and why you came to this beautiful, needful Earth.

Steven Buser, MD:

Post Trump-matic Stress Disorder:

Typically, the reaction to an election is mild and short-lived. One of my principal reasons for beginning work on this book was the fairly profound disturbance I witnessed as the election progressed. Something was

different in this campaign. Patients on both sides of the political aisle were presenting with severe anxiety, marked insomnia, heightened family discord, and even clinical depression. It quickly became evident that this presidential election was markedly worsening their anxiety and depression....I treat a lot of woman, and occasionally men, who have been victims of sexual abuse. While most of them weathered the election well, many others were deeply disturbed by Donald Trump's campaign and subsequent victory. Perhaps the most disturbing moments followed the release of the 2005 recording from Access Hollywood in which Trump boasted of groping women without their consent. For many women who have been through similar or worse sexual assaults, it was inconceivable that a potential president would say such things and even more horrifying that his comments did not disqualify him. Many of them have subsequently had flare-ups around the memories of their trauma. Some of my patients reported more frequent nightmares, flashbacks of abuse, anxiety, depression, and in a few cases, suicidal thoughts. Other factors may be contributing, but I am convinced that the election provoked countless individuals...I have consolidated these clinical manifestations stemming from the election of President Trump into the broader designation of Post Trump-matic Stress Disorder, or PTrSD. I have seen this phenomenon in over a dozen patients. It is characterized by a heightened anxiety, uncertainty about the future, fear, and depression as the patients focus on perceived catastrophic results emerging from President Trump's term in office.

Just as wounds create unconscious complexes within an individual, collective wounds sustained by a nation may cause cultural complexes within the nation's unconscious. The cumulative wounds suffered by the U.S. and other Western nations that once enjoyed a sort of world dominance have now led to a sense of powerlessness. Incessant wars, financial strains, and a frustrating inability to remove the terrorist threat has left nations feeling isolated and helpless. We are left to wonder if the soil has been tilled for a charismatic, self-promoting leader to tap into the deep complexes that formed around this sense of powerlessness experienced by a nation. Perhaps the United States is under the influence of a powerful complex. If so, we might call this the Trump Complex...

This Trump Complex unleashes anger in the growing crowds while powerfully yet unconsciously compelling them toward a perceived solution of strength and nostalgia. [...] The Trump Complex compels many Americans to align with a leader embodying this image of strength and nostalgia.

Richard Smoot, PsyD:

The term, con man, short for confidence man, refers to an individual who manipulates others through distortion, lies, and other forms of influence for personal gain by fraud. Samuel Thompson (1821-1856) was the original con man. His "confidence games" involved asking passersby on the street to "have confidence in him" by giving him money or watches.

...We might ask if President Trump's frequent reminders that he built a great company is a technique that invites the public to trust in his success while implying that he can help others transform their lives. President Trump's boundless self-confidence combines with his ability to read other people's desires and discontents. When President Trump speaks on behalf of other's hopes and aspirations using blunt or vulgar language he aligns with the common man and when he makes grandiose, bombastic propositions he is making it known that he alone is equipped to deliver.

...In his unorthodox approach to vanquishing his opponents during the campaign he seemed to be willing to do or say anything without apology to accomplish his goals. Time and again President Trump underscores a promise with the phrase, "believe me."

...Once a person is convinced to support a candidate by an approach that appeals to the emotions, the support tends to be stable, impassioned, and impervious to information that might refute a person's choice. President Trump may have been correct when he claimed that he "could stand in the middle of 5th Avenue and

shoot someone and not lose voters”. A con man successfully utilizes the principles of emotional persuasion to acquire the rabid loyalty of his followers despite little logic or pragmatism in the message.

James Hollis, PhD:

The pitiful truth of narcissism is that the narcissist stares in the mirror and no one stares back. This is why he or she must use others for reflecting surfaces. If that person is the parent, the child is used to bring positive regard to the parent. One has to think only of the stage-door mother, or the little league father for cultural stereotypes of this pattern. If the narcissist is the employer, the employees do the hard work and the boss takes the credit. If the partner is insecure, he or she depends on the other to make one feel good about one's self. In each of these relational deficits the heroic task is fled, the task which asks: "what am I asking of that other that I need to address for myself?" ...

Narcissus is judged in our emotionally distanced place because he is captured by, possessed by his self-image, but are we not all captives to some extent? Is that not the problem for all of us? Is not the central task of psychotherapy to examine, identify, what stories, what concepts, what self-images have captivated us, led us to our current impasse, our suffering, and to bring them to the surface, challenge them, and perhaps replace them with something larger, more capacious?...

*I imagine that when we stare into the pool we experience what, ultimately, Narcissus experienced to his dismay. He wasn't just entranced by his beauty; he was stunned by his complexity, his infinite number of selves, his compelling regression into the black hole of the timeless Unus Mundi.**

Jean Shinoda Bolen, MD:

I begin with a metaphor of the wounded healer. Chiron was a Greek Centaur, an immortal who suffered a wound to his knee that would never heal. How synchronistic that the very publisher of this book, Chiron Publications is named after him. The metaphor of the wounded healer, often unfolds toward two possibilities. When we become conscious of our wounds and our pain, we develop compassion and are equipped to guide others into those dark and painful places. Our vulnerabilities, our imperfections, and our suffering help us to bridge, mirror, accept, and be present to the suffering of the people we see, but only if we are conscious of our emotions and what has happened to us. The problem with being a wounded healer lies in the potential for identification with the aggressor or the victim. If, as therapists, we do either of those, we end up wounding the people who turn to us for help.

The wounded shadow of a wounded leader imposes itself upon all who are subject to the leader's authority. This process parallels the wounding shadow of the wounded healer. I wrote of this in Ring of Power.

"When people become obsessed by their quest for power as control, security, or recognition, and when they have power over others, then what they do affects those around them [...] A tyrannical parent or an employer with a narcissistic need to control others has a much smaller sphere of destructive influence but can nonetheless be devastating psychologically to individuals." (P 10-11)

The wounding shadow in the leader may take on the appearance of an authoritarian father. When narcissistic leaders become identified with this archetype, they will be insensitive to the feelings, thoughts, and needs of those they lead. Such leaders do not permit their authority to be questioned. In their self-inflation, they do not seek out the opinions of others. The wounded leader is cut off from parts of himself or herself, which gives rise to their wounding shadow. Such leaders establish relationships with their constituencies that bear a striking resemblance to the relationships between parent and child in dysfunctional families. The wounding shadow of the leader equips them to inflict enormous harm. Too often their constituents, like children in a dysfunctional family, provide for the leader's needs to be mirrored and praised.

When the shadow of identifying with power appears, we risk fostering dependency. The projection of parental authority that is part of the transference allows us the power to heal. If we react differently from the original authorities in that person's life, change is possible. If, however, we react

in the same way as the original authorities by insisting that we are the authority and that we know what their dreams and behaviors mean, or if we foster our clients' dependency, we are wounding them.

Robert Moore, PhD

There is no such thing as a person who has completely transformed his or her own narcissism. There are only people who acknowledge the existence of their grandiose energies and try to learn how to relate to them consciously and regulate and optimize their contacts with them intelligently. We don't want to eliminate archetypal energies, but neither do we want them to destroy us. We want and need these energies to fuel and enrich life. That is the true meaning of human spirituality on the psychological level, to facilitate productive and creative contact with these sacred energies...

Narcissistic pathology is more like sin, a condition common to all. If we didn't have the Soviet Union, Reagan's "Evil Empire," it would be harder for Americans to deal with their own personal grandiosity. We wouldn't have such a demonic enemy to be superior to. If they (Russia, China, or an Enemy of America) stopped being difficult, we couldn't project the evil shadow upon them quite so easily, and that would force us to start dealing with our own emotional problems and shadows. America would face a psychological crisis. That is how it works. When someone refuses to carry your projections, it creates a psychological crisis for you. Your displacement mechanisms no longer help you regulate your own grandiosity, so your ego must look for another way to avoid the truth.

Thomas Patrick Lavin, PhD:

As the song says, "When I fool the people I fool, I fool myself as well." A trickster tries to give the impression that the meaningless can be transformed into the meaningful. He doesn't tell people specifics, doesn't tell people how he will make this "deal" happen. He is not selling "how to" deals, but the trickster is rather selling illusions of wellness and greatness. He tells a depressed culture that miracles can happen and that "great things" are waiting just around the corner.

Biographies of Contributors:

Jean Shinoda Bolen, M.D., is a psychiatrist, Jungian analyst, author of 13 influential books in over 20 foreign translations. She is a Distinguished Life Fellow of the American Psychiatric Association, former clinical professor of psychiatry at UCSF.

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Leonard Cruz, M.D. is the Editor-in-Chief of Chiron Publications and co-founder of the Asheville Jung Center. He is a Cuban-American writer, editor, and psychiatrist. He is the co-author of *DSM-5 Insanely Simplified*, and has edited other books and articles. He is at work on books on Globalization and Sustainability.

Clarissa Pinkola Estés, Ph.D., Clarissa Pinkola Estés, Ph.D., [doctorate in ethno-clinical psychology: thought processes/life choices within diverse groups] is a Mestiza Latina poet, award-winning storyteller in the old traditions, a senior Jungian training analyst, and post-trauma recovery specialist who began working with war veterans at Hines VA Hospital

in 1965. Her Post-Trauma Recovery Protocol is used worldwide to help train citizens in post-trauma recovery work following tragedies and disasters. Her books, *Women Who Run with the Wolves*, about the wild woman archetype, and *Untie the Strong Woman*, about the mercies of La Señora, Our Lady of Guadalupe, are published in 37 languages.

Nancy Swift Furlotti, Ph.D. is a Jungian Analyst, co-chair of the C.G. Jung Professorial Endowment in Analytical Psychology, UCLA, and board member at Pacifica Graduate Institute. She is a past president of the Los Angeles Jung Institute, and past co-president of the Philemon Foundation. Her longstanding interests include Mesoamerican mythology, the nature of evil, dreams, and the environment. She has written numerous articles, and co-edited *The Dream and its Amplification* with Erel Shalit. Through her publishing imprint, Recollections, she brings into print works by first generation Jungians, such as Erich Neumann.

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Alden Josey Ph.D. had a successful career of 27 years as a research chemist and manager that included publication of 23 technical papers and seven patents. Following his retirement, he completed training at the C.G. Jung Institute for Analytical Psychology in Zürich and has lectured widely in this country and abroad on various topics. He is a Member Emeritus of the Philadelphia Association of Jungian Analysts where he served as past President, Director of Training, and Director of Admissions.

Thomas Patrick Lavin, Ph.D. is a Zürich-trained Jungian analyst with a PhD in clinical psychology and theology. He is a founding member of the CG Jung Institute of Chicago. His clinical practice is in Wilmette, Illinois.

Kathryn Madden, Ph.D. is Editor of *The Unconscious Roots of Creativity*, and has been the Editor-in-Chief of *Quadrant: The Journal of the C. G. Jung Foundation for Analytical Psychology* for 12 years. She is a licensed psychoanalyst of Jungian and psychodynamic focus in private practice in NYC. She is the author of *The Dark Light of the Soul* (Lindisfarne), and was co-editor of *The Encyclopedia of Psychology & Religion* (Springer). She teaches as Associate Faculty at UTS/Columbia University and at Pacifica Graduate Institute in CA.

Eve Maram, Psy.D. is a clinical and forensic psychologist and a Jungian-oriented psychotherapist in private practice in Orange, California. She is currently pursuing Jungian analytic training through the Inter-Regional Society of Jungian Analysts (IRSJA), C.G. Jung Institute of Santa Fe, New Mexico. She is the author of *Psychopathy Within*.

John McClain, Ph.D. teaches in the Humanities Program at the University of North Carolina at Asheville. His doctorate in political theory is from the University of North Carolina at Chapel Hill; his MA thesis was on Thucydides and his PhD dissertation on Michel Foucault. He was co-editor for *The Asheville Reader: The Medieval and Renaissance World* (Copely). He is currently at work on a book, *Sacred Views of St. Francis: The Sacro Monte di Orta* (Punctum Books).

Robert Moore, Ph.D. was the editor and author of numerous books in the field of psychology, psychoanalysis, and spirituality, including *Facing the Dragon*.

Laurence de Rosen Ph. D is an alumna of the Ecole des Psychologues Praticiens, at the Catholic Institute of Paris (1979). She worked with Dr. M. Seligman and Dr. A. Beck at the University of Pennsylvania (1995-1998). She is a graduate of the C.G. Jung Institute (1996-2005), New York, and a licensed and certified Jungian analyst. She worked in both the clinical context and in private practice in France (1979-1993) and in the US, where she taught, published, and was the recipient of the Gravida Award in 2011. Having returned to France, Laurence studied wood sculpture for three years under the supervision of master woodworker Pierre Leron-Lesur at la Maison de l'Amandier in St Rémy de Provence. Today, Laurence lives and practices her therapy and sculpture in Paris.

Susan Rowland, Ph.D. is the Chair of Engaged Humanities & the Creative Life at Pacifica Graduate Institute, has degrees from the Universities of Oxford, London and Newcastle, UK, and was the first chair of the International Association of Jungian Studies (IAJS). In 2012, Her book, *The Ecocritical Psyche: Literature, Complexity Evolution and Jung* was published by Routledge, showing how the Jungian symbol is a portal to nature. Additional works include *C.G. Jung and Literary Theory; Jung: A Feminist Revision; Jung as a Writer; Psyche and the Arts* (editor); *From Agatha Christie to Ruth Rendel; C.G. Jung in the Humanities; The Ecocritical Psyche*.

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Thomas Singer, M.D. is psychiatrist and Jungian analyst who practices in the San Francisco Bay area. He has spent the last several years researching the cultural complex theory in different parts of the world, including Australia, North America, Latin America, Europe and a new project in Asia. He has co-edited the following books on the topic: *The Cultural Complex*, *Placing Psyche* (Australia), *Listening to Latin America*, and most recently, *Europe's Many Souls*. In addition, he has co-edited two books on Ancient Greece/Modern Psyche based on conferences in Santorini, Greece. Beginning in 2000, he has organized five consecutive conferences at the San Francisco Jung Institute on politics, culture and psyche during Presidential election years. Dr. Singer currently serves as President of ARAS (The Archives for Research in Archetypal Symbolism) which explores symbolic imagery from all cultures since the beginning of human history.

Richard Smoot, Psy.D. is a private-practice clinical psychologist in Asheville, NC. He has worked with the U.S. military for over 20 years and taught graduate and undergraduate psychology courses at the University of Southern Mississippi, St. Leo University, and Wright State University. Dr. Smoot received a Psy.D. degree at Wright State University and a Master's degree in Clinical Psychopharmacology at Nova Southeastern University. He has previously authored chapters and articles on health psychology and psychopharmacology.

Jacqueline J. West, Ph.D. is a Jungian Analyst practicing in Santa Fe, New Mexico. She is a member and Training Analyst in the New Mexico Society of Jungian Analysts as well as in the Inter-Regional Society of Jungian Analysts. She has served as both President and Training Director of the New Mexico Society and also as President of the Council of North American Societies of Jungian Analysts (CNASJA). She is co-author, along with Jungian Analyst Nancy Dougherty, of *The Matrix and Meaning of Character: An Archetypal and Developmental Perspective - Searching for the Wellsprings of Spirit*. She lectures widely on the dynamics of archetypally informed character structures and their interplay with art and politics.

James Wyly, Psy.D. is a painter and musician. He holds doctorates in music and psychology, and practiced Jungian Analysis in Chicago for many years. His publications include *The Phallic Quest: Priapus and Masculine Inflation*, articles on Jungian psychology and the arts, *The Brebos Organs at El Escorial* (with Susan Tattershall) and articles on Iberian and Ibero-american baroque pipe organs. He lives in southern Mexico with his wife and dog.