

Copenhagen

24 & 25 September 2018

*1. the truth is your
name is -----*

2. I'd like to trust you

*3. Do you consent to
trust me?*

The Chair Test

“A” stands on chair.

“B” sits on floor.

“A” says,

(1.) “you’re a good little girl/boy”

(2) “you’re a bad little girl/boy”.

Then reverse roles and repeat

THE Trauma Triad

The Trauma TRIAD -

- What you did was **WRONG**
- I'm **ANGRY** with you for doing it
- I'm going to **STOP** you doing it again

➤ **STOP**

using 'social delight' to
defeat social harm,
for all.

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Author "Emotional Health" ISBN 1-1904327-00-1

Author Unsafe at any dose ISBN 0-9551985-1-8

link to ebook - <https://www.smashwords.com/books/view/892956>

link to paperback –

<http://www.ypdbooks.com/social-sciences/1864-how-verbal-physiotherapy-works-using-social-delight-to-defeat-social-harm-for-all-YPD02042.html>

Personality Disorder

perception



Personality Disorder

‘Psychotic’ Disorder

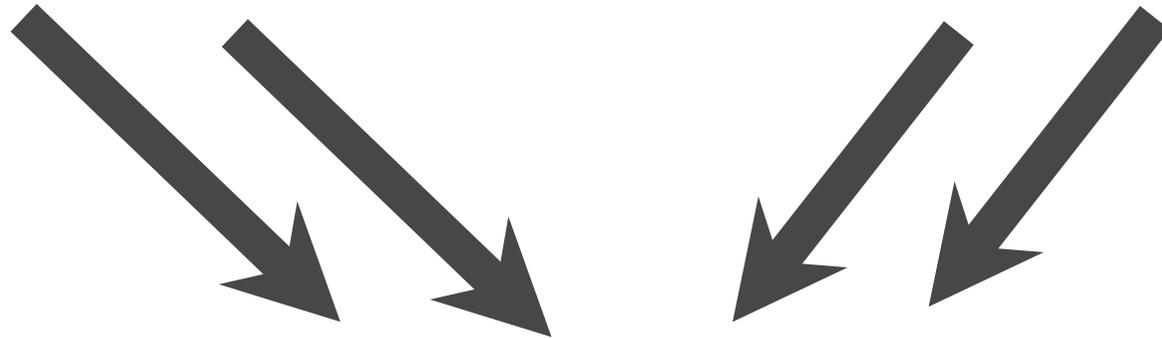
'SOCIAL DEFEAT'

'Psychotic' Disorder



The task for us all

~~*'SOCIAL DEFEAT'*~~



'Social Delight'

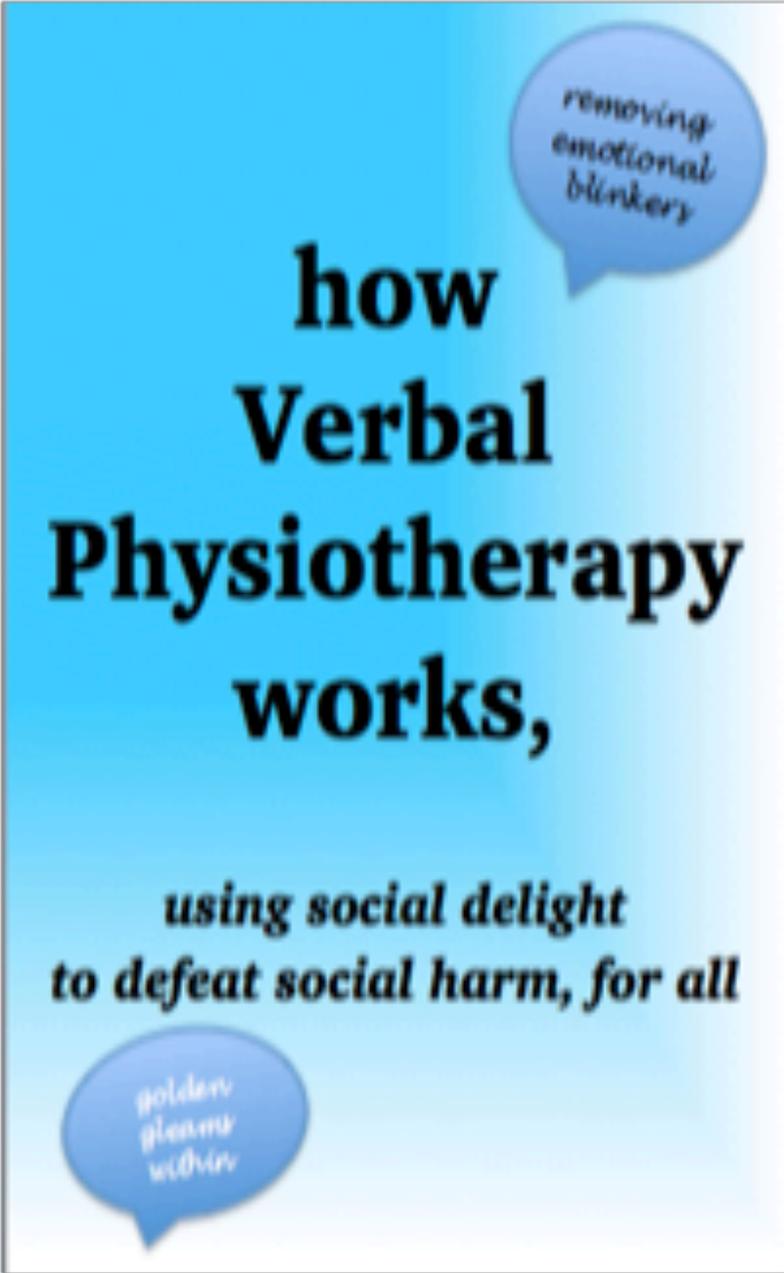
for all

*everyone is born -
lovable,
sociable &
non-violent*

parenting
keeps infants alive,

parenting
keeps infants alive,
*and adults **insane.***

*Parents have 2
obligations
(1) bring the child up,
(2) bring the child up
independent.*



**how
Verbal
Physiotherapy
works,**

*using social delight
to defeat social harm, for all*

*How Verbal Physiotherapy works, using social delight to
defeat social harm, for all*

***5: “Hello mother, you can’t hit me
anymore, I’m an adult”***

31. Me: Being an adult. Can you tell her you're an adult?
32. Den: Yes, I could try.
33. Me: Would you find it difficult?
34. Den: Yes.
35. Me: You would, wouldn't you?
36. Den: Yes.
37. Me: Do you find that surprising, that you find it difficult to tell your mother you're an adult?

38. Den: Yes. Very surprising.

39. Me: It is isn't it? So what will stop you? Say your mother was sitting over there, what would you say to her?

40. Den: I'd say **"Mother you can't hit me any more. I am an adult"**.

41. Me: And you believe that?

42. Den: Yes, **partly**.

43. Me: You partly believe it and partly don't?

44. Den: Yes. I don't know whether I could **say** it to her or not.

45. Me: What would stop you?
46. Den: Fear.
47. Me: Fear of what? What is she going to do?
48. Den: Well she might get up and clout me.
49. Me: Might she?
50. Den: Well she might.
51. Me: How old is she?
52. Den: 89.

53. Me: And she is going to do you an injury is she?

54. Den: Oh she's still lively.

55. Me: 89. How big is she?

56. Den: 5 feet 8 inches.

57. Me: And how big are you?

58. Den: 6 feet 2 inches.

59. Me: It doesn't sound much of a match does it?

60. Den: No, but you can't hit a woman can you?

61. Me: You can't disagree with your Mother, let alone hit her can you?

62. Den: No.

63. Me: Do you need to be able to disagree with her?

64. Den: It would be nice to, wouldn't it?

65. Me: Would it? What advantage to you is disagreeing with your Mother?

66. Den: Well, I could get on with my own life.

67. Me: Could you?

68. Den: Yes.

Eight weeks later, we have this –

248. Den: You can't hit your own mother. Whenever she bbbattered me, I'd never dream of lifting a hand to hit her. Even when I was 21, she slapped me across the face. And me Dad came in. And I ran out of the house. And slammed the door, and then just went and got pissed.

249. Me: And bottled it up

250. Den: Yes

251. Me: But now you would stop her, if she came to hit you ?

252. Den: There's no way she would hit me now

253. Me: What would you say ?

254. Den: I wouldn't have to say anything -- if she went to slap me, I'd just hold her hand.

[both laugh]

255. Me: Well you didn't have the confidence to do that before

256. Den: If this had've happened years ago, where a doctor had taken an interest,

say when I was in my twenties, and said what you'd said and we'd conquered it, [none of this would have happened].

257. Den: And then I went into the house. And say I came in late, and she said blah blah blah and she went to hit me, I'd say mother you can't hit me, love – I'm a grown up. You can't do it. You can kick me out of the house . . .

258. Me: . . . Because it's your house . . .

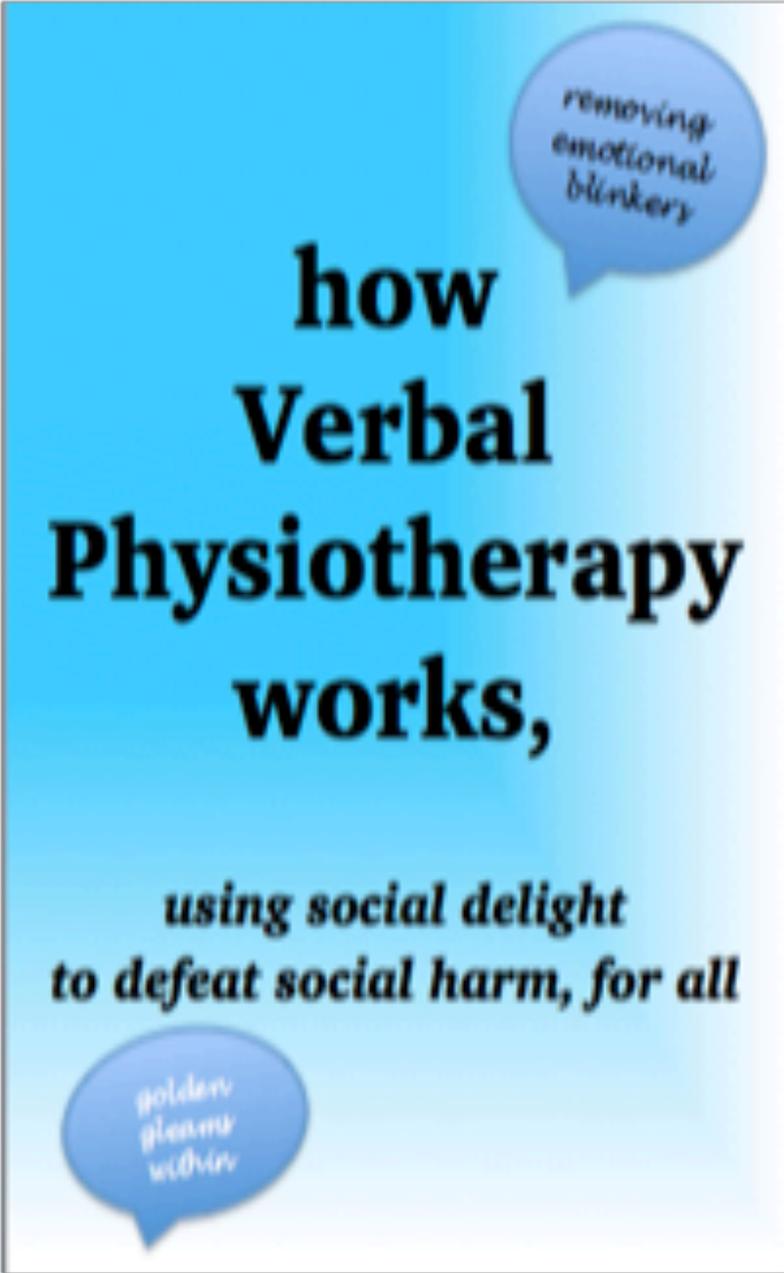
259. Den: . . . But you can't hit me – don't try and hit me

260. Me: But you've never said that up until the last month or two

261. Den: Yes. I've never had the confidence to say it

262. Me: That's right.

263. Den: You're brain washed into fear. *[continued]*



**how
Verbal
Physiotherapy
works,**

*using social delight
to defeat social harm, for all*

*How Verbal Physiotherapy works, using social delight to
defeat social harm, for all*

2: how a serial killer thought better of it

194. Alec: . . . but like I said, I said since I've been in prison, that, yes, I'll kill again, I know I'll kill again. And a part of me wants to kill again. And as long as that part wants to, then I will let it.

195. Me: But you'd rather not?

196. Alec: No, no, I wouldn't. Especially now I'm here. Like I said I had great doubts about coming to this Wing and I had said if you bring me to Parkhurst, and you tell me I'm going on C-Wing, I ain't going on C-Wing,

I'm going back to the block [solitary confinement] and I'll stay down the block, until you get me off this Isle of Wight. I'm telling you that, now. [But] when I got to reception I met the P O [*Principal Officer*]- he completely changed my mind

197. Me: Did he?

198. Alec: In a matter of two minutes

199. Me: Magic

200. Alec: Not with force – oh no, none of that. He said, it's all right. There are only twelve people on this Unit at the moment, two are away. He said, it's quiet. He said, we don't hassle you, you come to us, if you want to speak. If you don't, you don't

He said the cons, a lot of them have got problems, he said, but so have you – that's why you've been given this. He said you will get on. He said, give it a go and – so here I am. The day I got in here I don't know, it just feels like I've had a load pushed off my back.

211. Me: So let's just summarise that. You have been saying, it's on the record, as you say you want to kill somebody – but you'd rather not do that, you'd rather be talked out of it?

212. Alec: Well, funny enough... well, *that* I haven't said.

213. Me: Which?

214. Alec: Not so much... that I don't want to, *that* is really since I've been here. I have said, up until I've come here, that I know I'm going to kill, I know I'm going to kill again, 100% I know I'm going to kill again, and I will be honest I wasn't ever going to say anything to anybody. That is gone, that's over.

But, a couple of days before actually they came for me, because I knew I was going to be coming here, because Mr T the Wing Governor, he'd said the Woodmill Unit isn't open, because that's where I wanted to go.

215. Me: Yeah, yeah.

216. Alec: He said it's only just open in the next few days, he said, so you're going to Parkhurst. He said, I shouldn't tell you, but I want to tell you.

217. Me: Good. Excellent.

218. Alec: I'd heard a lot of bad things about this wing, and when I knew this is where I would come, I made a weapon.

219. Me: Oh right.

220. Alec: Now it wasn't a razor, a proper blade . . .

237. Alec: I've been saying to a couple of the staff, you know, I say I'm at the stage now where as far as I'm concerned violence is something I don't want to use. I don't need violence anymore. I don't need to prove myself to anybody, because people know what I've done, they know what I'm capable of doing. Whereas before I came here, I would play on it and I would use it. But as far as I'm concerned that won't happen again. I says I'm somebody who likes to get on with everybody. I says since I've come here, before I'd hold grudges and I'd brood on it. Well here, I mean – Big M, I don't know if you know, but we hadn't spoken to each other for ten months.

238. Me: Wow.

239. Alec: And a couple of days ago I just spoke to him, you know. Whereas before I came here I wouldn't do that, you know, I'd just keep blanking him and blanking him, until I got bored, and I'd most probably have a go at him. You know I said to him, I just said – I'm not going to act like a child no more, having these little sulks. I says that's not getting me nowhere, and it's not getting you nowhere. I says, I got to live on here, and so do you. I says I'd rather be able to get on with people, than have to watch my back all the time, I says and the same goes for you, you don't want to have to keep watching yourself in case I'm going to do you. I said I don't want to get involved in that any more, that's finished.

I said to Q [one of the Wing psychologists] yesterday, she was over, and I just said I'm doing really well on here, I says you know, I don't... **I know that I haven't got any reason now to use violence.** The only time I would have to be violent is if I was attacked, in self defence. But apart from that, you know... I says I can't remember the last time when I even thought about violence, I can't remember the time when I used to sit there and you know...

240. Me: . . . Brood on it

241. Alec: ...plan something. That hasn't happened for ages, I can't remember the last time that happened. I said you know as far as I'm concerned, I've spoke with you about what I've got to do, and I says I've thrown it out, it's all come out now.

And I says I know what caused my violence problems, what caused my attitude, and I've put it straight, I've put it right. I mean if I hadn't have come here, either somebody would be dead now, another officer, or if not dead seriously hurt, and I'd be down the block somewhere, or in a cage. And here before, when I first came here, that's all I used to talk about. Yeah, I'm going to do somebody else, yeah I wouldn't mind going in a cage, I'll be all right. But I said - I don't want it that way, I don't want it that way anymore. You know, looking back at some of the things I've said, I think why is you saying things? I mean that report I've got, you must have seen it, from Rampton...

242. Me: I haven't bothered.

43. Alec: The doctor who come to assess me in Whitewall, he ... well all he done was ask me a few questions, but he let me talk mainly. And he said this is the most extraordinary interview I have ever had, ever. He says this young man is addicted to violence.

244. Me: Wow.

245. Alec: Like a drug addict, he's addicted to it. That takes up 24 hours of his time, 24 hours a day is violence. You know, I've got a copy of it in my cell, I looked at it the other day, and I mean,... you know, I think all right, that's going to stick a lot of nails in my coffin with certain people, with what I've said, but at the same, like I've said to you, I've said to Q, I don't bullshit people, you know, I'll be honest. I'm not one of these people who will use... try and use things to my advantage.

If somebody asks me a question, and I can answer it, I'll answer it, however blunt or however cold that may sound, I'll do it. But at the time I know... then, because I'd only like just got this [prison] sentence, and obviously I had all the other problems in my head, which I didn't know then existed, you know then, I couldn't get on with people, I couldn't have a proper conversation with somebody, all I knew is I had to abuse them, or attack them, that was my answer to all my problems. But like I said, I've passed that stage now, and as far as I'm concerned, the shit that I've said before, is history. Like I said, I know what I'm capable of doing, I know all that, but at the same time, now, I ain't got to really worry about it.

246. Me: You've got a choice, you've got an option.

247. Alec: Yeah, I ain't got to fret about it, will I go off my head with someone else?, **because I'm in control now.** I can now go up to people and say, listen I don't like what you said, don't say it again – instead of "you c***" and looking for a weapon. I don't want to take that path any more. I've had it for so long, and I've got a taste of being on the other side of it now, and I like that side...

248. Me: You do, don't you! You like the flavour!

249. Alec: Yeah. And the violent side is one to push in the back of my mind, I'll always know what I've done, but as far as I'm concerned that's finished, I can't change that, that's history, that's happened, **but I can stop what could have happened,** and as far as I'm concerned that's what I want to do.

250. Me: Amazing isn't it?

251. Alec: **I don't want to hurt nobody, because I wouldn't want to be hurt myself.** And its only since we've really got down to this work that I've accepted that, and I've understood it.

252. Me: I think that's right, I think it's a question of understanding it, isn't it?

253. Alec: I mean I've said before, I mean you've seen the type of books that I used to read, I mean I can honestly say that if I hadn't have came here, I would have ended up having a record of killing three, four, five, anybody in the system, it could be a probation officer, it could be a screw, it could be a psychologist, anybody, you know, anybody who's got a bit of authority, I would have directed at them

I mean and that was only because I was brought here, early into my sentence, you know that I've had this chance that a lot of others don't get, I've had the chance to actually sort my problems out, you know, and actually be helped, **and let them all come out**. And that's why now I can say, I'm going to do it differently. But like I say if I hadn't have came here, then I don't know what would have happened, but I'd have sealed my fate anyway, put it that way, I'd have sealed it.

254. Me: Mmm, I say to people, and I hope this doesn't upset you, I say to people that you would have been a serial killer.

255. Alec: Yeah, yeah, and I believe that's true, there's no doubt about that.

256. Me: There isn't is there?

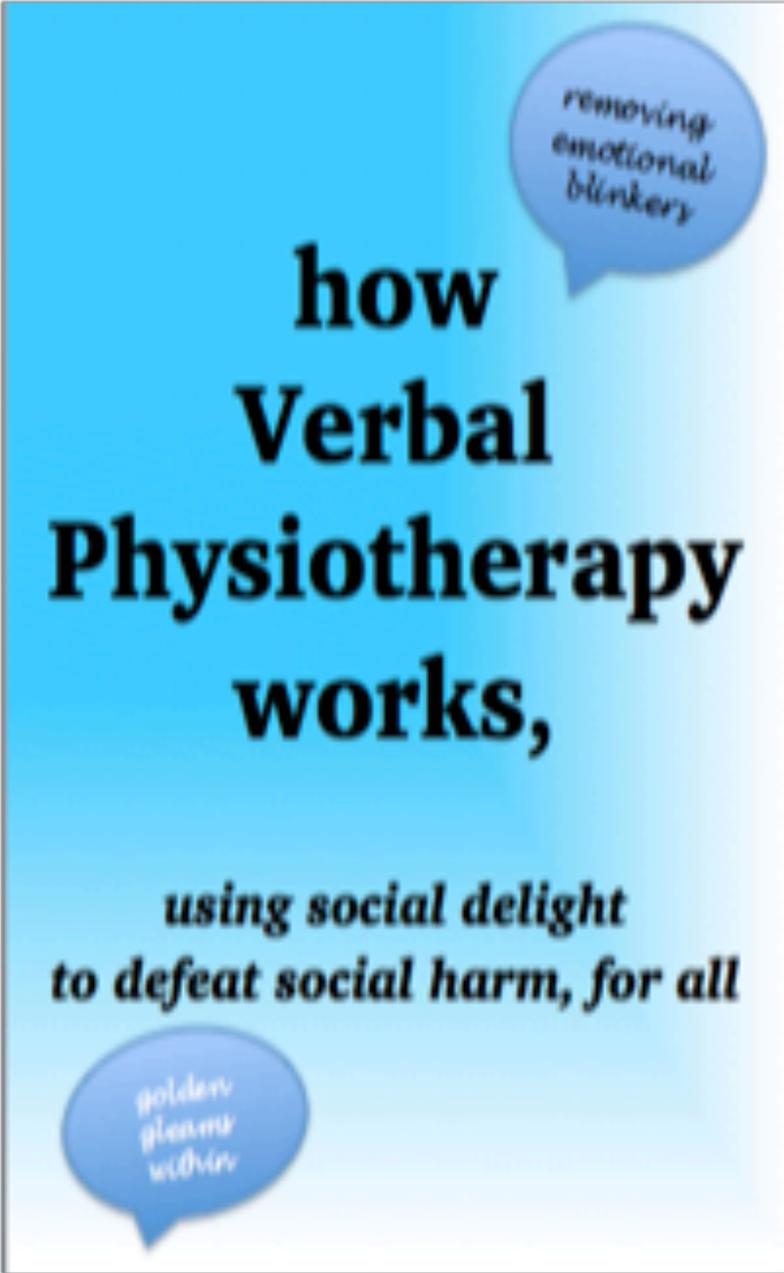
257. Alec: I know what would have happened, but like I said I was lucky, all right I didn't feel that way at the time, but now I know that I was lucky, I was lucky to be put in here. If I had been put in a different unit, which at the time that's what I wanted, the same thing would have still happened, not this – the violence. You know, and really I've the governors, especially the governors of Moorland and G, to thank for bringing me here, and you know, my mum on the visit, [she said you've really matured](#), you've really like, suddenly from being like a kid and being all like teenagery and all that, you've just wiped that out, she says and now you can see the seriousness in your face when you're talking about things..

She says you put yourself across, where as I know before you couldn't do that. And she admitted, she said, I suppose, I'll be honest, she says I'm to blame. But she says, now, I know different, and I know now how to talk to you, she says, and give you the respect, as an adult, that you deserve. She says I know that I've overpowered you, and yeah and I have clung on to you. She says, but now while we're not seeing each other, I can get hold of my life now and know that you are...

258. Me: She said that?

259. Alec: Yeah.

260. Me: *She* can get on with *her* life? Ha ha ha!



**how
Verbal
Physiotherapy
works,**

*using social delight
to defeat social harm, for all*

Video Interview Between Dr Johnson And A Prisoner On 'C' Wing Parkhurst Sept 11th 1991

B: How would you describe to someone who doesn't know anything about it, what questions I am asking you and what we are doing?

L: Well it's about my Mother, how she used to batter me when was a kid.

B: What affect did this have on you?

L: Well it made me frightened.

B: Did it?

L: Yes.

B: What's happened to the fear?

L: It's embedded.

B: It's still there is it?

L: Yes.

B: It doesn't help you does it?

L: No.

B: What effect does this embedded fear have?

L: It's made me violent.

B: Did it?

L: Yes.

B: How does that work?

L: I don't know.

B: Why does embedded fear make you violent?

L: Well she used violence on me all the time and I grew up to violence didn't I? Do you know what I mean?

B: But you're a big lad and you're an adult so why are you still frightened of your Mother? It's still there isn't it?

L: I'm still there, yes.

B: So why hasn't it changed. Why is it still there, do you think?

L: Well, it's all part of growing up isn't it?

B: Part of you hasn't has it?

L: Yes.

B: Part of you is still there, isn't it?

L: Yes.

B: Because we talked about that this morning didn't we?

L: Yes.

B: Being an adult. Can you tell her you're an adult?

L: Yes, I could try.

B: Would you find it difficult?

L: Yes.

B: You would, wouldn't you?

L: Yes.

B: Do you find that surprising, that you find it difficult to tell your mother you're an adult?

L: Yes. Very surprising.

B: It is isn't it? So what will stop you?

Say your mother was sitting over there, what would you say to her?

L: I'd say "Mother you can't hit me any more. I am an adult".

B: And you believe that?

L: Yes, partly.

B: You partly believe it and partly don't?

L: Yes. I don't know whether I could say it to her or not.

B: What would stop you?

L: Fear

B: Fear of what? What is she going to do?

L: Well she might get up and clout me.

B: Might she?

L: Well she might.

B: How old is she?

L: 85.

B: And she is going to do you an injury is she?

L: Oh she's still lively.

B: 85. How big is she?

L: 5 feet 2 inches.

B: And how big are you?

L: 6 feet 3.1/2 inches.

B: It doesn't sound much of a match does it?

L: No, but you can't hit a woman can you?

B: You can't disagree with your Mother, let alone hit her can you?

L: No.

B: Do you need to be able to disagree with her?

L: It would be nice to, wouldn't it?

B: Would it? What advantage to you is disagreeing with your Mother?

Well, I could get on with my own life.

B: Could you?

L: Yes.

B: What would you tell her?

L: I'd say leave me alone.

B: Get out of my life?

L: That's why I left home.

B: Why did you leave home?

L: Because I couldn't put up with her batterings any more.

B: You couldn't, could you?

: No.

B: How old were you when you left home?

L: Oh don't forget I was in Approved School so I left when I was 13 and I didn't go back home. Oh I'm a liar, I did go back home, I did, but it was getting on my nerves, all the shouting and bawling.

B: And even at that time you were still afraid of your Mother weren't

you?

L: Oh yes.

B: You said this morning you were programmed. What was the programme?

L: Programmed to be afraid of my mother.

B: You were weren't you?

L: Yes.

B: Also programmed to be smaller than her.

L: Yes, she thinks I am still in shorts.

B: She does doesn't she?

L: She does.

B: So are you going to tell her? I beg your pardon?

B: Are you going to tell her?

L: If she was here now.

B: Yes.

L: If she was here now - **and if you was here.**

B: Right.

L: Mother you can't touch me I'm an adult. I would, I would say that.

B: You would?

L: Yes.

B: That's because I'm here?
L: That's because you're here.
B: What role do I play? How am I helping you to do that?
L: Well, you are giving me power.
B: Moral support?
L: Yes.
B: I am aren't I?
L: Yes.
B: After a while you can do it for yourself without me can't you?
L: Oh, of course, yes.
B: But at the moment you need my support.
L: Yes.
B: Which I am very happy to give you because I believe you are an adult and I believe she should be told. (Both laugh)
That's right isn't it?
L: Yes.
B: Now could you tell me something about

your violence and how that relates to fear of your Mother, if it does.
L: I've been pushed around and pushed around and pushed around that much, that I just couldn't take any more when this lad started, and I just went too far.
B: How does that relate to your Mother?
L: Well, it's bound to isn't it?
B: Go on then.
L: She used violence on me and I couldn't do anything back.
B: You couldn't do anything back.
L: No, and when he started giving me some lip

B: Right.
L: I battered the hell out of him.
B: Yes.
L: And I've got to say it: I meant to kill him.
B: You did?

Video Interview Between Dr Johnson And A Prisoner On 'C' Wing Parkhurst Sept 11th 1991

NOVEMBER 11 1991 – extract –

L : You can't hit your own mother. Whenever she battered me, I'd never dream of lifting a hand to hit her. Even when I was 21, she slapped me across the face. And me Dad came in. And I ran out of the house. And slammed the door, and then just went and got pissed.

B : And bottled it up

L: Yes

B: But now you would stop her, if she came to hit you ?

L : There's no way she would hit me now

B : What would you say ?

L: I wouldn't have to say anything -- if she went to slap me, I'd just hold her hand. *[both laugh]*

B: well you didn't have the confidence to do that before

L : If this had've happened years ago, where a doctor had taken an interest say when I was in my twenties

and said what you'd said and we'd conquered it, and then I went to the house. And say I came in late, and she said blah blah blah and she went to hit me, I'd say mother you can't hit me love -- I'm a grown up. You can't do it. You can kick me out of the house

B : Because it's your house

L: But you can't hit me -- don't try and hit me

B: But you've never said that up until the last month or two

L: Yes. I've never had the confidence to say it

B : That's right.

L: You're brain washed into fear. *[continued]*

Copenhagen
end of slides. . .

24 & 25 September 2018