# **Table of Contents**

Preface

Introduction: Plunging In

PART ONE: JUST BELOW THE SURFACE

#### 1. The Riskiness of Childhood

Narcissism and Separation Two Gifts from Parents

#### 2. Wounds and Defensive Structures

Woundedness and Distortion Defensive Structures Detection of At-Risk Professionals Cultural and Gender-based Influences The Parents' Legacy Development of Empathy

### 3. Living Between the Extremes

Off to Find the Wizard The Defensive Posture Defense Mechanisms

## 4. Protecting Against Future Hurts

Three Defensive Styles Perception Distortions Assessing One's Own Damage

PART TWO: DROWNING IN DEFENSIVE STRUCTURES

# 5. Narcissists: Seeking Love, Fearing Closeness

Derrick: Love Only Me The Misunderstood Word

At The Beginning

Monica: A Narcissist's Later Years Changes Necessary for Maturity

### 6. Depressed/Dependents: Afraid to Be Alone

Dan: I Feel Safe Here

The Emerging Third Structure

The Depressed/Dependent Defense Structure

#### 7. Compulsives: Scared Stiff

Gail: Count on Her Every Time

Control: Never Lose It

Bernard: How Compulsives Are Made Robert: A Compulsive in the Making Criteria for Defining a Compulsive

**David: Timely Treatment** 

#### 8. Borderlines: Rage and Seduction

Abandoned on the Border of Acceptance

Ruth: An Intense Loneliness

PART THREE: TREADING AS FAST AS POSSIBLE

#### 9. Systems and Religious Professionals

The Effects of Tribal Groups

The Nature of a System

Marriage: The Other System

#### 10. Transference and Countertransference

Transference When Clergy Are Helpers Countertransference and the Clergy

# 11. When Clergy Need Counseling

The Key to Wholeness

Treatment of the Professional

Therapy and Assessment

Conclusion: The Healthy Religious Professional

The Path to Awareness

The Growing Acceptance of Psychology

Mature Leader, Healthy Professional

Maturity for Adults

The Road Ahead

Appendix

Bibliography Index