

## OVERCOMING MENTAL ILLNESS

Provided by COPE Ministries and authored by Minister Angela Smith

This is my, Minister Angela Smith's, observation and opinion. You are welcome to disagree. But, I think we should do away with labeling each other beyond malignant narcissists and trauma survivors/victims of narcissistic abuse. And, the problem, as I see it, is that often mental health professionals don't research their patients, patient's families, and verify what is objectively true and what is objectively false before subjectively labeling based on unverified claims. And, I think the mental health professional thought process goes like this:

1. Who is paying for the treatment? Whose insurance covers it?
2. The person paying is right. One definition of competence is ability to pay. If I disagree with the person paying, they may discontinue treatment and I lose money.
3. Am I a co-dependent or just a sellout? If the person paying is a malignant narcissist attempting to cover up abuse who is always nice to me and pays me, am I doing that for the cash or because I am a co-dependent being manipulated by a malignant narcissist while receiving cash?
4. If I am solely doing it for the cash, I'm vicious and likely a malignant narcissist too. Dr. Peter Breggin says people with similar disorders are best suited to treat or provide support for each other. But, my vice is greed.
5. If I'm a co-dependent, I better recognize that about myself pronto and make sure I'm not enabling a malignant narcissist who is abusing others out of some pre-conditioned deference to their false claims of authority and delusions of grandeur. But, I'm scared. If I say anything they might complain and report me and I'll lose my license and I just want to help people. Do I have to put up with this? What do I say? Can I say it gently? Maybe I can recommend a book.

Now, if you are a mental health professional and you ignore reports and fail to seek out evidence or confirmation while taking cash from someone who is likely a malignant narcissist, you are part of the problem and why there is so much activism. But, that's not surprising because it seems a lot of cults do manifest around narcissism because narcissists are so stupid they never even get to know themselves honestly let alone anyone else. So, they create all this pseudo-science and make believe nonsense in an effort to avoid self-knowledge while pretending to be on an endless journey of self-discovery which leads to nothing but potential if you ask Deepak Chopra or that's my understanding. And, the whole narcissist community is a snake eating itself that tries to recruit others and best to be avoided.

And, if you are a co-dependent who really just wants to help people because you are turning a "negative" into a "positive" by understanding your own trauma and empathizing with others before totally knowing if the empathy is totally warranted to the extent you show or feel it, you have to be careful because you might be projecting and not seeing the whole truth in front of you. It takes time to get to know someone and they have to be honest in order to know them at all and malignant narcissists are dishonest with themselves and others. So, you also want to think about the fact that a "negative" is something that isn't true and a "positive"

is something that is true. So, you may have had a professor or therapist who was a malignant narcissist who told you to just take your trauma and run with it to turn it into something amazing while failing to suggest you actually address the trauma and learn to manage triggers. So, as a result you may still be pre-conditioned to obey or defer to abusive narcissists and will need to accept rejection and the possibility of losing clients or patients for your own sake. But, if you are strong enough and ready, all you need is the truth to set yourself and everyone else free.

The truth is the first step is admitting you are not omnipotent and only know a limited amount about any individual seeking treatment which is often based on their own reports without corroborating evidence or testimony. And, if you had a patient like me, you could check public records, lawsuits, and other independent sources to see if abuse I describe that I've experienced occurred. Even where those may not be available, I can provide names of multiple witnesses to the abuse who would confirm what they witnessed if contacted. So, if you had a patient like me, I'd expect you to verify my reports and help me report to the proper authorities if for some reason I was a minor at the time and needed the help. And, that brings us back to point #1 above again doesn't it? **IT IS NOT THERAPEUTIC NOR HELPFUL TO SIDE WITH A MALIGNANT NARCISSIST WHILE BLAMING THE VICTIM.** So, anyone doing that should be fired and may provoke someone who doesn't manage their trauma triggers as well as I do. But, they won't be fired because the malignant narcissist is paying and likes having a teammate to torture the innocent.

So, if you are a co-dependent mental health professional, God help you. If you are a malignant narcissist who is also a mental health professional, go to hell. And, if you are not remotely qualified but claim to be to defraud and/or traffick people, drop dead. And, if you are just a well-educated, reasonable, and still empathetic mental health professional, God loves you and please take plenty of vacations.

Why is this a deprogramming guide? It's true and I didn't hold back nor defer to anyone but God. So, if you think that's funny, you aren't the only one laughing. I'm not. I don't think this is funny. It totally sucks and is part of why the HEAL mission is necessary. So, I'd like to be able to wish or pray that all the false prophets who defraud people and engage in human trafficking, regardless of storefront or cultural influence, would just repent and choose to be virtuous rather than vicious. And, if the vicious are really too stupid to do that, I'll concede to prison but never treatment for malignant narcissists because they are so dishonest there is no point and it would just confuse and/or drive the poor therapists' crazy. Everyone knows if you play a game, sports, get a job, go to school, get an apartment, or any number of activities there are rules and laws. If you were playing hockey and fouled you would be put in the penalty box for violating the rules. The message is everywhere you look and the message is "THERE ARE RULES AND PENALTIES FOR BREAKING THEM". So, the cool thing about the USA is that if the laws aren't cool, we can get them changed too. But, we have to follow the rules for doing that and be reasonable. And, mental health professionals need to remember the laws are rules too and that when a malignant narcissist is a criminal and/or tortfeasor that whether they are paying you or not, they need to be reminded that their claims to authority are false and/or that they fail to consider the greater authority which is the law as well as the greatest authority which is God (Absolute Truth). For more info visit: <https://www.cope.church> and/or <https://www.heal-online.org>.