

6th International Congress on **MENTAL HEALTH**

July 15-16, 2024 | Amsterdam, Netherlands

The dark reflection of sadism within the brilliance of the narcissistic personal**Xanya Sofra**

City University London, UK

This double blind randomized clinical trial with 84 participants, revealed that mental patients diagnosed with narcissism, and narcissistic celebrities mirror each other's paranoid, obsessive and histrionic symptomatology, grandiosity, manipulative charm, and inner emptiness. Elite narcissists manifested insidious sadism in the absence of depressive affect, while the narcissistic patients were differentiated by their depressive and masochistic symptomatology. Elite narcissists demonstrated advanced empathic skills, contradicting past literature. However, their empathic advantage appeared void of compassion, merely employed as a self-serving tactic to exploit, intimidate and subordinate. Both experimental narcissistic groups evidenced more prevalent psychopathology, yet, higher achievement, efficacy and ambition than their reciprocal control groups, confirming the narcissists' finesse in concealing psychopathology under the brilliance of their pseudo-superiority. The main danger is the affinity between masochism and sadism, bonding low and high functioning narcissistic counterparts to endlessly feed from each-others' pathology, forming dysfunctional interpersonal relationships, cults or disintegrating societies. This sadomasochistic dependency also reflects several countries' authoritarian trends, where narcissistic constituents' unyielding loyalty elevates idolized leaders to power, precluding the establishment of toxic tyrannical governments.

What will audience learn from your presentation?

(Try to list 3-5 specific items)

- An understanding in depth of the Narcissistic level of functioning and how does it affect intrapersonal dynamics and interpersonal relationships.
- An understanding of different levels of functioning and how these determine our mental health and adaptation in social and interpersonal structures.

Biography

Einstein studied Physics at the University, Professor Xanya Sofra, Ph.D, Ph.D has a doctorate in Neurophysiology from City University London, UK, and a doctorate in Clinical Psychology from the New School for Social Research, New York City, USA. She is an award-winning international speaker and faculty member in several Medical and Anti-aging societies, including IMCAS and Euromedicom, and the author of over 56 published research, scientific review and other articles. Her books: "Brainwashed. From Illusion to Autonomy", "Checkmate by a Protean Invisible Enemy" and "How Narcissism Invented Trumpism. The Sadomasochistic Amphibaena" have been translated into nine different languages and are selling all over the world.