

Table of Contents

Lesson 1	Introduction to forensic psychology (I)	1
Lesson 2	Introduction to forensic psychology (II)	4
Lesson 3	Forensic psychology and police	8
Lesson 4	Police Psychology (I)	13
Lesson 5	Police psychology (II)	17
Lesson 6	Investigative psychology (I)	20
Lesson 7	Investigative psychology (II)	24
Lesson 8	Psychology of violence	29
Lesson 9	Psychoanalytic model and violence (I)	33
Lesson 10	Psychoanalytic model and violence (II)	36
Lesson 11	Jungian psychology and violence (I)	39
Lesson 12	Jungian psychology and violence (II)	44
Lesson 13	Behaviorist perspective and violence (I)	48
Lesson 14	Behaviorist perspective and violence (II)	51
Lesson 15	Behaviorist perspective and violence (III)	55
Lesson 16	Social learning model and violence	58
Lesson 17	Moral development and violence	63
Lesson 18	Bio-psycho-social model	68
Lesson 19	Islamic perspective about violence	70
Lesson 20	Islamic model	74
Lesson 21	Treatments for the soul	77
Lesson 22	Criminogenic personality	79
Lesson 23	Criminogenic personality and violence (I)	82
Lesson 24	Criminogenic personality and violence (II)	88
Lesson 25	Learning disabilities/mental retardation and violence	90
Lesson 26	Assessment of personality disorders (I)	92
Lesson 27	Assessment of personality disorders (II)	96
Lesson 28	Risk assessment	100
Lesson 29	Treatment of violent behavior / personality psychodynamic psychotherapy	103
Lesson 30	Jungian therapeutic model	107
Lesson 31	Group therapy for offenders	109
Lesson 32	Psychotherapies in forensic settings (I)	112
Lesson 33	Psychotherapies in forensic settings (II)	115
Lesson 34	Psychotherapies in forensic settings (III)	117
Lesson 35	Psychotherapies in forensic settings and special challenges	120
Lesson 36	Forensic psychotherapy	122
Lesson 37	Violence reduction program (I)	125
Lesson 38	Violence reduction program (II)	128
Lesson 39	Victim support (I)	130
Lesson 40	Victim support (II)	132
Lesson 41	Substance misuse treatment program (I)	135
Lesson 42	Substance misuse treatment program (II)	140
Lesson 43	Expert witness	143
Lesson 44	Counter terrorism	146
Lesson 45	Summing up forensic psychology	150

INTRODUCTION TO FORENSIC PSYCHOLOGY

Objectives:

1. To introduce the field of Forensic Psychology.
2. To understand the nature of work of forensic psychologists.
3. To understand the breadth and diverse range of application of this discipline
4. Briefly overview the historical back ground of forensic psychology
5. How can you become a forensic psychologists

What is forensic psychology?

Forensic Psychology is devoted to psychological aspects of legal processes in courts. The term is also often used to refer to investigative and criminological psychology. The word “forensic” means legal; any thing that is pertinent to law comes into the area of forensic psychology. The range of application of forensic psychology is not merely limited to the criminals, it involves all matters that are relevant to our legal and civil systems like courts, police, lawyers, crime investigations, criminal behaviours, police recruitments, trainings and adjustment e.t.c.

Definitions:

Wrightsman

According to Wrightsman *“Forensic Psychology is reflected by any application of psychological knowledge or methods to a task faced by the legal system”*

Bartel & Bartel

Views Forensic psychology as both:

- ☐ *The research endeavor that examines aspects of human behavior directly related to the legal process e.g., eyewitness memory and testimony, jury decision making or criminal behavior and*
- ☐ *The professional practice of psychology within or in consultation with a legal system that encompasses both criminal and civil law and the numerous areas where they interact.*

Breadth of forensic psychology

Forensic psychology is a very new and exciting area; it seems exciting because of the immense range of its applications, For instance:

- ☐ Child custody decisions
- ☐ Child abuse of an emotional, physical and sexual nature
- ☐ Matters of competency to stand trial
- ☐ Victim support responsibilities
- ☐ Jury selection
- ☐ Alleviating Police burnout
- ☐ Competency evaluations
- ☐ Expert witness
- ☐ Advising legislators on public policy
- ☐ Treatment of chronic offenders

What do forensic psychologists do?

A Forensic Psychologist is more likely to be indulged in following activities:

- ☐ Applying psychological theory to criminal investigation
- ☐ Understanding psychological problems associated with criminal behaviour
- ☐ The treatment of criminals include piloting and implementing treatment programmes
- ☐ Modifying offender behaviours
- ☐ Responding to the changing needs of staff and prisoners
- ☐ Reducing stress for staff and prisoners
- ☐ Providing hard research evidence to support practice
- ☐ Undertaking statistical analysis for prisoner profiling
- ☐ Giving evidence in court; advising parole boards and mental health tribunals; crime analysis.

Brief historical back ground

Historically the legal system has embraced medical expertise, so it's not really surprising, therefore, that legal issues relating to madness and insanity continue to be examined within a medical framework; hence the adoption of terms such as 'disease' of the mind and mental 'illness'.

Historically, the field predates the **Sociological jurisprudence movement** of 1930-1950, and goes back at least to 1908 when Hugo Munsterberg (the founder of applied psychology) published the book *On the Witness Stand*.

Others cite historical benchmarks in **Germany** with the psychiatrist Albert von Schrenck-Notzing offering testimony in court about pretrial publicity as far back as 1896. German police employed psychologists to help them in investigations as early as 1920's.

Hugo Münsterberg, a student of Wilhelm Wundt and a professor at Harvard University, is generally credited with founding the field of forensic psychology. His landmark textbook, *On the Witness Stand* (1908), comprised nine chapters arguing for the involvement of psychologists in a number of aspects of the legal system.

In the **United States**, the first psychological experiment on the psychology of testimony was conducted by J. McKeen Cattell of Columbia University. In American criminology, one can trace the origins of a clinical or psychological criminology to the psychiatrist William Healy, who in 1909, created the Juvenile Psychopathic Institute to assist the newly created juvenile court in Illinois, and his classic work is called *Pathological Lying, Accusation, and Swindling*.

The history of the insanity defense goes back to **England**, to the case of Daniel M'Naghten in 1843, who shot and killed the secretary of the prime minister, and the *M'Naghten test for insanity* was used for assessment.

Development as an APA division

In 2001 the American psychological Association (APA) approved the creation of a new division called the forensic psychology division. And now days Psychologists are routinely consulted by courts on various issues.

Now when as we add into the equation that the history of Forensic Psychology as a unique discipline is a relatively short one, it's not difficult to understand why it has struggled to promote a clear identity for

itself, and why it is often interpreted as the poor relation of medical and psychiatric opinion. Typically medical professionals were invited by courts to comment on insanity. Psychologists had been asked for help but infrequently. But with the passage of time legal system begun feeling the crucial need of psychologists to assess the different situations, mental states and behaviors of criminal.

For instance, a criminal is presented in front of court and defense lawyer states that the criminal is mentally retarded. Now a judge is not capable to understand the real nature of mental retardation. Although judge has the authority to make the decision, but only a trained psychologist can verdict that whether the criminal is mentally retarded or not.

Beyond any doubt, only well trained **Psychologists** are authorized to make judgments and operate in the field of forensic psychology. Even psychiatrists do not meet the requirements of this area. **Psychiatrist** is a medical doctor who specializes in the diagnosis and treatment of mental disorders.

In Pakistan, development of Forensic Psychology has a long route to exceed and many hurdles to overcome. Because the field is very new even in USA and many other European countries.

Future of Forensic Psychology

Forensic psychology has experienced steady growth in the past two decades. It is predicted that research work, consultation, and clinical practice in psychology and the law will continue to grow over the next ten years. The highest demand is predicted to be working with the courts, attorneys, and lawmakers. Jobs will also continue to grow in colleges and universities where most of the research is conducted. Laws are constantly changing, which can be good news for a forensic psychologist. Exploring different ways of dealing with juvenile offenders is also becoming a popular subject; decisions related to dealing with these offenders often require the expert advice of a forensic psychologist. Those who hold doctorate degrees will have many more career opportunities than those with only a master's degree. It is almost impossible to specialize in this field with only a bachelor's degree.

How to become a Forensic Psychologist

The preferred route to become a forensic psychologist is through the clinical route; means become a clinical psychologist first and then specialize in forensic psychology.

Individuals interested in pursuing a Forensic Psychology career would have take psychology and criminal justice courses at the core of their academic studies. There are very limited numbers of academic institutions that specifically offer a Forensic Psychology degree. Two institutes in Pakistan are offering diplomas in forensic psychology. Clinical, social, cognitive, criminal investigative, and developmental psychology also help to prepare one for this specialty.

A forensic psychologist may chose to solely focus his/her career on research, ranging anywhere from examination of eyewitness testimony to learning how to improve interrogation methods. Another form of Forensic Psychology work is public policy, in which researchers can help in the design of correctional facilities and prisons. More generally, Forensic Psychology covers territory between the traditional options of criminal justice (i.e., academic training, law enforcement, and corrections).

Text and Reference Material

The primary text book for this course is Wrightsman, L. S. (2001). *Forensic psychology*. Belmont, CA:

LESSON 02

INTRODUCTION TO FORENSIC PSYCHOLOGY

Pros and Cons of a Career in Forensic Psychology

Forensic psychology is a new and exciting area but difficult too. There are both potentially rewarding and frustrating aspects of working in Forensic Psychology that need to be carefully considered before you enter in this field. Weak hearted and very sensitive people are advised to avoid this field because working as a forensic psychologist one has to encounter the blood, murders, dead bodies, miseries, pains, violence and cruel and dark side picture of the world. You can not consider it as enjoyable profession as painters, actors or many others claim about their profession but it is fulfilling. Following table illustrates the few pros and cons of this profession:

FEW POTENTIALLY REWARDING ASPECTS

Helping Others	Forensic psychology can be very rewarding when you make a difference in someone's life.
Opportunities	There are many different subspecialties within the field.
Changing Environment	When working in prisons and with juvenile offenders, every day can be different.
Recognition	Those who act as expert witnesses are usually well known.
Personal Fulfillment	When conducting research, psychologists' findings are often beneficial to society.

FEW DRAW BACKS AND FRUSTRATING ASPECTS

Continuing Education	Attending seminars and conferences throughout one's professional life is important for keeping current in the field. Also, it is not easy to get a job directly out of the doctoral program without additional training.
Risk of Injury	The people that forensic psychologists work with in prison settings are sometimes very violent.
Teamwork	Some people would rather work independently. In this field, people are constantly working with the courts, police, and a variety of other professionals.
Pay	The pay range for someone in this field does not always compensate for the hard work and long hours.
Burnout Risk	Forensic psychology can be a very stressful job. Often, people and situations cannot be changed easily.

There will always be a need for Forensic Psychologists in our society. To be involved in Forensic Psychology you must be passionate about what you do. The money you make does not usually compensate for the hours of hard work invested. The true personal payment comes in knowing that you can make a difference in a person's life and maybe even make society a little bit better. There are many different fields of specialization to get into in this field; this can be quite exciting at times. Working in prisons or with juveniles can change from day to day and be very rewarding. However, the burnout rate is high because a psychologist may often try to change someone or something that cannot be changed easily. Testifying in court can also be stressful. If you contemplate a career in Forensic Psychology, it would be good to keep in mind that to really get ahead requires extensive education.

How can a forensic psychologist help in investigation of murder?**An example**

To answer this question, here we take an example of a murder, a man is found dead in his bedroom while his family was out of town and his neighbors found the dead body and informed the police. The police came and found a bullet wound in his chest. No suicidal note was found nearby the dead body. Now following questions originate:

- a. Was it a suicide or a murder?
 - b. How can a medical examiner decide by only examining the dead body?
 - c. Can police get the real picture with the traditional way of investigation?
- ☐ This is the situation when the need of a forensic psychologist becomes more important. No doubt police can investigate but not with all that sophistication, so a medical examiner and police can acquire help from a psychologist. A forensic psychologist is more appropriate person to deal with the situation. Psychologist's work is some times more like a detective in this field. Psychologist plays an active role by assessing the multiple dimensions and aspects of the murder case.
 - ☐ Usually people feel reluctance to tell the truth because of the police's traditional way of investigation. Psychologists can help interview and probe family and neighbours.
 - ☐ Psychologist can assess the personality type from collected information and come to the conclusion that whether the person had a personality that can commit suicide or not.
 - ☐ Analyze medical records for presence/absence of mental illness.
 - ☐ Create a profile
 - ☐ Perform a psychological autopsy

Way of police investigation

Usually people are scared of the traditional way of police investigation and shows reluctance to help in solving any case. Because of the nature of job police has a tendency to involve that person in case and frequently include that person in the list of suspects. So, instead of telling the truth and helping police to come to the real picture people avoid all situation and shows avoidance.

Way of psychologist investigation

On the other hand psychologists can be very helpful in gathering the information through the application of psychological knowledge and principals. In clinical psychological evaluations, with few exceptions, the psychologist interviews the person being evaluated and then administers a battery of tests appropriate to the referral question. Data is analyzed and a report is prepared. Typically, no other information is considered. The assumption is made that the most part is correct so, that the examinee has been truthful during the interview and honest in answering test questions and no conscious attempts were made to look better or worse than the actual clinical picture.

In forensic psychology, however, there is an obvious motivation to consciously present a distorted picture for an obvious, distinctive secondary gain. To explore the real truth, forensic psychologist is required to be more careful and skillful. So, Forensic psychologists use different strategies to increase the objectivity and validity of opinions on psychological issues. Few of those **assessment procedures** are listed below:

- ☐ Psychologists can help interview the family.
- ☐ Forensic psychologist can gather the information through interviewing the third party like close friends, neighbours office colleagues and other relevant people.
- ☐ Forensic Psychologist can assess the personality type from collected information.
- ☐ Can analyze medical records for identifying the presence/absence of mental illness.
- ☐ Create a profile

- Perform a psychological autopsy.

How a forensic psychologist help in child custody cases

The assessment of child custody is one of the most complex, challenging, and professionally risky areas of forensic evaluation. The vast majority of other types of forensic referrals address relatively specific, well-formulated psycho-legal issues. Often, assessments involve evaluating only one person (e.g., a personal injury litigant, a victim of rape), but custody assessments require assessing multiple parties, each individually and in various combinations (e.g., each child, each parent, child and stepparents, child and stepsiblings). The standard “best interests of the child” is somewhat more complex and vague than other psycho-legal criteria, requiring a multi-focused approach to the overall assessment process e.g., mental health of each parent, needs of the child, attitudes, interests of the parents). Because the stakes are high in a custody case, at least one parent is apt to be angry or resentful of the work of forensic psychologist.

Divorce rate in US is 50%, one out of every two. The condition is little bit better in UK, one out of every three get divorced. Although in our country state is not that pathetic but divorces are common. So, another legal aspect that requires the services of forensic psychology are the cases of child custody problem. To understand this issue let's take a typical example of child custody where now a days the services of a forensic psychologist are frequently seek in western countries.

Example

A couple with a 10 year old daughter goes through divorce. Father alleges that mother is unfit to look after child due to her mental illness. On the other hand, mother claims she is fine but father is abusive, aggressive and torture her and daughter. Court asks psychologist for an assessment of the parents and the child. Psychologist will come and interview.

In the civil setting, parents seeking custody may attempt to look more virtuous than they actually are, and plaintiffs in a personal injury suit may distort responses to appear more damaged than is the case. In criminal cases, defendants may choose to present a picture of being more emotionally disturbed than is justified to avoid trial, criminal culpability, or a sentence of death. Now how does a psychologist determine that who is telling truth. How can the psychologist help in this regard? Several techniques are available to find the truth.

Psychologist can apply following techniques to come up with truth.

- a. Psychologist will interview the child, both parents and other people in the family like grand parents, servants and other relevant people.
- b. Child will be assessed on a number of factors using projective techniques.
- c. Both parents and other people in the family are also assessed.

Psychologist can encounter a problem when assessing the parents, because of given knowledge and straight forward and simple questions parents may fake to be good. To deal with this problem usually **projective techniques** are essential and for administering these projective techniques psychologist needs to be well trained, experienced and skillful. Then psychologist can come to some conclusion and make recommendations to court.

How forensic psychologists help in exploring the hidden nature of confessions?

Then another issue where forensic psychologist can be of great help is to identify the real nature and motive of false confession. Many times suggestible, but innocent, suspects might give false confessions because of police behaviour and many other factors and when courts ask a forensic psychologist to assess the case, police may create different sorts of hampers to inhibit the psychologist's work. Let's take an example here, a person confesses to have committed a murder. The court wants the psychologists help to decide if the confession is genuine. How can the psychologist help?

While interviewing the suspect the attitude of police gives a sign that there is some thing fishy. Even with all such hurdles like policeman is standing in front of the suspect and giving meaningful looks a skillful psychologist can still understand the situation and can make recommendations to court and once recommendations have been given to court it becomes difficult for police to torture that suspect any more.

Police psychologists

Forensic psychologists not only assess criminals and solve child custody cases but also help police to work effectively. Police psychologists help in following areas:

Recruitment

Psychologists can help in selecting the persons who suitably fit to the dynamic nature of this job. Psychologist use different personality, aptitude and ability test to assess the right person for the job.

Training

Psychologists' role in training of police force is also crucial. They can help in designing training programs, developing empathy and customer service attitude.

Adjustment to stressful job

Once a person has become a policeman the stressful nature of job leads to many other problems like Post Shooting Stress Disorder, Depression, and many other mental and adjustment problems. So, again the duties of a police psychologist are quite demanding and difficult to cope with such situations. These three aspects of a police psychologist's activities will be discussed in detail in forth coming lessons.

Professional responsibilities

Like all other professions, the field of forensic psychology also encompasses many ethical, moral and social responsibilities. The basic province is to assist court no matter whether defense lawyer or court has asked the psychologist to help out.

Forensic psychologist assist courts

In clinical psychology, the client is readily identifiable: *The person to whom professional services are offered is the client*, the one owed the legal duty, the one to whom privilege belongs. In contrast, in the judicial system, forensic psychologists serve multiple clients (evidence, preponderance of the evidence), the level dependent on the legal issue in question and which side bears the burden of proof. However, as expert witnesses, forensic psychologists typically are asked whether they were able to reach an opinion to a reasonable degree of psychological but many others as well. Because of the nature of the assessment, the nature of the oath (to tell the whole truth and nothing but the truth), and APA ethical principles, clients include the retaining attorney, the consumer of the product (e.g., the judge and jury), and those potentially affected by the expert's opinion: society as a whole. So, the ultimate goal of a forensic psychologist should only and only to assist court and find out the truth.

FORENSIC PSYCHOLOGY AND POLICE**Few topics from previous lecture****Violent Criminals**

A violent criminal is about to be released upon completing his sentence. How can the psychologist help ensure he would not re-offend? The role of Forensic psychologist is again very critical as homicide is a tragedy which doesn't always begin with the offender. Young offenders often come from broken homes and turbulent childhoods. Some are victims of abuse and many grow up using the survival instincts they learn on the streets. A psychologist must take these factors into consideration when dealing with violence, because execution of criminals clearly does not address the source of the problem.

Forensic psychologists are increasingly being called on to evaluate sex offenders in both the civil and criminal arenas. Evaluations typically focus on understanding the offender's psychopathology, establishing treatment and management needs, and/or predicting the likelihood that the individual will not re-offend. So, a psychologist can help a criminal to become a better person by taking into account multiple dimensions and factors.

Offenders with MR/LD

What should the legal system do with offenders with a low IQ?

Forensic psychologist can help to deal with these types of questions. Psychologists apply psychological principals to plan for the effective treatment, whether within the community or in imprisonment, of persons with combinations of low IQ, substance abuse, and mental health problems.

Risk Assessment**What is risk assessment?**

"Risk assessment is a step in the risk management process. Risk assessment is measuring two quantities of the risk, the magnitude of the potential loss, and the probability that the loss will re-occur."

Suppose we are going to allow a serial rapist to walk free after he has finished his jail sentence. How can psychologists help us in this situation? An area that is in particular demand at present involves violence risk assessment. Forensic psychologists provide valuable expertise to other practitioners, agencies, and the legal system regarding assessing risk of violence. This involves not only providing risk assessments, but also consulting on the appropriate use of specialized tests and actuarial instruments. With increasing public concern about school shootings, workplace violence, and sex offending, there is increasing demand for clarity about the reliability, validity, and generalizability of proposed instruments.

Risk assessment is fundamental to the criminal justice process because it is a means for distinguishing between offenders who are likely to re-offend and those who are at a lower risk for recidivism (Solicitor General Canada, 1998a).

There has been a lot of **controversy about the accuracy of risk assessments**. Risk assessments are essentially predictions of future behaviour and are subject to error. The result of a risk assessment has serious implications for both the assessed individual and society. For the individual offender, the assessment will decide his or her freedom; for society, it may determine whether a potentially dangerous person will be released into the community. The community requires protection, but at what expense? Clearly, risk prediction has a place in the justice process, but predictions cannot be taken as fact. Unfortunately, the error inherent in the risk prediction process often results in longer periods of imprisonment for certain offenders who are found to be high-risk, but who, when released, do not commit further crimes.

Importance of risk assessment

“Risk assessment is such a rich and important factor to consider that failure to reflect on it may constitute professional negligence. Through risk assessment we will have an idea of how likely the person is to re-offend. The development of assessment methods in this area has focused primarily on:

- ☐ Identifying various types of offenders
- ☐ Discovering their special characteristics to improve treatment efforts
- ☐ Assessing treatment progress
- ☐ Evaluating risk of future re-offending when discharge from treatment programs

Assessment in this area can employ some of the general risk assessment factors discussed earlier, but it also requires additional factors as well as special attention to specific diagnostic features of youthful sex offenders (American Academy of Child and Adolescent Psychiatry, 1999). That is why a good risk assessment should also attend to external factors that may increase the likelihood that violent acts may occur among youths who are high in other risk factors (e.g., the availability of weapons, the accessibility of a specific person with whom a youth may be in conflict).

Contents from Lesson 03**POLICE PSYCHOLOGY****Objectives:**

- ☐ To understand the relationship of police and Forensic Psychology
- ☐ To understand the Low IQ issue of police force
- ☐ To discuss the use of different psychological tests for *screening in* and *screening out*

Relationship of police and Forensic Psychology

Whenever the distinctive phrase "**police psychology**" is used, it is usually by people like Bartol (1996; 2004) and others (Chandler 1990) who are recognizing the pioneer **Dr. Martin Reiser** (Reiser 1972; 1982; Reiser & Klyver 1987) as America's first police psychologist, and who was hired by the LAPD full-time in 1968. Other psychologists may have worked with police before Reiser's time, but records of their contributions have been lost in history and/or they were most likely part-time consultants.

Policing is the central topic of forensic psychology because Forensic psychology is relevant to law and police works as a law enforcement department. Do not misinterpret that police and forensic psychology both deal with criminals that is why both fields are relevant but this bond becomes even stronger because of the stressful nature of police job, now let's see how forensic psychologist can help police to perform better.

Stressful nature of job

There has been a lot of research on the negative effects of stress on people in general. Surely you know that police work is one of the top rated professions for job stress next to air traffic controllers and dentists. Forensic Psychologists help the police men to come out of the stress and assist departments with optimal shift schedules, pre-employment screening tests, developing profiles of serial offenders, and training in how to deal with the mentally ill, and provision of counseling services. We will discuss in detail police stress and strategies to cope with stress in next lectures.

Police and Intelligence Quotients

To understand the IQ scoring first understand what is meant by different IQ scores.

Descriptive Classifications of Intelligence Quotients

Police has low IQ, To understand this issue in 1917 Louis Terman gave IQ tests to a large number of police applicants and found that only three candidates scored over 100, that is the average IQ score. So, he concluded that police attracted people with low IQ and support people only who have low intelligence.

IQ	Description
130+	Very superior
120-129	Superior
110-119	High average
90-109	Average
80-89	Low average
70-79	Borderline
Below 70	Extremely low

Another Test: Same Score

In 1922 Louis Thurstone administered the Army Intelligence Test (Alpha) to 358 police officers of different ranks in Detroit and founded that all were below average and average of 307 patrol officers was 71.44 .the score of 34 sergeants was 54.71 and 17 lieutenants scored 57.80. Now this clearly shows that an immense number of police score is falling into the mental retardation category. So, another test administered to police force confirmed the findings of Louis Terman's findings. On the other hand the intelligence average score of 1.5 million army recruits was 100.then the following question emerged.

What causes low IQ in police?

Why would intelligent people avoid joining police department? So, Thurstone concluded that there is a fundamental problem in terms of how police and intelligent people deal with each other, police did not support people with High IQ levels and if some people with high IQ join police leave afterwards and join for other professions where intelligence is valued more.

Many factors are involved in it

- ☐ People with high IQ were not valued by the police
- ☐ Early socialization into police
- ☐ Home situations
- ☐ Socio-economic status

An Exception

But in (1927) Maude Merrill tested Palo Alto Police in California interviewed and assessed the policemen and founded that policemen average IQ Score is 104, those with over 2 years experience averaged 143. Now 143 is the IQ score of very superior and genius people then question comes into our mind that what made this possible?

Education: Key to Success

Poland (1978) reviewed the literature on police and intelligence scores and concluded that education is the basic key to success and recruiting people with higher education means more intelligent policing. Our religion also teaches us the importance of knowledge. We do not say that we need P.hd policemen but at least we need reasonably educated police officers with average IQ for better performance of this very important department of our country.

US recommendations

Now let's see how US has modified the police structure, training, recruitment in line with the recommendations of psychologists and research done in this area.

Recommendations:

A US committee gave following recommendations for the improvement of police department:

- Tests of mental ability or aptitude should be used while recruiting
- An oral psychiatric interview
- A Physical exam
- A Psychological Exam
- An in-depth background investigation

Psychological Exam should

- Include evaluation of intellectual capacity
- Include evaluation of emotional stability (as an emotionally unstable person can not prove to be a good policeman)
- Include assessment of personality characteristics

Change of US police department over past few decades**US police in 1960s**

Narrol & Levitt in the 1960's founded that police was being tested to assess whether they have aptitude to become police officer means are they street smart? Or not but US recommendations were not being followed about emotional stability and personality characteristics.

US police in 1970s

Police changed in the light of psychologist's recommendations. Many large police departments in the USA were using standardized personality inventories.

Standardized personality inventories are those psychological tests that are applicable to every one and intend to assess personality.

Over 48 % were using Minnesota Multi-Phasic Personality Inventory MMPI in 1970s.

US police in 2003

Cochrane, Tett & VandeCreek (2003) surveyed 155 municipal police departments. situation was totally transformed as:

- ☐ 91% were using personality measures
- ☐ 71.6% were using MMPI
- ☐ 24.5% were using CPI
- ☐ 18.7% were using 16 PF
- ☐ 11.6% were using IPI
- ☐ Other tests were also being used such as PAI

Use of different psychological tests was quite frequent.

The oldest known usage of psychology in policing was for mental testing, which was soon followed by personality testing (Bartol & Bartol 2004). During the early 20th Century, several prominent psychologists tested the intelligence of police officers. For example the work of following psychologists:

Louis Terman (1917)

Louis Thurstone (1922)

Poland (1978)

Rationale of using personality inventories

The basic reason behind using personality inventory is to find the person who is fit for police job and for those who are on duty whether they are fit for duty or not.

Major aspects of personality assessment

1. screening in
2. Screening out

Screening in

Means searching for the person who is fit for the job and looking for a police personality, looking for traits, habits, reactions and attitudes of an ideal police officer. So, once desired traits have been identified tests are employed to find the matching personalities but the basic problem is **individual differences**. May be two very different personality type officers would show excellent performance and two identical personalities may show totally opposite behaviour. The Idea of Screening in was a complete lost cause, because many different kinds of people make very good police officers and consequently, screening in is not a pursuable goal.

Screening out

Screening out: the use of psychological tests to identify pathological personalities or people unsuitable for policing is a reasonable objective. Use of MMPI can help screen out people with pathology. Identify and exclude those people who should not join to this department.

Frequently used personality inventories

1. MMPI
2. IPI

MMPI (Minnesota Multiphasic Personality Inventory)

The MMPI, a standardized questionnaire developed at the University of Minnesota in 1940, is one of the most popular clinical psychology personality inventories in use today, almost 70% police psychologists are administering this test to identify the pathological personalities. There are currently 567 items on the test. The scoring generate six validity scales and 10 basic clinical or personality scales. The latter are, in order, as follows: Hypochondriasis, Depression, Hysteria, Psychopathic Deviate, Masculinity-Femininity, Paranoia, Psychasthenia, Schizophrenia, Hypomania, and Social Introversion.

Limitations

When we use MMPI for police screening out, few limitations are face like

- ☐ Use of MMPI can help screen out people with pathology
- ☐ Is not necessarily a good predictor of police performance

IPI (Inwald Personality Inventory)

The Inwald Personality Inventory (IPI) is a 310 question "true-false" inventory and comparatively designed to identify a variety of personality and behavioral characteristics. It was specifically developed for selection of law enforcement personnel. It is specifically design and used to screen applicants for high-risk positions such as police candidates. This assessment, or test, was developed in response to the requirements of the public safety/law enforcement selection process. The Inwald Personality Inventory (IPI) is a 310 item True/False questionnaire and has 26 scales. It has a better **Face validity**; it is concerned with how a measure or procedure appears. Does it seem like a reasonable way to gain the information the researchers are attempting to obtain? Does it seem well designed? Does it seem as though it will work reliably.

Policing has improved significantly in last century in the light of psychologist's recommendations that were made on the basis of research work, interviews and assessments. Let's hope to install these progressive steps in Pakistan as well.

Lesson 04

POLICE PSYCHOLOGY**Objectives:**

- ☐ To understand the issues of police like use of excessive force and corruption
- ☐ To understand the strategies to combat with corruption

Issues of police

- a. Use of excessive force
- b. Corruption

Use of excessive force

Use of excessive force is an unacceptable behavior. “**When the level of force exceeds the level considered justifiable under the circumstances, it is called excessive force**”. For example, in a park few young boys were playing cricket, a woman asked them to stop their play but one boy denied and they kept playing. She called the police, boy again showed resistance. Policemen caught that boy and beat him badly. Now this is the excessive use of force, policemen could have warn him or simply caught him but they excessively used their force and beat-up that boy to death. Some time only one policeman is involved in torturing and some time all police is involved in such unjustifiable behaviour. In this regard a psychologist can help to identify whether the use of force was excessive or not? And if use of force was excessive then what should be the remedy.

Many researches has targeted the use of excessive force and regarding the unsatisfactory officer, **Bartol (1982)** have found that police applicants who consistently score low on personality tests and are later involved in excessive use of force, misconduct, accidents, deadly force, and/or resignation tend to fall into one of two (2) groups:

- **Antisocial Personality** -- characterized by narcissism, suspiciousness, cynicism, tough-mindedness, insensitivity, defensiveness, rigidity, irritability, resentment, sensation seeking and hyperactivity.
- **Ineffectual Personality** -- characterized by indecisiveness, introversion, dependency, cautiousness, oversensitivity, and tended to be quiet individuals who went through the motions and failed to make a difference on the street.

Corruption

First of all there is an essential need to realize that only police is not the single department that is corrupt and not only are Pakistani police corrupt. We can not find a single country of the world without corruption. Perhaps because of the frequent police-society interaction police is being perceived as more corrupt department. The application of psychology to law enforcement and public safety is a rapidly growing area increasingly recognized as vital to many aspects of police work and the academic study of policing. However, the field suffers from something of an identity complex.

Strategies to combat with the corruption of police

As discussed earlier Forensic Psychology can help law enforcing agencies in many different ways, but how can Forensic Psychology help in combating with police corruption? Forensic Psychology can help at following different levels:

1. **Personnel Selection**
2. **Training Level**
3. **Police Counseling and On duty Stress Management**

Personnel Selection

How to judge a person will corrupt or not? Who is more likely to indulge in corrupt behavior? The typical psychologist involved with personnel selection would use personality test results to assist selection boards to either "screening-in" or "screening-out". Many personality tests are used for recruitment but are not good predictor of honesty or/and corrupt behavior.

Personality tests were used extensively to try and predict corruption tendencies and **PERSEREC** Study is illustrative of such efforts. This study looked at the correlations between personality traits, as measured by four instruments (the MMPI-2, IPI, 16-PF, and CPI), and employees who were forced to resign, were fired, disciplined, or prosecuted. While the overall results were not promising for a sole testing approach to root out corruption, the following are some personality traits which had high correlation:

Personality Traits associated with Police Corruption			
<u>MMPI-2</u>		<u>16-PF</u>	
Lying .32		Tough Poise .23	
Hypochondriasis .31		Overly Shrewd .22	
Paranoia .34		Overenthusiastic .28	
Problematic Anger .39		Bold .28	
Imperturbability .41		Adjustment Problems .20	
<u>IPI</u>		<u>CPI</u>	
Trouble with the Law .29		Capacity for Status.20	
Antisocial Attitudes .24		Good Impression .28	
Family Conflicts .32		Independence .22	

An American agency founded that Immaturity, unreliability and irresponsibility at young age were the best predictors of corrupt behavior. But still identification of all these traits does not guarantee the honest and incorrupt behavior. Because many officers with these traits did not show corrupt behavior later and many who did not possess such traits showed undesired behaviour.

Training level

At recruitment level once desired traits have been identified, these good and desired traits can be improved at training level in following areas:

Designing training program by applying Psychological principals

This is possible by the application of psychological knowledge and principals. Psychologists are well aware of the principals of teaching and learning so can help in designing training program.

Basic things to develop during a training program in police are:

a. Empathy

Empathy refers to the "appreciation of another's problems and feelings without experiencing the same emotional reaction. To be distinguished from sympathy that is usually nonobjective and non-critical" a policeman must know to be empathetic. 'Seek first to understand, and then to be understood', which serves as a constant reminder for the need to listen to the other person before you can expect them to listen to you. Training of empathy not only helps understanding the community problems but also help in maintaining the good image of police along with the handling of corrupt behavior.

b. Customer service attitude

Like many other businesses and community service departments the importance of customer service attitude is also crucial in policing. Customer service attitude is a positive attitude toward customer that

is supposed to be evident through the verbal as well as non verbal means of communication. Positive attitude can be defined as a helpful state of mind or a feeling regarding a situation or fact. **Customer service is not easy.** Everyone has at some time been challenged by a difficult customer. The skilled professional is constantly faced with situations that require the utmost skill, tact, diplomacy and positive attitude in order to succeed in even the most adverse conditions. A positive attitude is deeply rooted in character. Encouraged character aspects can be learned. It takes practice and a willingness to change. And the incorporation of training for customer service attitude can help in improving the police behavior.

Police Counseling and on duty Stress Management

A common, everyday function for the police psychologist is police counseling. In majority of departments, police officers usually receive free, in-house counseling as often because of stressful nature of job they need it and confidentiality is sometimes an issue, so external sources for counseling are sometimes obtained.

Stress management

Police stress is perhaps the most common problem a police psychologist deals with; although a variety of other problems exist, ranging from compassion fatigue to marital problems to alcoholism to suicide. PTSD (Post Shooting Traumatic Response) or burnouts are common, as is "burst stress", which means that there is no steady stressor. Officers go from periods of complete calm to periods of high activity in sudden bursts, much like a military "hurry up and wait" drill.

The *families of police officers also suffer stress*, a kind of vicarious occupational stress. The unpredictability, shift work, fear (of death, injury, kidnapping), isolation, and low pay all cause family problems. Children of officers are held to higher standards by the community, spouses are often at odds in figuring out how to communicate with one another, and both groups must deflect the never-ending stream of public inquiry whenever the police department is in the news. Relationships in police families are often distant (NIJ 1991).

What is stress?

Before going into details let's understand **what stress is**.

“Stress is mental or physical tension that results from physical, emotional, or chemical causes. It is emotionally disruptive or upsetting condition occurring in response to adverse external stimuli and is capable of affecting physical and mental health which can be characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability and depression”

Now, while this may sound funny there is a real element of truth to it. An element of truth that says an awful lot about police work. And that is the part of the definition ".....BUT YOU CAN'T". Police work, by its very nature, calls for an incredible amount of restraint. The demands on police officers to show ever greater control, have been increasing over the years, but not so coincidentally have the effects of stress on police work. With the recent attention that police suicide has received in the media there have been a number of reviews on police suicide.

Types of police stressors

Stressors Internal to the Police Organization:

Stressors that are related to the organization can include following:

- ☐ Poor supervision (too lenient/too tough)
- ☐ Insufficient training
- ☐ Absence of upward mobility

- ☐ Absence of an extrinsic reward system
- ☐ Offensive (annoying & silly) policies and procedures
- ☐ Excessive paperwork
- ☐ Bad equipment
- ☐ Poor salary
- ☐ Shift work (night duties)

Stressors external to the police organization may include:

- ☐ Absence of career development & lateral entry
- ☐ Ineffective criminal justice system
- ☐ Biased press and media influence
- ☐ Derogatory remarks of laymen
- ☐ Political interference

Stressors task-related to police work

- ☐ Role conflict and strain
- ☐ Rotating shift work
- ☐ Fear and danger involved in job
- ☐ Giving up cases to the detective division
- ☐ Victim pain & anguish
- ☐ Employee review boards

Stressors Associated with Personal Problems

- ☐ Marital and family relationships (like divorce, and/or other familial problems)
- ☐ Health problems
- ☐ Addictions
- ☐ Peer group pressure
- ☐ Depression
- ☐ Harassment
- ☐ Lack of accomplishment

POLICE PSYCHOLOGY

PSTR (Post Shooting Traumatic Response)

Along with many other task related, organization related and personal stressors, PSTR is also of great importance, it is just like Post-traumatic stress disorder **“that is an anxiety disorder that's triggered by your memories of a traumatic event — an event that directly affected you or an event that you witnessed”**. In PSTR a policeman can experience a collection of emotions and psychological response patterns that may occur after a police officer shoots a person in the line of duty” it is more likely if the victim dies, like shooting a bank robber while he was about to shoot some innocent victim. But remember not everyone involved in a traumatic and shooting event experiences post-shooting stress disorder.

Symptoms of Post Shooting Traumatic Response (PSTR)

According to (Bartol & Bartol 2004) symptoms may include:

1. Perceptual distortions of time, sight and sound
2. Enhanced Sense of danger
3. Anger
4. Sleep difficulties
5. Isolation/ withdrawal
6. Flashbacks

Officers may be furious at the person they shot, their department, their colleagues, or society at general for putting them in a position of having to shoot someone. Now the role of psychologist is again very important to help such officers. Assessment is also automatically done after any police officer shoots a person in the line of duty. The kind of psychological service provided here is generally of a more long-term and continuously-monitored nature. So, some times they recommend employees involved in shooting incidents frequently have to take a leave of absence and/or get assigned to **"administrative duties."** The psychologist sometimes plays a role in determining if such an employee is ready to re-assume their normal duties or not. More and more police departments are experimenting with peer group counseling for shooting (critical) incidents.

Fitness-for-Duty Evaluation (FFDE)

Certain kinds of psychological assessments are done as a matter of standard procedure with some aspects of police work. For example, **SWAT** team members and officers (Special Weapons and Tactics, a unit that is trained and equipped to handle special, high-risk incidents) working undercover, narcotics, vice, or internal affairs are frequently required to undergo some sort of periodic psychological assessment to ensure they are "fit" to continue working in these high-stress positions. Normally, these assessments are done on a yearly basis and an **FFDE** can usually be ordered by any upper-rank employee on a lower-rank employee whenever the lower-rank employee engages in "suspicious" behavior which brings up serious questions about whether they are fit to carry out public safety work or not.

Procedure of fitness for duty evaluation

For on-duty assessment role of psychologist is very important, critical and difficult as FFDE requires a much more intensive assessment than the pre-employment psychological screening evaluation. Fitness for duty evaluations should be used with care and while working in the same department it is really difficult to assess the co-workers especially when you have to report that person under assessment is not fit for the duty.

The full ramp up required by an FFDE involves:

1. Psychological screening report
2. Personality tests, cognitive and ability tests
3. Performance evaluations
4. Use of excessive force incidents (how much torture is exhibited?)

5. Formal complaints
6. Shootings
7. Medical records
8. Frequent mental status exams
9. An intensive background investigation
10. The collection of testimonials by fellow officers
11. Follow-up on citizen complaints
12. Examination of medical records
13. Internal affairs investigation
14. Investigation of brain injuries

FFDE needs to be done with care and sophistication so; IACP (International Association of Chiefs of Police) sets the following criteria for FFDE:

1. One or more citizen complaints regarding excessive force, inappropriate verbal conduct, or inability to exercise self control and self discipline.
2. Abrupt and negative change in customary behavior.
3. Irrational verbal conduct or behaviors, including delusions and hallucinations.
4. Suicidal statements or behaviors, or personal expressions of mental instability.
5. Unexplained and excessive tiredness or hyperactivity.
6. Dramatic change in eating patterns, sudden weight loss or gain, diagnosis of life threatening disorder.
7. Change in attention to personal hygiene and health.
8. Inappropriate use of alcohol, medications or other drugs, including symptoms of illegal drug use.
9. Memory losses
10. Impatience or impulsiveness, especially with loss of temper.
11. Inability to defuse tense situations, or tendency to escalate situations and create confrontations.
12. Unexplained and inappropriate excessive lateness or absenteeism.
13. Any other factor or combinations of factors that causes a supervisor to reasonably suspect that a fitness for duty evaluation may be necessary.

False Confessions

“A **false confession** is where a suspect in a crime admits guilt to the crime, even though he or she is not responsible for the crime.” (Wikipedia)

Even though false confessions might appear to be an exceptional and unlikely event, they occur on a regular basis in law systems and it is one of the reasons that law has established a series of rules to detect, and subsequently reject, false confessions. These are called the "**confession rules**". Whenever a sensational crime occurs involving a celebrity, public official or well-known person in the public eye, hundreds of people usually come forward to confess to the crime. Not all of these confessions can be true, so most if not all of them must be false. The *false confession phenomenon* also occurs with unsolved crimes. For example, over two hundred people confessed to the Lindbergh baby (1932) kidnapping, and hundreds of people confessed to the (1947) Black Dahlia murder in Los Angeles. Some people continue to confess to this day about these crimes, and include people who were not even born at the time. So, why do these people confess to crimes they didn't commit?

Types of false confessions

False confession can occur for a variety of reasons, ranging from the suspect feeling "overpowered" by police questioning to someone who is "psychologically vulnerable" admitting to something they didn't do. Kassir's (1997) typology is probably the most-reproduced list of false confession types, and appears below:

1. Voluntary

2. Coerced

1. Voluntary confessions

Attention seeking & Publicity conscious

Few people falsely confess just to seek fame or recognition or impress others usually come forward in celebrity cases or seekers of attention commit this abnormal behavior.

2. Protection of others

These types of confessions are very common in our culture and people falsely confess to protect their valuable dear ones e.g. one younger brother falsely confessed to save his elder brother as elder brother was the only one who was earning and supporting the whole family.

Coerced false confessions

Coerced false confessions are results of compelling a person to involuntarily behave in a certain way (whether through action or inaction) by use of threats, intimidation or some other form of pressure or force. Coercion may typically involve the actual infliction of physical or psychological harm in order to enhance the credibility of a threat. The threat of further harm may then lead to the cooperation or obedience of the person being coerced (Wikipedia). So, coerced confessions are initiated by police because of several reasons like Police need to solve the crime because of higher authorities' pressure to solve the case or/and police officer wants to show the success for promotions.

Coerced-compliant false confessions

People confess to just get the police interrogation over with or confess to avoid being prosecuted for a crime elsewhere with stiffer penalties.

Coerced-internalized false confessions

This type of people come forward and really believe they did the crime because of their guilt out of interrogation or persuasion and commonly innocent, tired and confused people are highly psychologically vulnerable to these types of confessions. If two persons are equally exposed to same type of coercion one can internalize false confession because of the factors mentioned earlier.

Techniques used for police interrogation

Police of various countries use different typical techniques for interrogations like:

- Use of excessive force
- Threats
- Sleep deprivation
- Physical and psychological torture

INVESTIGATIVE PSYCHOLOGY

Objectives

- ☐ To understand the major approaches towards investigation
- ☐ To understand the phenomenon of profiling and issues involved in profiling

Investigative Psychology is the term given to a new area of applied Psychology. It brings together issues in the recovery of investigative information, the drawing of inferences about that information and the ways in which police decision making can be supported through various systems derived from scientific research. Inferences about the characteristics of the offender are made to identify him. Like what type of persons can commit some specific type of crimes. Important behavioral features of crime are identified that may help make out and prosecute the crime successfully.

For instance:

A dead body is found with knife in right hand along with suicidal note. While investigating, it was uncovered that murdered man was left handed, although knife was found in right hand. At the same time when interviewing family only wife stressed that her husband was under stress and was not mentally healthy. Whereas other sources like friends, family members, neighbours and written records (diaries, letters) were depicting that murdered man was quite happy and satisfied. So, these behavioural features lead to the incorporation of his wife into the list of suspects.

There are two approaches to investigate a criminal case

1. Clinical /Subjective Approach
2. Empirical and logical approach

Clinical /Subjective Approach

Traditional police profiling which grew out of the experience of police officers offering opinions and making judgments to their colleagues about the possible characteristics of unknown offenders and criminals. This approach emphasizes subjective processes such as "thinking like the criminal phenomenon".

Empirical and logical approach

In contrast investigative Psychology originates directly out of **empirical research** and **logical** illation to cover the full range of investigative activities not only the preparation of 'profiles'. Important behavioral features of crime are identified that may help make out and prosecute the crime successfully. The assumption processes at the heart of Investigative Psychology contrast with the subjective approach, the Investigative Psychology stresses that the results of scientific psychology can contribute to many aspects of civilian and criminal investigation, including the full range of crimes from robbery to terrorism, not just those intense crimes of violence that have an obvious psychopathic component.

Investigations are done with the help of research findings and statistical analysis. The contribution to investigations draws on the extent to which an offender displays various tested characteristics. Investigative psychology research is determining behaviourally important and empirically supported information regarding the consistency and variability of the behaviour of many different types of offenders.

Criminal investigation done by forensic psychologists is normally the kind done by detectives in police departments. Broadly investigative psychology encompasses ***all the ways that psychology can be used or integrated with the processes and procedures of criminal investigation.*** A criminal investigation roughly consists of the following eight steps:

- 1 - Determine if a crime has been committed.
- 2 - Verify the jurisdictional and statutory authority before beginning a thorough and systematic inquiry.

- 3 - Discover all the facts and collect the evidence.
- 4 - Recover any stolen property, if any.
- 5- Identify the executors or culprits.
- 6 - Locate and apprehend the culprits.
- 7 - Aid the prosecution by providing evidence of guilt admissible in court.
- 8 - Testify effectively as a witness in court.

Narrowly investigative psychology is a term referring to methods of identifying **key features of a crime and the likely characteristics of the perpetrator**. In short, investigative psychology is profiling, and in some instances, profiling is used to summarize the psychological features of persons who *may* commit a crime, and in this sense, profiling is prediction. So, Inferences about the characteristics of the offender are made to identify him. Assumptions are made and chances are viewed that are there any other crimes likely to have been committed by the same person.

Profiling

Profiling is the psychological sketch of the unknown criminal and is mostly used to narrow down an investigation to those suspects who possess certain behavioral and personality features that are revealed by the way a crime was committed. Therefore, the primary goal is to aid local police in limiting and rectifying their suspect list so they can direct their resources where they might do the most good. Profiling in itself, however, does not identify a specific suspect, reveal a certain individual and give an address or a phone number. Instead, Psychological Sketch a general biographical description of the most likely type of unknown suspect.

The basic components of a profile include:

1. Probable AGE of suspect
2. Probable SEX of suspect
3. Probable RACE of suspect
4. Probable RESIDENCE of suspect
5. What INTELLIGENCE level the suspect is operating at
6. The probable OCCUPATION of suspect
7. The probable MARITAL STATUS of suspect
8. The probable LIVING ARRANGEMENTS of suspect
9. The PSYCHOSEXUAL MATURITY of the suspect
10. The probable TYPE AND CONDITION OF VEHICLE driven by the suspect
11. The suspect's probable MOTIVATING FACTORS
12. The probable ARREST RECORD of the suspect
13. What PROVOCATION FACTORS might drive the suspect out?
14. What INTERROGATION TECHNIQUES would work best with the suspect?

If we are suppose to make a profile of a witch the more expected profile would be:

Profile of a Witch

1. Elderly female beyond child bearing range
 2. Poor
 3. Lives on edge of town
 4. Displays knowledge of herbal medicines
 5. Contains the Mark of the Devil on her body
 6. Steals men's potency, causing impotence in the surrounding areas
- (Kramer & Sprenger 1971)

Prevent Terrorism

Same psychological sketch of criminal is made but to prevent the future crime and terrorism.

Computerized Profiling

Contemporary uses of computerized profiling can be found in USA Airline Security. For quite a while, the airline industry used CAPPs (Computer Assisted Passenger Prescreening System), an automated system which scores each airline passenger's profile to identify drug dealers and potential terrorists or who might pose a threat to civil aviation. 10 out of the 19 hijackers in the 9/11 attack were identified via the CAPPs system (unfortunately, nothing much was done about it).

CAPPs is sensitive to followings traveling patterns:

One-way tickets

Under the light of past terrorist activities, terrorists are more likely to buy one way tickets.

- **Pay in cash**

In Pakistan paying in cash is quite frequent but in US usually people pay through cards so, paying in cash can be considered as a reason of black money.

- **Travel alone**

Terrorists usually do not travel with the family

- **Persistent patterns**

One very important factor is the persistent patterns of traveling; suspected person always buys one way tickets, always pays in cash and travels alone.

Is It Successful?

Is CAPPs successful? CAPPs did flag two of the four hijackers of flight AA 77 as suspicious when they checked in at Dulles Airport on September 11, 2001. Their bags were searched but they were not given a personal search.

The problem of false positives

Many times passengers face the problem of false positive in simple terms; a false positive normally means that a test claims something to be positive, when that is not the case. For example, a CAPPs identifying a person as terrorist when he is actually not.

September, 9/11 incident of terrorism has changed the way psychologists view the terrorism. After the incident it was realized that only traveling profile is not enough and for further data psychologists were asked for deeper profiling and cameras were fixed to record the behavior of people at air port. And a deeper profile came forward to avoid the chances of errors.

- **Dressing pattern and clothes**
- **Nationality**
- **Travel history**
- **Behavior at airport**
- **Books purchased at airport**
- **Cultural and social background**

The Hijacking Epidemic

In 1968 to 1978 a much heightened crime was plane hijacking in US. There was a hijacking epidemic in US and hundreds of local flights were hijacked and diverted to Cuba. Few figures are listed below to show you the picture

In 1968, 36 hijackings 20 of which were US planes diverted to Cuba

In 1969, 71 hijackings, 58 diverted to Cuba

In 1970, 69 hijackings

The Profile In 1970's

In 1970s psychologists prepared the profiles of hijackers and identified that they were

- Unsuccessful Members of Society
- Socially Inadequate
- Unsteady Occupational Patterns
- Occupational Problems

- Lacking in Resourcefulness
- Feelings of Helplessness & Hopelessness
- Suicidal
- Unconscious –desire to gain control over world

But this profiling is no longer valid on international levels. Now days terrorists are not coming up to the earlier profiling and no terrorist has a typical profile, they are socially adequate have girl friends, happily married with children and have stable businesses or jobs.

Criminal Profiling

Another form of profiling relevant to police work is the criminal profiling, like who is the offender? Or /and what place or person can be the next target of criminal act.

Geographic Profiling

Geographic profiling is an investigative aid that predicts the offender's most likely location i.e., home, work, social venues and travel routes).

Racial Profiling

Police initiated action that relies on the race ethnicity, or national origin rather than the behavior of an individual or information that leads the police to a particular criminal. Racial profiling is the inclusion of race as a primary determinant in the characterization of a person considered likely to commit a particular type of crime.

"**Driving While Black**" is a parody of the real crime driving while intoxicated; it refers to the idea that a driver can be pulled over by a police officer simply because he or she is black and then questioned or searched and charged with a niggling or perhaps non-existent offense. This concept stems from a long history of racism in the United States and other countries. It is generally a reference to racial profiling, as employed by many police forces.

Limits of profiling

There are several limits of profiling like **the way it is done:** Profiling requires lots of training and experience on the other hand many experts stated that profiling can not be taught or learned as is an art. With all sophistications only profiler can give an **ambiguous sketch**, can not tell about any thing certainly, it can hardly ever directly point to an individual even the most sophisticated profiling can only yield some judgment of probabilities. Old profiles have been failed because of ever changing different types and styles of terrorists and terrorism acts. **It tends to eliminate a large number of people from investigation**, innocent people are suspected and this could be problematic as some times profiles miss guide as well i.e. according to profile suspect is 20 years old black while crime was committed by 40 years white.

Two major limits are

- 1. Individual differences**
 - 2. Unpredictability**
- (Will discuss in detail in next lecture)

INVESTIGATIVE PSYCHOLOGY**Objectives:**

- ☐ To understand the Clinical and Statistical approaches of investigation
- ☐ To understand the different types of crime scenes
- ☐ To understand the phenomenon of psychological autopsy
- ☐ To understand the limits of profiling and psychological autopsy

Media Hype vs. Reality

Media presents a large number of films based on successful profiling, like “Silence of the Lambs and Hannibal” *e.t.c.* Are they accurate depictions of forensic psychology? Perhaps the answer is no. Forensic psychologists are not able to become psychically linked with a meticulous killer and visualize their next move as the heroes in the movies or on television seem to do. So, infact there are more misses than hits and success rate is not higher than chance. Forensic psychology is a discipline based on the scientific practice of psychology. And on the same time has several imitations as a science. So, while forensic psychologists get the “cool” jobs, they are far from the situations often pictured and have not many career opportunities in this area, though recently some increased.

Crime Scene Investigation**Crime scenes typology**

Crime scenes can be divided into following three categories

1. **Organized**
2. **Disorganized**
3. **Mixed**

1. Organized Crime Scenes

The criminal shows planning, forethought and an exertion to avoid detection. The individual knows well, what he is doing and takes every possible step to avoid leaving incriminating evidence police could use to catch him. So, considerable precautions are made to prevent arrest or identification. Offender maintains control of himself and the victim. One other very important characteristic of organized crime scene is that victim is selected rather than being random.

Characteristics of Organized Crime Scenes

1. **Planned offense**
2. **Transports body**
3. **Body hidden**
4. **Controlled conversation**
5. **Demands submissive victim**
6. **Missing weapon or evidence**
7. **Victim is a targeted stranger**
8. **Personalizes victim**
9. **Crime scene reflects control**
10. **Restraints used**
11. **Aggressive acts done before death**

2. Disorganized Crime Scenes

The criminal shows no planning or premeditation. Motive of the crime is impulse, rage or some other intense emotional state. Spontaneous actions and turbulent assaults results in chaotic crime scene. Victim selected at random and crime scene is usually where the encounter took place. So, Victim is often by chance like is at the wrong place at the wrong time. Usually, the offender uses materials at hand. Hurried or blitz-style attack, and crime scene is disarrayed.

Characteristics of Disorganized Crime Scenes

1. Body left at death scene
2. Spontaneous offense
3. Evidence or weapon present at scene
4. Victim or location known
5. Body left in view
6. Depersonalizes victim
8. Minimal conversation
10. Crime scene is sloppy
11. Sudden violence to victim

3. Mixed Crime Scene

Mixed crime scene show characteristics from both the organized and disorganized crime scenes. Can indicate the presence of two offenders, or that the offender planned the crime and was interrupted during the act. Both organized and disorganized features are present like a crime was carefully planned but later deteriorated into a disorganized crime when things failed to go as originally planned by some one's interruption or strong emotions took over. e.g. at the scene of a planned robbery, un planned murder of resistant.

Reality is Not So Neat

According to **Kocsis, Cooksey & Irwin (2002)** suggested that organized-disorganized typology has limited usefulness. Reality of crime scenes is not so neat and distinguishing organized and disorganized crime is not as easy as it appears to be and crime scenes exist along a continuum with perfectly organized at one extreme and absolutely chaotic on the other.

Trophy Taking

The violent, repetitive offender often exhibits another element of criminal behavior during the crime known as "The trophy taking". This criminal conduct is a unique and integral part of the offender's behavior and goes beyond the actions needed to commit the crime. A crime scene trophy is a meaningful souvenir taken by the offender to remember the incident, to psychologically control the victim or both. Piece of clothing, a photograph, a piece of jewelry, even a body part of a murdered body is taken by the offender some time as a signature and challenge "yes this is me catch me if you can".

Staging

To over shadow the reality, people stage the whole crime scene. Staging can be defined as the purposeful alteration of the crime and crime scene by the offender in order to mislead authorities and redirect the investigation. Staging is a conscious criminal action on the part of an offender to ruin an investigation.

When a crime scene is staged the responsible person is not someone who just happens upon the victim. It is almost always someone who had some kind of association or relationship with the victim. This offender will further attempt to steer the investigation away from him by his conduct when in contact with law enforcement. Motives of staging can be several like a family is interested in getting the money of insurance and the person who is insured has committed the suicide and the company has the policy to detach the family from insurance money so, this leads the family to make a suicide look like a murder. Sometimes family members are trying to protect a relative or the reputation of the family and murder is made to look as suicide.

Red Flags

Offenders who stage crime scenes usually make mistakes because they arrange the scene to resemble what they believe it should look like. In doing so, offenders experience a great deal of stress and do not have the time to fit all the pieces together logically and reasonably. As a result, inconsistencies and clues in forensic findings are found in the overall "big picture" of the crime scene. These inconsistencies can serve as the "red flags" of staging, which serve to prevent investigations from becoming misguided.

Psychological Autopsy

Psychological Autopsy is the psychological reconstruction of the person and is also called:

- a) Psychiatric autopsy
- b) Retrospective death assessment
- c) Reconstructive evaluation
- d) Equivocal death analysis

The term refers to a specific method used for examining a person's life—specifically, the life of a dead person. So, it is different from profiling in a sense that:

- a) In Psychological Autopsy profile of a dead person is prepared**
- b) Identity is known**

Psychological autopsy is a term first coined in 1977 by the Los Angeles Medical Examiner's Office to investigate suicide cases (*Shneidman 1977*). *Anthony Spellman and Barbara Heyne* viewed that “psychological autopsy is a timely adjunct to the suicide detection and prevention efforts emerging in many jails. These efforts can only be enhanced by a thorough review of what went right or wrong for a particular inmate. Conducted in a non threatening spirit of peer review, the psychological autopsy can provide staff with closure and new knowledge which will allow them to proceed more effectively and confidently in safeguarding other inmates”

This technique is generally more valid and reliable the more it remains focused on the manner and circumstances of death, and does **not** try to generalize or be extended to non-death situations. The elements involved in a psychological autopsy are as follows:

1. **History** :Alcohol and drug history, decedent's history of dealing with stress, medical history, family medical history, recent stressors in the victim's life, military history, employment history, educational history, sexual history, dietary history
2. **Interpersonal relationships**: writings by the deceased, books and music owned by the deceased, web sites visited, phone calls made, recent conversations with friends, acquaintances, relatives, co-workers, and teachers, interests and hobbies shared with others, old and current enemies.
3. **Reactions by any of the above parties to the victim's death**: especially as to the degree of lethality, as well as the usual questions about early warning signs and who might have intended harm.
4. **Assessment of intention about the role of the decedent in their own demise**: including any sub-intentional, covert, or unconscious role, this obtained by analyzing the pattern of how the victim went about accomplishing their goals or life plans.
5. **Socio emotional state of the victim**: Fantasies, dreams, thoughts, premonitions, fears, or phobias of the victim, socio-emotional mood swings, mental status exam, concentration and judgment abilities, IQ.

Types of Deaths

Five generally accepted manners of deaths are:

1. **Natural**
2. **Accident**
3. **Suicide**
4. **Homicide**
5. **Undetermined**

Clarification of Equivocal Death Analysis

Equivocal death investigations are those inquiries that are open to two or more interpretation. There may be two or more meanings and the case may present as either a homicide or a suicide depending upon the circumstances. The facts are purposefully vague or misleading as in the case of a "**staged crime scene.**" Or, the death is doubtful and dubious and it is when the manner of death is open to question. The deaths may resemble murders or suicides, accidents or naturals. Forensic psychologist's role for solving equivocal cases is difficult and important at the same time.

Purpose of Equivocal Death analysis

The deaths that are open to questions usually have very vague and undetermined facts. So, to uncover the reality, a forensic psychologist is suppose to encounter many difficulties and hurdles as there could be various reasons of such equivocal deaths. In the US insurance is a big issue and commonly insurance companies hire detectives and forensic psychologist to find the real reason of deaths of their clients. Forensic psychologists make a number of **reconstructions** of that person to uncover the truth.

Reconstruction

Involves the use of scientific method, logical reasoning, sources of information on people, experience or skill to interpret the events that surround the commission of a crime. *Bevel & Gardner (2001)* define it as "**determining the most probable sequence of events**". Reconstruction begins when detectives conduct a walk-through of a crime scene, imitating the events that may have happened in their minds. They sometimes call it getting a "**feel**" for the crime scene, but the process is as much cognitive as emotional. They are attempting to prove and disprove any sequence of events that may have happened. Some argue it has been a part of detective work for a long time.

Forensic psychologists keep in view the multifactor like if death appears to be a suicide; **assessment of mental state** of the person prior to death is done that whether person was under some stress to commit the suicide or not.

Then **psycho- social factors** are being considered that can led to suicide like whether person had good marital and familial relationships and was successful and financially strong. So, forensic psychologist will piece the information together and try to look into the whole scenario.

Procedure of Equivocal Death Analysis

Psychologists garner information through:

- Conducting interviews with family members and people who knew the deceased
- Examination of personal documents (suicide notes, diaries and letters)
- Post mortem reports
- Medical reports
- Police reports

Us Military and Equivocal Death Analysis

Any death that happens on the military property or of military personnel equivocal death analysis is done not for insurance but to make sure there was no foul play involved and to improve conditions.

Limits of profiling and psychological autopsy

Psychological autopsy is also statistical like profiling and due to the nature of psychology field, only statistical approach or merely subjective and intuitive approach is not sufficient. As discussed earlier there are two distinct limitations of profiling and psychological autopsies.

1. Individual differences

2. Unpredictability of human behavior

1. Individual differences

Without individual differences there is no point, no interesting thing in our personality and society and individual differences make life exciting and enjoyable. Life is not so simple even death. When we are finding that who have stroke where and when we should keep in mind that we are all different no two human beings are alike and our knowledge about human nature is very limited as human beings are the most complex phenomenon. With all new technologies and advancements we still have very limited awareness as Holy Quran Talks about our limited understanding:

Translation Ayatal- Kursi

Al-Baqara (254) Allah! There is no Allah but He—the living, the Self-subsisting, Eternal. No slumber can seize him nor sleep. His are all things in the heavens and on earth. Who is there can intercede in His presence except as He permitteth? He knoweth what (appeareth to His creatures as) Before or After or Behind them. Nor shall they compass aught of His knowledge except as He willeth. His Throne doth extend over the heavens and the earth, and He feeleth no fatigue in guarding and preserving them. For He is the Most High, the Supreme (in glory)

2. Unpredictability of human behavior

Human behavior is very undeterminable and unpredictable like if we take the instance of a person who always had been indulged in criminal activities. And then suddenly seeks forgiveness for all his sins and crimes and become “Fakir” and starts walking on the way of spiritualism. Now the statistics and science is against that person and do not believe for any such thing but storing faith on humanity we all know, yes this does happens. On the other hand a very good and apparently pious man commits a crime like child molestation. So in such cases statistical and scientific approach can mislead. Caution is “never leave the element of unpredictability”

While talking about the probability one other thing that is important is to discuss that **social class distinction** leads to violation of lower class like if anywhere theft happens, usually it is assumed in our culture that only servant can steal. But on the other hand, the thought is always neglected that servant also knows that he/she is going to be the very first suspect? So Socio-economic status can also play a very important role for suspecting any one.

One major **limitation of Clinical/subjective** approach is that court does not believe on psychological proves or intuitions and demands for some physical and strong clue. So, if statistical and clinical approaches have limitations and no perfect scenario is available then why we need forensic psychologists? How to overcome these flaws? For forensic psychology to work effectively we need a balance in both approaches. When you feel that these people are involved, although only instincts are not equal to evidences but surely instincts can lead to evidences, your hunch is leading you towards the evidence so, intuition is needed to be integrated with the statistical probabilities. Better idea is to start with science and then make it artistic.

Lesson 08

PSYCHOLOGY OF VIOLENCE**Objectives:**

- ☐ To understand the basic concepts of Freud's psychoanalytic model
- ☐ To understand the concept of Id, Ego And super Ego along with life and death instincts
- ☐ To understand the psychosexual stages of development

Psychological models of violence

Various theories have given different views about that why human beings do things? Why they do not do things that they should and why they do things that they should not? How they learn, feel and think? How they react differently to different situations. In this regard few important models are listed below;

- 1. Psychoanalytical model**
- 2. Behavioral Model**
- 3. Humanistic Model**
- 4. Social cognitive model**
- 5. Attachment theory model**
- 6. Psychobiological model**

Psychoanalytical Model

Let's start with the psychoanalytical perspective. Sigmund Freud grounded this perspective in 1890s by writing about **unconscious**; he was the first to discover the unconscious mind. According to Freud, the area of the psyche where unknown wishes and needs are kept that play a significant role in our conscious behavior. Freud believed that the majority of what we experience in our lives, the underlying emotions, beliefs, feelings, and impulses are not available to us at a conscious level. He believed that most of what drives us is buried in our unconscious.

Unconscious motivation plays a prominent role in Sigmund Freud's theories of human behavior. According to Freud, most human behavior is the result of desires, impulses, and memories that have been repressed into an unconscious state, yet still influence actions. Freud believed that the human mind consists of a tiny, conscious part that is available for direct observation and a much larger subconscious portion that plays an even more important role in determining behavior and people do not know why they show any behaviour.

Example:

One reasonable man went to meet a lady and at conscious level the man totally does not admit and realize that he has romantic feelings about that lady but at the end of the meeting when he was on his way back to home he remembered that he has left his keys at that girl's home then he went back and picked the keys. Now Freud would explain this incidence as it was the trick and planning of his unconscious to make him to go back to that lady's house again.

Law of Conservation of Energy

In the field of physics the law of conservation of energy states that energy can not be remade or created and destroyed (made to disappear to no-where) and that energy can be changed from one form to another, like we can illuminate a bulb by using the energy of falling water. This idea inspired the Freud and he used the same idea to human behaviour. Now if we apply same thing with human being's behavior we can get good results, but if we apply same idea to our unconscious mind then we will become aware that our unconscious wishes are not destroyed but transformed. We suppress a drive and it will appear in some other way.

Structural Model

According to Freud, our personality is consists of three parts.

Id
Ego
Super ego

Id.

Id is a Greek word, according to Freud we are born with Id, an important part of our personality because as newborns, it allows us to get our basic needs met. Freud believed that the id is based on our pleasure principle. In other words, the id wants whatever feels good at the time, with no consideration for the reality of the situation. When a child is hungry, the id wants food, and therefore the child cries. When the child needs to be changed, the id cries. When the child is uncomfortable, in pain, too hot, too cold, or just wants attention, the id speaks up until his or her needs are met.



The id doesn't care about reality, about the needs of anyone else, only its own satisfaction. If you think about it, babies are not real considerate of their parents' wishes. They have no care for time, whether their parents are sleeping, relaxing, eating dinner, or bathing. When the id wants something, nothing else is important. In immature people Id is dominant.

Super ego

As person grows, parents and society start to control that person. The concept of right and wrong is being taught to them and this is called the emergence of **super ego**. The Superego is the moral part of us and develops due to the moral and ethical restraints placed on us by our parents or caregivers. Many equate the superego with the conscience as it dictates our belief of right and wrong. Child internalizes the parents and makes them the part of self.



Example:

Parents were leaving out for some work they forbade their children to take the candies from cupboard. When parents went out of the house, the small brother who was three years old tried to open the door of cupboard to take candies out but the elder brother warned him "do not eat candies", "this is wrong". Now in this instance elder brother has internalized his parents and his super ego is playing the role of his parents.

Ego

Id always leaves you in trouble and least bother about consequences. Like jumping on beds, eating ice-creams with sore throat. The basic aim of Id is to seek pleasure but on the contrary sides, the super ego is against pleasure and serves as a constant watchman, In this situation survival is difficult so, **super ego** is always in conflict with **id**. This conflict gives birth to another part and Freud called this part the **Ego**. it creates the balance between id and super ego. Starts from childhood and emerges as mediator and come from survival instincts.

The ego is based on the reality principle and works at conscious level and tries to make a balance of Id and Super ego's demands by logical and rational way of thinking. The ego understands that other people have needs and desires and that sometimes being impulsive or selfish can hurt us in the long run. It's the ego's job to meet the needs of the id, while taking into consideration the reality of the situation.

In a healthy person, according to Freud, the ego is the strongest so that it can satisfy the needs of the id, not upset the superego, and still take consideration the reality of every situation. Not an easy job by any mean, but



if the id gets too strong, impulses and self gratification take over the person's life. If the superego becomes too strong, the person would be driven by rigid morals, would be judgmental and unbending in his or her interactions with the world. You shall learn how the ego maintains control as you continue to read.

Instincts

Freud believed that humans were driven by two conflicting central desires Eros and Thanatos.

Eros

Eros is a Greek word meaning god of love and sexual desire. Eros is pleasure and life instinct. Freud's description of Eros included all creative, life-producing drives.

Thanatos

Is the death drive or death instinct, represented an urge inherent in all living things to return to a state of calm, or ultimately of non-existence. The quest for pleasure balanced with the destructive urge. Three aspects personality, this idea was taken from Hinduism's concept of trinity, according to this concept three gods named

Brahma: who is responsible for creating things

Vishnu: who maintains

Shiva: who destroys

Destruction is equally important as Old things are replaced by new things.

Psychosexual Development

Sigmund Freud's Theory is quite complex and although his writings on psychosexual development set the groundwork for how our personalities developed, it was only one of five parts to his overall theory of personality. He also believed that different driving forces develop during these stages which play an important role in how we interact with the world.

- ☐ **Oral Stage 0-2**
- ☐ **Anal Stage 2-5**
- ☐ **Phallic Stage 5-7**
- ☐ **Oedipus/Electra Complex**
- ☐ **Latency Period 7- Puberty**
- ☐ **Genital Period Puberty**

Oral Stage

The oral stage begins at birth, when the oral cavity is the primary focus of pleasure. The child test things by keeping them into mouth and of course, preoccupies himself with nursing, with the pleasure of sucking. The oral character who is frustrated at this stage, whose mother refused to nurse him on demand or who nursing sessions were reduced earlier, is characterized by pessimism, envy, suspicion and sarcasm. The overindulged oral character, whose nursing urges were always and often excessively satisfied, is optimistic, gullible, and is full of admiration for others around him. The stage culminates in the primary conflict of weaning, which both deprives the child of the sensory pleasures of nursing and of the psychological pleasure of being cared for, mothered, and held. The stage lasts approximately one and one-half years.

Anal Stage

At one and one-half years, the child enters the anal stage. With the advent of toilet training comes the child's obsession with the anus and with the retention or expulsion of the feces. This represents a classic conflict between the id, which derives pleasure from expulsion of bodily wastes, and the ego and superego, which represent the practical and societal pressures to control the bodily functions. The child meets the conflict between the parent's demands and the child's desires and physical capabilities in one of two ways:

1. Either he puts up a fight or he simply refuses to go. The child who wants to fight takes pleasure in excreting maliciously, perhaps just before or just after being placed on the toilet. If the parents are too lenient and the child manages to derive pleasure and success from this expulsion. This character is generally messy, disorganized, reckless, careless, and defiant.
2. Conversely, on other extreme the character that encountered parent's excessive strictness and is overindulged, will develop into an anal retentive character. This character is neat, precise, orderly, careful, stingy, withholding, obstinate, meticulous, and passive-aggressive. The resolution of the anal stage, proper toilet training, permanently affects the individual propensities to possession and attitudes towards authority. This stage lasts from one and one-half to two years. Fixation at this stage is said to result in orderliness, meanness, stubbornness, compulsiveness, etc.

3. Phallic Stage

The phallic stage is the setting for the greatest, most crucial sexual conflict in Freud's model of development. In this stage the conflict, labeled the Oedipus complex (The Electra complex in women), involves the child's unconscious desire to possess the opposite-sexed parent and to eliminate/ kill the same-sexed one.

Oedipus complex

Freud got the idea from a play about Greek mythology, in those days this play got immense fame in England Freud also went to watch that play. The main character of the tragedy is Oedipus also known as Oedipus Rex, son of King Laius of Thebes and Queen Jocasta. As a baby, Oedipus was sent to die or be killed because the royal fortune teller made the prediction that Oedipus would kill his father and would marry his mother. But instead the baby was given to a shepherd and raised in the court of King.

On the way in jungle while on a hunting quest, Oedipus saw something moving beside the bush, he thought it was a deer and threw his arrow toward that bush and unknowingly killed his real father and fulfilled the first half of the oracle's prophecy.

Then he went to save the *Thebans* from a monster. Thebans had declared that who would kill the monster would marry the queen. So Oedipus killed that monster and unknowingly married his mother and fathered a girl. But when he came to know that he is the father of his own step sister and married his mother, he blinded himself with the brooches of her mother's dress and remorse bitterly. Freud took this story very seriously and concluded that the fame of the play reflects a real dilemma.

Then Freud gave the idea of Oedipus complex since the mother is the very first love of every child when the boy becomes aware that his rival is his own father, who is so loving and caring and he wants to kill him. A very strange idea emerges, now this idea is strange to the child as well so child pushes the idea into unconscious and revulsion for father and guilty feelings for this hatred at the same time are pushed into unconscious, when the unconscious desires come to the conscious level some thing really interesting happens and unconscious wishes transforms in to totally opposite behaviour of identifying with the father so child can get the appreciation and attention of the mother.

Electra complex

Electra complex is the girl's unconscious desire to possess the father and kill the mother. So a girl tries to identify with mother to impress the father.

Lesson 09

PSYCHOANALYTIC MODEL AND VIOLENCE**Objectives:**

- ☐ To understand the link of Instincts and violence
- ☐ To understand the fixation at different psychosexual stages and violence
- ☐ To understand the link of inflated Id, Ego and Super ego with violence.

Freud's ideas have serious implications for understanding destruction and violence. Let's explore that what Freud's ideas have to do with violence/aggression and criminal behaviours.

Instincts & Violence**Eros vs. Thanatos**

Eros usually commit the crime that involve the acquiring of some thing like theft of any kind, robbery, some sexual crimes or illegal land occupations e.t.c

Thanatos

Is involved in the crime and violent behaviour where destruction, demolition, devastation and death are involved. Violent rape is not associated with sexual instincts rather destruction and death wish is involved in such cases.

Following types of crime usually a result of thanatos:

- ☐ Destruction of any thing
- ☐ Murder
- ☐ Rape
- ☐ Torture
- ☐ Terrorism
- ☐ Suicide

Psychosexual Stages and Violence**Fixations in different stages**

Unconscious fixations at different psychosexual stages have serious implications for violent behavior in later life. Let's see how seed of violence can be planted during psychosexual stages of development.

Fixation at Oral Stage

If a child was not fed enough/neglected or was fed too much, this may later create an oral fixation in that adult. It is believed that fixation in the oral stage can cause one of two things.

1. If the child was underfed or neglected, he will become orally dependent, and obsessed with achieving oral stimulation which he was deprived of. He might learn to manipulate others to fulfill his needs rather than maturing to independence.
2. The overly indulged child may resist growing up and try to return to that state of dependency through crying; fighting and aggressive behaviour to get some desirable thing like a child, and an aggressive child in the adult body can be dreadfully dangerous."

Another fixation at oral stage can result in **Narcissism**.

Narcissism

The term **narcissism** means love of oneself. This concept was also borrowed from Greek mythology. It's about a beautiful prince named Narcissus, who was unaware of his own beauty



and doomed to fall in love with his own reflection in a pool of water. Narcissus died because he could only love his image at the expense of himself. Now a narcissist can prove to be very violent because they are selfish, lack empathy for anyone else and only think about personal benefits. Such people can commit any nature of a crime just to fulfill their own wish and desire.

Fixation at Anal Stage

While struggling with the toilet training, child wants freedom as id is dominant at that age. Anal fixation, which may be caused by too much punishment during toilet training, has two possible outcomes.

1. **The Anal retentive personality:** such people become Obsessive, stingy, with a compulsive seeking of order and tidiness. The person is generally stubborn and perfectionist.
2. **The Anal explosive personality:** on other extreme is an opposite of the anal retentive personality, and has a lack of self control, being generally messy and careless. Expulsive violent types of people are usually involved in terrorism.

Fixation at Phallic Stage

At the age of 5 or 6, as discussed earlier, boys experience the *Oedipus Complex* whilst girls experience the *Electra conflict*, which is a process through which they learn to identify with the same gender parent by acting as much like that parent as possible. Going through the process of identification with same sex parent, child compares the genitals with the same sex parent and start feeling

☐ **Inferiority**

☐ **Inadequacy**

Adults fixated at phallic stage have trouble in friend making and finding mates so ultimately making a profile of a person who fits the terrorist's profile and could be an easy prey of those who are going to brain wash and manipulate people for their own businesses.

Fixation at Genital Stage

At this stage no new problem comes but old problems come in to front and become apparent. Fixation at earlier stages along with the lack of guidance leads towards Sexual Violence.

Id And Violence

Inflated Id commits particular type of crimes. More chances are that a person with bloomed Id is fixated at Oral stage as narcissist are usually dominated by Id. such people get bored if they do not heed their wishes and impulses. Thrill and pleasure seeking is very important for them like car racings on rush roads, fast driving and sky diving e.t.c but Id inflated people are not only pleasure seeker but are irresponsible too. Following characteristics are frequent in individuals with id dominated personality.

- ☐ **Failure to think of consequences**
- ☐ **Impulsive behavior.**
- ☐ **Inability to empathize with the victim.**
- ☐ **Thrill seeking.**
- ☐ **Irresponsible behavior.**

Superego and Violence

Inflated super ego can result in different aspects:

Crime and Punishment

Super ego may be at the back of crimes that involve the thinking that one must be punished for doing any thing wrong and undesirable. The idea is that one must be punished for their sins, crimes, mistakes. As children internalize their parents may personalize their unforgiving attitude. If parents hit/beat them, they will hit and torture other people and would take revenge.

Punishing oneself

An individual trying to protect others from violence might predispose oneself to self-injury. Like some one sacrifice and falsely confesses to protect others is another kind of extreme violence associated with super ego.

Ego and Violence

Ego usually does not commit crime and a well-developed Ego is the best defense against crime because logic and reason can prevent self from committing a crime and is aware of consequence. But a threatened Ego can be very violent and aggressive, e.g. A person was scolded and insulted by his boss in front of his colleagues. Now ego is threatened and such person can easily target his wife or children for violence. One other thing linked with bloomed ego is difficulty of absorption of criticism.

Inflated Ego can result in calculated crimes like

- ☐ Seeking power.
- ☐ Can help maximize gain and minimize loss

Psychoanalysis and Crime scene investigation

How Id, Ego and super Ego can help in investigating a crime scene? By examine the clues a forensic psychologist can understand the type of criminal who has committed the crime.

The Id can leave lots of clues, because id does not care about consequences and is irresponsible in nature, and commits disorganized crimes.

The Superego might leave the clues on crime scene so criminal will get caught.

Sometimes the **Ego** can also leave clues but investigation of such crimes is relatively difficult.

Lesson 10

PSYCHOANALYTIC MODEL AND VIOLENCE**Objectives:**

- ☐ To understand the psychoanalytic perspective about rage
- ☐ To understand the Ego's strategies to reduce conflict between the id and superego

Psychoanalytical Perspective and Rage

“Rage is a feeling/state of intense, severe and extreme anger and provides grounds for many violent crimes”

What could be the origin of rage? According to Psychoanalytic model the answer may lie in two different areas. First, when an infant experiences acute pain caused from powerful breaks in the emotional connection from parent to child, pain caused by mal-parenting is so severe and intense that it cannot be emotionally or intellectually processed by the innocent child. And other significant reason is child abuse.

The four main categories of child abuse are:

- 1. Sexual abuse**
- 2. Emotional abuse:** such as intense criticism or humiliation and the effects of shaming experiences from parents or others
- 3. Neglect:** such as abandonment or long periods of emotional or physical absence
- 4. Physical violence:** such as beating, or imposing physical injury throughout childhood

Let's look at an actual example of a mentally retarded child to understand that how child abuse can result in rage

Example of a mildly retarded child

A mentally retarded child was sexually abused by his uncle, uncle threatened him “I will beat you and no one in family will love you if you conveyed this to any one”. But child was shocked and it was hard for him to digest. So he uncovered the reality to his mother. On the other side mother was under pressure and could not afford to favor him due to her familial problems, so she betrayed him and asked him to conceal the truth.

That was not the end of his tragic story; his tragedy was unending as he entered the abnormal environment of special school. There he faced the bullying of other elder children and painful ignoring attitude of teachers. He observed all the time that his father is cursing and blaming his mother for giving birth to mentally retarded child. Another constant torture of his life was pity and sympathy from relatives. He was considered as shame of family and was hidden in room at guest's visit and was not allowed to go outside. And if he was given a chance to go outside with a servant, servant also abused him. Teen age problems became even more critical in the absence of any guidance and friends. Rejection from girls was another issue.

All these factors created a feeling of being abundant. All people were getting their rights and for him was just a wish “you had not been born”. All this transformed in a high pile of rejection, rage, disappointment, mistrust, hostility, discrimination, rejection, sadness, loneliness. He was being used as the psychological “dust bin” of family and all misfortunes were considered the credit of his existence.

When he approached the 22nd year of life, all this resulted in an explosive rage, anger and a serious criminal act. Once he saw a beautiful child in a park, he advanced his hand to show his tenderness but the mother of that infant raised a piercing shriek and then the rage explosion resulted and he murdered that innocent child.

By analyzing this case we can identify following factors that contributed to the detonation of rage

- ☐ Sexually abused by uncle
- ☐ Ignoring/ Cover up by mother.

- ☐ **Special school.**
- ☐ **Special school: abnormal behavior.**
- ☐ **Bullying by other children.**
- ☐ **Father's blaming mother for giving birth to abnormal child**
- ☐ **Pity from relatives**
- ☐ **Guests, he is hidden.**
- ☐ **Shame of the family.**
- ☐ **Comparison with others.**
- ☐ **Not allowed to go out to play**
- ☐ **Sexually abuse by a servant.**
- ☐ **Teenage Sexual urges**
- ☐ **No guidance**
- ☐ **No friends**
- ☐ **Rejection by girls**
- ☐ **Feelings of being abandoned.**
- ☐ **Discrimination**

But the question is why he targeted that baby and not mother? Neo- Freudian has simplified the whole phenomenon as he himself was murdered in the childhood by the cruel behavior of family and society.

Defense Mechanism

Freud also proposed the concept of **Defense mechanisms** that are unconscious strategies used by the ego to reduce conflict between the id and superego. For that reason they are more accurately referred to as ego defense mechanisms. They can thus be categorized as occurring due to the following scenarios:

1. When the **id** impulses are in conflict with each other;
2. When the id impulses conflict with **superego** values and beliefs
3. When an external threat is posed to the **ego**.

Denial

Denial is the defense mechanism in which a person protects oneself from unpleasant reality by refusing to perceive or face it. Like we frequently observe diabetic patients who close their eyes from reality, deny the existence of their ailment and keep on eating sweets.

Repression

Keeping distressing thoughts and feelings buried in the unconscious. Like a traumatized soldier has no recollection of the details of a close clash with death and Oedipus complex is another example because the unconscious wish to kill the father is buried.

Suppression

Conversely, Suppression is a conscious effort to push the unwanted thoughts and desires into unconscious. Like conscious effort to forget the recollections of the destruction of earth quake.

Rationalization

Creating false but plausible excuses to fulfill unjustified justify unacceptable behavior and unconscious wishes. **Rationalization is the cognitive distortion of "the facts" to make an event or an impulse less threatening.** We do it often enough on a fairly conscious level when we provide ourselves with

excuses. But for many people, with sensitive egos, making excuses comes so easy that they never are truly aware of it. In other words, many of us are quite prepared to believe our lies, **e.g.** a student watches TV instead of studying, saying that "additional study wouldn't do any good anyway."

Projection

Projection is attributing one's own thoughts, feelings, or motives to another, e.g. two cousins are watching TV, and an actress appears on screen. One says to other "look your favorite one" although that is his own favorite or a husband, a good and faithful one, finds himself terribly attracted to the charming and flirtatious lady next door. But rather than acknowledge his own, hardly abnormal, lusts, he becomes increasingly jealous of his wife, constantly worried about her faithfulness, and so on.

Reaction formation

Reaction formation is behaving in a way that is exactly the opposite of one's true feelings e.g. the individuals who possess immense sexual thoughts can start "Jihad" against immorality.

Displacement

Is diverting emotional feelings (usually anger) from their original source to a substitute target e.g. after parental scolding, a young girl takes her anger out on her little brother.

Regression

A reversion to immature patterns of behavior, usually such people are seriously mentally ill and can not bear the tensions of adult age.

Overcompensation

Covering up felt weaknesses by emphasizing some desirable characteristic, or making up for frustration in one area by over-gratification in another e.g. A dangerously overweight woman goes on eating binges when she feels neglected by her husband.

Acting Out

The individual deals with emotional conflict or internal or external stressors by actions rather than reflections or feelings e.g. wildly quarrelling on road with driver, who has hit your car.

Splitting

Splitting as a predominant defense mechanism is used by a large number of people. It is characterized by viewing people as completely good or evil entirely.

Sublimation

Acting out unacceptable impulses in a socially acceptable way e.g. sublimating your aggressive impulses toward a career as a boxer; becoming a surgeon because of your desire to cut; lifting weights to release 'pent up' energy.

Lesson 11

**JUNGAN PSYCHOLOGY
AND VIOLENCE****Objective:**

- ☐ **To understand the basic concepts of typology**
- ☐ **To become more familiar with Extraversion and Introversion**
- ☐ **To have an understanding of the Four psychological Functions**

Topic from previous lesson**Defense mechanisms and violence**

Now let's have a look at that how defense mechanisms provide foundation stone for violence and aggression.

Denial and violence: If some is not accepting the reality and determine that he will prove the truth, result can be violence

Repression and violence: fighting with one's own hidden desires, like if some one is abundant with unconscious sexual desires may start fighting against immorality.

Rationalization and violence: all violence involves some kind of rationalization, like countries make lame excuses for war and crusade against other countries.

Projection and violence: you can attack other people if you have some thing evil in your self like fighting with one's own evil desires in shape of social "jihad".

Displacement and violence: displacement usually results in assault and violence like aggression on boss can be displaced to wife and wife will preempt her aggression on children and elder children will dislodge their anger on younger siblings and younger child may kick a cat. **Turning against the self** is another very special form of displacement, where the person becomes their own substitute target and suicide can be the result. It is normally used in reference to hatred, anger, and aggression, rather than more positive impulses, and it is the Freudian explanation for many of our feelings of inferiority, guilt, and depression. The idea that depression is often the result of the anger we refuse to acknowledge is accepted by many people.

Regression and violence: A reversion to immature patterns of behavior can lead to assault for instance a child picks a candy from table and 200 pounds heavy regressed man (thinking he is only 5) can beat that child and consequences can be threatening.

Overcompensation and violence: Making up for frustration in one area by over-gratification in another like excessive eating, use of drugs, going to prostitutes e.t.c.

Acting Out and violence: Manifestation of emotional anxiety into physical symptoms, so violence and assault is very likely as person already brings out the conflicts in the shape of physical attacks.

Splitting and violence: viewing other people as perfectly good or bad, so exaggerated thinking that other is evil and bad can lead to violence.

Freudian Methods**Hypnosis to Free Association**

Freud started the use of **Free association**, after he became dissatisfied with the hypnosis-based "cathartic" treatment of hysterical symptoms practiced by his colleague Josef Breuer (1842-1925)

For free association to be effective, it is important for the patient to share his or her thoughts freely without regard to whether they are logical, consistent, or socially appropriate. Even thoughts that seem trivial, bizarre, or embarrassing should be reported without hesitation. Initially, free association can be difficult, because people are accustomed to editing their thoughts, presenting them in a logical, linear fashion, and leaving out potentially embarrassing material. However, the technique becomes more comfortable with practice and with encouragement by the therapist.

Dream Interpretation.

Freud spent many years hypothesizing about the role of dreams and their interpretation. He defines the states of sleep to be **a period of uproar and chaos during which the unconscious thoughts of the id attempt to force their way into consciousness** (Freud, 1949, p. 38). In order to interpret a dream, which develops from either the id or the ego, certain assumptions must be made, including the acknowledgment that what is recalled from a dream is only a front wall behind which the meaning must be inferred. Dreams are undoubtedly caused by conflict and are characterized by their power to bring up memories that the dreamer has forgotten their strong use of symbolism, and their ability to reproduce repressed impressions of the dreamer's childhood (Freud, 1949, p. 40). In addition, dreams, which are fulfillments of wishes, according to Freud (1949), are capable of bringing up impressions that cannot have originated from the dreamer's life (Freud, 1949, p. 45). **Insight is gain through continuous process of interpretation.**

JUNGAN PSYCHOLOGY

Freud has many followers and one of them was Carl Gustav Jung who was a Swiss psychiatrist and founder of analytic psychology. He disagreed with Freud on his embellished emphasis on sexual desires. Jung believed that sexuality is important idea but there are several phenomena that do not come under this umbrella. Spiritualism, mysticism and religion are beyond the realm of sexuality and have personal existence, so he separated from Freud and proposed his own culture, religion and mysticism based ideas. Carl Jung popularized the notion that people fall into two attitude types and talked about Extraversion and Introversion as the two ways of responding to the world.

1. **Introvert**
2. **Extrovert**

These two elements of the human body are both physical and mental aspects that give us reasons to most of our actions.

Extroverts

An extrovert is a person is very social they like to go to parties and thinks in a way that centers on and around the object, the object being a task or a person. They feel the most energized through interactions with others and feel the most drained or down when they are alone.

Introverts

Unlike extroverts, are more reserved, less outgoing, and less sociable. Instead of attending a party, introverts like to stay at home and read a book. Introverts get their energy from themselves and are drained by people. An introvert is a person who thinks in a way that centers on his or her own feelings and thoughts about a situation. And are energized by spending time on solitary activities and will find being around many people at once bothers them.

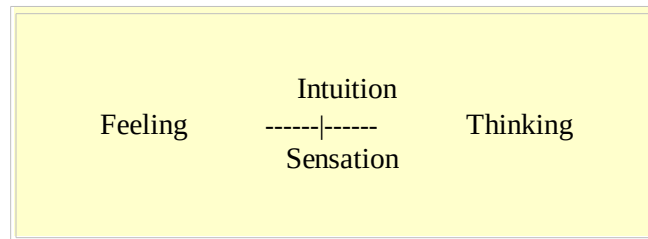
Extrovert	Introvert
Outer world	Inner world
Exposing feelings	Concealing feelings
Breadth	Depth
Interaction, action	Concentration, reflection
People, things	Ideas, thoughts

According to Jung no one is completely introvert or extrovert, people have both introvert and extrovert dimensions of personality but only one dimension is dominant.

The four Ego Functions

According to Jung, the Ego has four psychological functions, four different fundamental ways of perceiving and interpreting reality, and two ways of responding to it.

Jung divided people into Thinking, Feeling, Sensation, and Intuition types, arranging these four in a compass.



- ☐ Sensation
- ☐ Feeling
- ☐ Thinking
- ☐ Intuition

These consist of two diametrically-opposed pairs. Thinking is the opposite of Feeling, and Sensation the opposite of Intuition. So, suggests Jung, if a person has the *Thinking function* (an analytical, "head"-type way of looking at the world) highly developed, the *Feeling function* (the empathetic, value-based "heart"-type way of looking at things) will be correspondingly undeveloped, and in fact suppressed. The same goes for Sensation and Intuition. Sensation is orientation "outward" to physical reality, and Intuition "inward" to psychic reality.

Jung arranges these four functions into two pairs of opposites. Firstly there are the two *perceiving* (or, non-rational) functions of Sensation and Intuition. Secondly, there are the two *judging* (or, rational) functions of Thinking and Feeling. Jung believes that whichever function dominates consciousness (e.g., Thinking), its opposite (e.g., Feeling) will be repressed and therefore will tend to characterise unconscious functioning.

Sensation-Intuition Thinking-Feeling

THINKING refers to the faculty of rational analysis; of understanding and responding to things through the intellect, the "head" so to speak. Thinking means connecting ideas in order to arrive at a general understanding. The Thinking-type often appears detached and unemotional. The Scientist and the Philosopher are examples of the "thinking type", which is found more commonly in men.

FEELING is the interpretation of things at a value- level, a "heart"-level rather than a "head"-level. Feeling evaluates, it accepts or rejects an idea on the basis of whether it is pleasant or unpleasant. According to Jung this is the emotional personality type, and occurs more frequently in women.

Thinking and Feeling are both rational, in that they both require an act of Judgment. Sensation and Intuition are both irrational, in that they involve no reason, but simply result from stimuli (whether external or internal) acting upon the individual.

SENSATION means conscious perception through the sense-organs. The Sensation personality-type relates to physical stimuli. But there is a difference according to whether the person is an introvert or an extrovert.

So we could have an **Introverted-Sensation type**, such as an artist, who experiences the physical world (sensation) from the perspective of the psychic or inner consciousness (introversion). As opposed to this, the **Extroverted-Sensation type** would be the person who is a simple materialist or hedonist, interested only in physical or pragmatic things. This type tends to be realistic and practical. At worst, one may be crudely sensual. This personality-type occurs more often in men.

Finally, **INTUITION** is like sensation in that it is an experience which is immediately given to consciousness rather than arising through mental activity (e.g. thinking or feeling). But it differs in that it has no physical cause. It constitutes an intuition or hunch, a "gut"-level feeling, or an "ESP" experience. It is the source of inspiration, creativity, novel ideas, etc. According to Jung, the Intuitive type jumps from image, is interested in a while, but soon loses interest.

Introvert Sensation Feeling

Such people usually stay at home and take pleasure from small activities and things, like watching movie or reading a book.

Introvert Sensation Thinking

More likely scientists or musicians fall into this category. Such people like to spend time in laboratories rather than homes and enjoy sensations of chemicals.

Introvert Intuition Feeling

Usually spiritual personalities, Mystics, one extreme example of such people can be "Majzoob". They are so much indulged in "zikr-e-Allah" that even do not remember about the prayer time.

Introvert Intuition Thinking

They are spiritual people "derwaish" but live like other ordinary people but on the same time have very minimal social appearance.

Extrovert Sensation Feeling

Such personalities are driven by their sensation and pleasure seeking all the time. Likes to go to parties (party animals), no planning of life, likes to socialize with people and driven by materialistic things.

Extrovert Sensation Thinking

Such personalities are also very social but planning and thinking is also involved. Politicians, actors and actresses fall into this category.

Extrovert Intuition Feeling

These people are easy speakers. They tend to idealize their friends. They make good parents, but have a tendency to allow themselves to be used. They make good therapists, teachers, executives, and salespeople. Generally very religious people in the public, who take up issues and causes and feel for other people and things, persists come under this category.

Extrovert Intuition Thinking

These personalities are well balanced and present a favorable image, they lack feelings but are good thinkers. Good teachers, communicators fall into this category.

How these types can lead to violence?

Jung's typology is very famous and according to him an imbalance can lead to abnormality and violence.

Introversion and violence

There are obvious chances that if a person is completely introvert may have strange opinions and concepts about other people and can misinterpret others, such misunderstanding can lead to various types of violence and aggressions. Not necessarily all introverts misunderstand others and resort to violence but in extreme cases violence can be the result.

Extroversion and violence

People who are very social and meet an immense number of different personalities may end up with offending some one, violence can be the scenario.

Sensation Seeking, Feeling and violence

Individuals, who are the slaves of their sensations and feelings, have no planning and connection with the spirituality, morality and consequences can get involve in drug uses, illegal sexual activities, violent, aggressive and dangerous behaviors.

Thinking, Intuition and violence

Thinkers and intuitionist usually do not resort to violence.

Collective Unconscious

Collective unconscious is another term of analytical psychology originally used by Carl Jung. This concept is based on the Freudian concept of unconscious, although Freud did not distinguish between an "individual psychology" and a "collective psychology", Jung distinguished the collective unconscious from the personal unconscious particular to each human being. The collective unconscious is also known as "**a reservoir of the experiences of our species.**" But the problem with Jung's idea is he did not point out whether it is a **universal unconscious** or a **racial / cultural unconscious** as his written theory pointed out.

Cultural Dreams

Instead of talking about individual dreams Jung gave the notion of cultural dreams. Carl Jung believed dreams content uses symbolic language. He proposed that a dream expresses collective racial unconscious memories and instincts shared by all people.

Fairy/Folk Tales

Jung believed that folktales grew out of our "collective unconscious," experiences that are rooted in the past of all mankind so that stories which grew out of them are found among all peoples.

Lesson 12

JUNGIAN PSYCHOLOGY AND VIOLENCE

Objectives:

- ☐ To understand the concept of different archetypes
- ☐ To understand the concept of active imagination

Difference of Freudian unconscious and Jungian Collective unconscious

Though Jung's analytical psychology derives from Freud's psychoanalysis, there was contention, disagreement and disappointment shared between these two great thinkers, resulting in a rift between once great friends. Some key differences are presented below:

FREUD depicted the unconscious as a container underlying the conscious mind, whose task is to contain rejected and un-encountered events, feelings, thoughts and experiences of the conscious mind.

JUNG postulated two layers of the unconscious - a *personal unconscious*, right under the conscious mind, taking in personal psychic contents and down below the *collective unconscious*, containing the accumulating experience of all humanity.

According to FREUD the force of life is driven by *sexuality* and the underlying unconscious contains nothing but feelings, thoughts experience and frustrations of resulting unfulfilled sexual desires; hence the unconscious is a bag full of pathology and in fact, so is life in general.

There is much more to life than sexuality, which is a part of a greater *wholeness* like mysticism, spiritualism and religion which underlies the process of *Individuation* and constant search for *meaning*, according to JUNG. The unconscious has a compensatory regulating function, aiming at healing, growth and individuation.

For FREUD, a disturbance to the psychic balance is a *pathology* stemming from an unresolved sexual conflict, a *complex* surrounding the person's sexual energy (*libido*).

For JUNG it is not necessarily pathology, but rather a *compensatory* and *regulatory* inclination of the unconscious to strive and resolve the unbalanced equilibrium of the psyche as a *whole*.

Freud's most work was with neurotic people.

Jung's major work was with psychotics.

Religion and mental illnesses:

While working with psychotics Jung encountered many religion symbols shown in paintings of patients but he did not criticized the religion rather he viewed religion as an integrated force of personality. He argued that psychosis is opposite of religion as it disintegrate the personality.

Collective unconscious is the most frequently misunderstood concept, to understand this complex concept lets look into the **contents of the collective unconscious** that are called archetypes.

Archetypes

"Basic elements of the Psyche that act as independent beings within a person represented by symbols"

Jung also called them dominants, images, mythological or primordial images, and a few other names. First book about archetypes and Jungian typology was written by Dr. Ajmal. Archetypes seem like

different “jinns” living with in an individual. Like one jin is child other is wise old man and another is young lady and so on. Different personalities are living with in a person like:

- ☐ Shadow
- ☐ Child
- ☐ Great Mother
- ☐ Hero
- ☐ Wise Old Man
- ☐ Anima
- ☐ Animus
- ☐ Trickster
- ☐ Self

The Shadow archetype

An archetype that displays only bad qualities, To explain this archetype Dr. Ajmal takes the Abu Qasim’s shoes story, in which old and shaggy shoes becomes his identity and presents the dark side of his life.

It is the "dark side" of the ego, and the evil that we are capable of is often stored there. Actually, the shadow is amoral -- neither good nor bad, just like animals. An animal is capable of tender care for its young and vicious killing for food, but it doesn't choose to do either. It just does what it does. It is "innocent." But from our human perspective, the animal world looks rather brutal, inhuman, so the shadow becomes something of a garbage can for the parts of ourselves that we can't quite admit to. We can understand shadow with the reference of Freud’s “projection”, like we have shadow following us all the time and in the same way our bad qualities are following us like a shadow and we see our own evil characteristics in other people.

Symbols of the shadow include the snake (as in the garden of Eden), the dragon, monsters, and demons. It often guards the entrance to a cave or a pool of water, which is the collective unconscious. Next time you dream about wrestling with the devil, it may only be yourself you are wrestling with!

The Child archetype

The Child archetype nurtures that part of us that yearns to be lighthearted and innocent, expecting the wonders of tomorrow, Fresh attitude, wishing for the basic needs and desires, the desire in it’s very pure form. **This part of our nature contributes greatly to our ability to sense playfulness in our lives, balancing the seriousness of adult responsibilities. The balanced Child is a delight to be around because the energy that flows from this part of our personality is positively infectious and brings out the best in others, as well as in us.**



The Great Mother archetype

In Hinduism many “Devis” are found. In Christianity we can find Hazrat Maryam, mother of Hazrat Iesaa (Jesus), who got the Devine status. The mother archetype is a particularly good example. All of our ancestors had mothers. So the mother archetype is our built-in ability to recognize a certain relationship, that of "mothering." Jung says that this is rather abstract, and we are likely to project the archetype out into the world and onto a particular person, usually our own mothers.

Mother can be **nurturing and devouring** at the same time, nurturing for her child and devouring for the external foes. Mother nurtures the child but scolds too.

So looking at fairy tales we can find two types of mothers

Nurturing (Feeding mother)

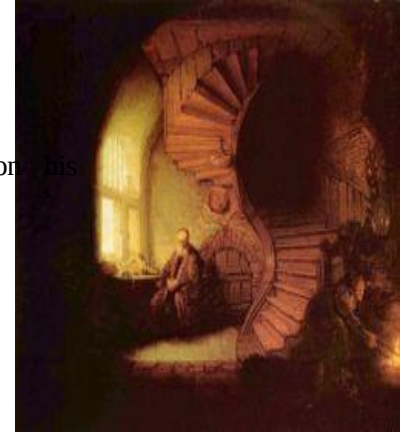
Devouring (witch, step mother)

The Hero archetype

Many archetypes are story characters. The hero is one of the main ones. He is the man personality and the defeater of evil dragons. Basically, he represents the ego -- we do tend to identify with the hero of the story -- and is often engaged in fighting the shadow, in the form of dragons and other monsters. The hero is, however, often optimist to the stupidity level. He is, after all, ignorant of the ways of the collective unconscious.

The wise old man archetype

The hero is guided by the wise old man. This kind of character is typically represented as a kind and wise, older father-type figure that uses personal knowledge of people and the world to help tell stories and offer guidance that, in a mystical way, may impress upon his audience a sense of who they are and who they might become, thereby acting as a mentor. Let's understand this archetype of old wise man with the help of an incident narrated in Holy Quranan about Hazrat Khizar ((Alaihi Salaam)



[18. Surah Al-Kahf : Ayah 60-82]

Musa alaihi salaam said to him: Shall I follow you on condition that you should teach me right knowledge of what you have been taught? He (Khizar alaihi salaam) said: Surely you cannot have patience with me. And how can you have patience in that of which you have not got a comprehensive knowledge? He (Musa alaihi salaam) said: If Allah pleases, you will find me patient and I shall not disobey you in any matter. He (Khizar alaihi salaam) said: If you would follow me, then do not question me about any thing until I myself speak to you about it.

So they went (their way) until when they embarked in the boat he made a hole in it. (Musa alaihi salaam) said: Have you made a hole in it to drown its inmates? Certainly you have done a grievous thing. He (Khizar alaihi salaam) said: Did I not say that you will not be able to have patience with me? He (Musa alaihi salaam) said: Blame me not for what I forgot, and do not constrain me to a difficult thing in my affair.

So they went on until, when they met a boy, He (Khizar alaihi salaam) slew him. (Musa alaihi salaam) said: Have you slain an innocent person otherwise than for manslaughter? Certainly you have done an evil thing. He (Khizar alaihi salaam) said: Did I not say to you that you will not be able to have patience with me? He (Musa alaihi salaam) said: If I ask you about anything after this, keep me not in your company; indeed you shall have (then) found an excuse in my case.

So they went on until when they came to the people of a town, they asked them for food, but they refused to entertain them as guests. Then they found in it a wall which was on the point of falling, so He (Khizar alaihi salaam) put it into a right state. (Musa alaihi salaam) said: If you had pleased, you might certainly have taken a recompense for it. He (Khizar alaihi salaam) said: This shall be separation between me and you; now I will inform you of the significance of that with which you could not have patience. As for the boat, it belonged to (some) poor men who worked on the river and I wished that I should damage it, and there was behind them a king who seized every boat by force. And as for the boy, his parents were believers and we feared lest he should make disobedience and ingratitude to come upon them: So we desired that their Lord might give them in his place one better than him in purity and nearer to having compassion. And as for the wall, it belonged to two orphan boys in the city, and there was beneath it a treasure belonging to them, and their father was a righteous man; so your Lord desired that they should attain their maturity and take out their treasure, a mercy from your Lord, and I did not do it of my own accord. This is the significance of that with which you could not have patience.

The Anima archetype

The anima is the female aspect present in the collective unconscious of men; the anima may be personified as a young helping girl, very spontaneous and intuitive. Anima is not of sexual nature rather it is spiritual and wisdom based aspect of personality. Usually young beautiful lady helps a prince in fairy tales. It is likely to be associated with deep emotionality and the force of life itself.

The Animus archetype

A masculine personality found in women, usually represented by logical, rational, reality related thinking.

The Trickster archetype

This archetype seems negative but is very important, often represented by a clown or a magician.

The trickster's role is to hamper the hero's progress and to generally make trouble. but the basic purpose is to guide the hero after testing. In folklore, the trickster is embodied as a clever, mischievous man or creature, who tries to survive the dangers and challenges of the world using trickery and deceit as a defense. For example many typical fairy tales have the King who wants to find the best groom for his daughter by ordering several trials

The Self archetype

When an individual passes all tricksters' exams, self emerges as a result. The goal of life is to realize the self. Self is the "Khudi" of Allama Iqbal. The self is an archetype that represents the superiority of all opposites, so that every aspect of your personality is expressed equally. You are then neither and both male and female, neither and both ego and shadow, neither and both good and bad, neither and both conscious and unconscious, neither and both an individual and the whole of creation. And yet, with no oppositions, there is no energy, and you cease to act. Of course, you no longer need to act.

How did Jung treat? He said that my work is not to cure but to help in recognizing self but he also relied on **dream analysis**, Freud view all dream symbols as the manifestation of sexual desires but Jung gave different meanings to different symbols and he used the **Active Imagination**

Active imagination is a process of consciously dialoguing with our unconscious "for the production of those contents of the unconscious which lie, as it were, immediately below the threshold of consciousness and, when intensified, are the most likely to erupt spontaneously into the conscious mind.

BEHAVIORIST PERSPECTIVE AND VIOLENCE**Objectives:**

- ☐ To understand the concept of archetypal constellations and violence
- ☐ To understand the scientific theory of behaviorist perspective
- ☐ To understand the classical conditioning and extinction

Few topics from previous lesson**Archetypal Constellations and Violence****Shadow's violence**

When shadow is dominant that is when nations go for war. Shadow is the bad side of the person and person himself is unaware of this evil side. Like master minded and logical leaders of one country attacking other poor countries and justifying their brutal acts although the whole world can view but such cruel leaders can not. Wars, violence epidemics, chaos are the examples of the manifestations of shadow.

Child's violence

Child wants every thing now and behaves with out considering the consequences. So when ever obstacles come in his way, is frustrated, angry wants some thing, resort to violence.

Great mother's violence

Great mother's violence except the child is threatened. Then becomes "Kali Devi", "Durga Mata" and uncover the sword and even drinks the blood of foes. She becomes fearsome to protect love ones.

Hero's violence

By nature is a violent figure. Because always fighting with the dragon or villain but the fighting cause is noble.

Wise old man's violence

Usually does not commit violence but when ever perverted shows violence in the form of deceive, treachery and betrayal and misguides the hero and takes a shape of trickster.

Anima's violence

Typically does not commit the violence but soften the ways to avoid brutality. Even legitimate violence is required it makes hindrances by creating weakness.

Animus's violence

Makes more violent women perverted form can commit same kind of bloodshed as shadow commits.

Trickster's violence

Trickster exhibits extreme kind of aggression just as shadow shows.

Self's violence

Self shows justifiable and holy violence like "Jihad" crusade, battle that is take up only in the name of Allah and not only person indulge in this kind of violence but also the other people are convinced too. When different archetypes fail to work in collimating manner, violence can be a result.

BEHAVIORIST PERSPECTIVE

Behaviorist perspective presents the scientific theory of psychology. they introduced the ideas in the field of psychology that

- I. Man learns just like an animal
- II. Man behaves just like an animal

The conjectured if you want some one to learn some new material, present that thing in association with already known material. They not only created a new language but also a new philosophy and a new promise was made that we can understand human behaviour by breaking it into small pieces.

Classical Conditioning

Classical conditioning was the first type of learning to be discovered and studied within the behaviorist tradition (hence the name classical). The major theorist in the development of classical conditioning is **Ivan Pavlov**, a Russian scientist trained in biology and medicine (as was his contemporary, Sigmund Freud). Pavlov was studying the digestive system of dogs and became intrigued with his observation that dogs deprived of food began to salivate when one of his assistants walked into the room. He began to investigate this phenomenon and established the laws of classical conditioning

Major concepts

Classical conditioning is Stimulus (s) -----Response (R) conditioning. And the stimulus antecedent stimulus causes the involuntary response to occur. Classical conditioning starts with a reflex: an innate, involuntary behavior elicited or caused by an antecedent environmental event. For example, if air is blown into your eye, you blink. You have no voluntary or conscious control over whether the blink occurs or not

- ☐ Unconditioned Stimulus leads to Unconditioned Response.
- ☐ Conditioned Stimulus before Unconditioned Stimulus.
- ☐ Conditioned Stimulus leads to Conditioned Response.
- ☐ Un Conditioned Stimulus---- Un Conditioned Response
- ☐ Un Conditioned Stimulus---- Conditioned Stimulus -----Unconditioned Response (Repetition)
- ☐ Conditioned Stimulus – Conditioned Response.

The specific model for classical conditioning is:

1. Unconditioned Stimulus (US) elicits ----- Unconditioned Response (UR):
A stimulus will naturally (without learning) elicit or bring about a reflexive response
2. Neutral Stimulus (NS)-----does not elicit the response of interest
This stimulus (sometimes called an orienting stimulus as it elicits an orienting response) is a neutral stimulus since it does not elicit the Unconditioned (or reflexive) Response.
3. The Neutral Stimulus (NS) is repeatedly paired with the Unconditioned/Natural Stimulus (US).
4. The NS is transformed into a Conditioned Stimulus (CS)
That is, when the CS is presented by itself, it elicits or causes the CR (which is the same involuntary response as the UR)
The name changes because it is elicited by a different stimulus. This is written CS elicits > CR.

In classical conditioning no new behaviors are learned. Instead, an association is developed (through pairing) between the NS and the US so that the animal / person responds to both events

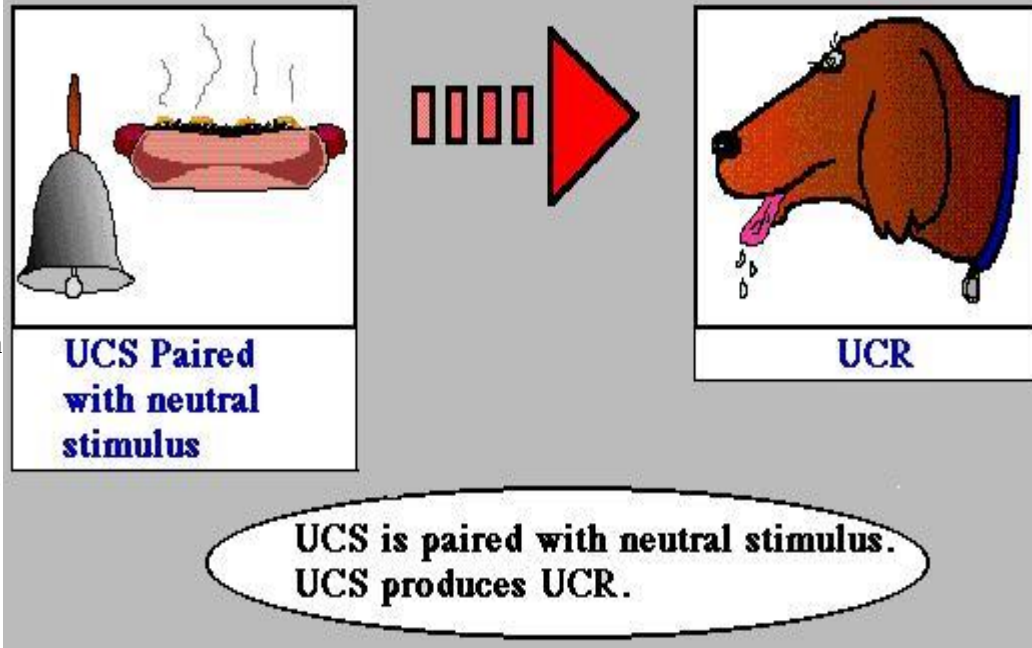
The following is a restatement of these basic principles using figures of Pavlov's original experiments as an example.

Classical Conditioning

During Conditioning

Before conditioning

In order to have classical or respondent conditioning, there must exist a stimulus that will automatically or reflexively elicit a specific response. This stimulus is called the Unconditioned Stimulus or UCS because there is no learning involved in connecting the stimulus and response. There must also be a stimulus that will not elicit this specific response, but will elicit an orienting response. This stimulus is called a Neutral Stimulus.



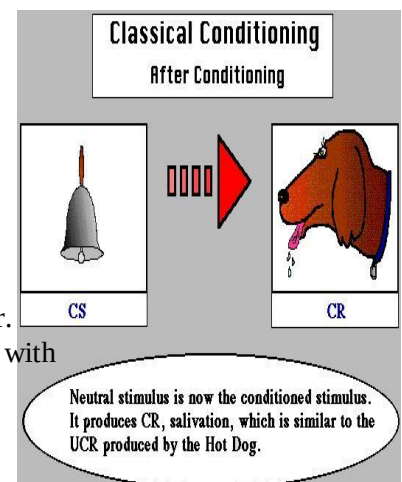
During conditioning

During conditioning, the neutral stimulus will first be presented, followed by the unconditioned stimulus. Over time, the learner will develop an association between these two stimuli (i.e., will learn to make a connection between the two stimuli).

After conditioning

After conditioning, the previously neutral or orienting stimulus will elicit the response previously only elicited by the unconditioned stimulus. The stimulus is now called a conditioned stimulus because it will now elicit a different response as a result of conditioning or learning. The response is now called a conditioned response because it is elicited by a stimulus as a result of learning. The two responses, unconditioned and conditioned, look the same, but they are elicited by different stimuli and are therefore given different labels.

Classical conditioning primarily influences our emotional behavior. Things that make us happy, sad, angry, etc. become associated with neutral stimuli that gain our attention. All of our childhood learning is voluntary for instance a person likes green color this could be the result of an association of a nice guest, who show tenderness and always come wearing green colour.



But the question is how people learn to hurt other and become violent? How childhood learning can get connected to other adult behaviors. Pavlov concluded that if an animal learn in this way the man must learn in the same way.

“How we forget” issue

Only tangibles are the subject matter of behaviorists and forgetting is a relevant to memory. Behaviorists subjected the issue of forgetting in the same way.

Extinction

Extinction refers to the weakening/elimination of a CR when the CS is no longer followed by the UCS. Elimination of the conditioned response by repeatedly presenting the conditioned stimulus without the unconditioned stimulus- for example, repeatedly rings of bell without presenting food afterward. Pavlov explained the phenomena of forgetting by extinction. So, Major concepts of extinction are

- ☐ Conditioned Stimulus – No Un Conditioned Stimulus (Repetition)
- ☐ Conditioned Stimulus – No Conditioned Response

Lesson 14

BEHAVIORIST PERSPECTIVE AND VIOLENCE**Objectives:**

- ☐ To understand the basic concepts of operant conditioning
- ☐ To understand the schedules of reinforcement

Fundamental Philosophical Issue

The Fundamental philosophical controversial Issue involved with the basic concept is that man is the best of creation on earth while behaviorists are not giving them status more than an animal. We believe man is more than an animal, but man commits violence like an animal. So, does have animal aspects?

Holy Quran talks about such people:

There are people who lived like four legged animals on this earth and yet there are people who are like birds, soaring up to the sky.

So there are many people who are not better than animals and few people who are like spirits and innocent birds looking at the sky.

Operant Conditioning

BF Skinner criticized that much of human learning is voluntary and intentional but Classical conditioning only targets involuntary behaviors. So, operant conditioning is distinguished from Pavlovian conditioning in that operant conditioning deals with the modification of voluntary behavior through the use of consequences, while Pavlovian conditioning deals with the conditioning of involuntary behaviors.

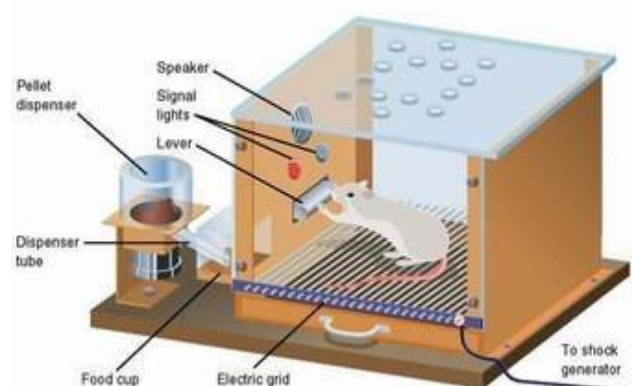
But being a behaviorist, Skinner also believed that human are just like animals so he also incorporated rats and pigeons in his experiments to explain the human behavior. He took the notion of conditioned reflexes developed by Ivan Pavlov and applied it to the study of behavior. One of his best known inventions is the **Skinner box**. It contains one or more levers which an animal can press, one or more stimulus lights and one or more places in which reinforcers like food can be delivered.

Skinner's Experiment with rats

In one of Skinner's experiments a starved rat was introduced into the box. When the lever was pressed by the rat a small pellet of food was dropped onto a tray. The rat soon learned that when he pressed the lever he would receive some food. **In this experiment the lever pressing behavior is reinforced by food.**

The basic features of experiment

- ☐ Rat in a box presses a bar.
- ☐ Food pellet would drop in the box.
- ☐ Rat eats pellet.
- ☐ Frequency of bar pressing increases.



Another interesting thing happened that even after fulfilling the hunger rat kept on pressing the bar. But when Skinner did not provide any food at bar pressing, firstly rat decreased the frequency but stopped after thousands and thousands of bar pressings.

Point to Ponder

Skinner concluded a very deep ratiocination about human behavior that if you have rewarded a person initially for performing any behavior and the person have learnt that behavior, he will persist on doing

that behavior whatever is learned. No matter it was wrong or immoral. And at this point we can find a link between instrumental conditioning and violence.

In **Extinction** a “particular behavior is weakened by the consequence of not experiencing a positive condition or stopping a negative condition”.

☐ **No reinforcement leads to extinction.**

Discrimination

If pressing the lever is reinforced (the rat gets food) when a light is on but not when it is off, responses (pressing the lever) continue to be made in the light but seldom, if at all, in the dark. The rat has formed discrimination between light and dark. When one turns on the light, a response occurs, but that is not a Pavlovian conditioned reflex response.

In this experiment Skinner demonstrated the ideas of "operant conditioning" and "shaping behavior." Unlike Pavlov's "classical conditioning," where an existing behavior (salivating for food) is shaped by associating it with a new stimulus (ringing of a bell or a metronome), operant conditioning is the rewarding of an act that approaches a new desired behavior.

Skinner applied his findings about animals to human behavior and even developed teaching machines so students could learn bit by bit, uncovering answers for an immediate "reward." Computer-based self-instruction uses many of the principles of Skinner's technique.

Generalization

If green light is also accompanied by bar pressing the rat would press the bar, whenever observe green light. And if button pressing along with bar pressing also produces a food pellet, rat would learn to press the button too. So, **stimulus generalization leads to response generalization.**

Response Discrimination

If only one activity among many activities is reinforced and others are not then other activities relatively decreases.

Green light ----- Food-----bar pressing increases
Red light -----No Food----- bar pressing decreases

Human behavior explanation: human beings work for rewarded activities and leave unrewarded activities.

Principals of Learning Theory

1. Learning by Association

Contiguity is the principle stating that events that occur together will become associated. Giving a sugar lump to a horse two minutes after a pat on the neck will not develop a useful association. The lump and the pat have to arrive together if the pat is to become reinforcing. Time factor is very important in learning by association as basic connection is time. If there are long intervals in the action and reward, it will not lead to learning.

Action _____ **Gap** _____ **Reward**

If action is not immediately followed by reward it will lead to in effective learning. One interesting thing is that human beings can be rewarded by words and some time words are more important than any physical reward and result in more effective learning.

2. Association of stimulus and stimulus

Association of stimulus and stimulus develops by linking two stimuli.

Bell _____ **Food**
Green light _____ **Food**

3. Association of response and response

Association of stimulus and stimulus develops by linking two responses.

Bar pressing _____ **Food**
Button Pressing _____ **Food**

4. Association chains

Chaining involves linking disconnected behaviors together in a series, dog learn to salivate at bell then at whistle and buzzer etc. so a behavioral chain is formed.

Schedules of Reinforcement

People do not get rewarded for all actions. People go to job for the whole month but get salary once at the end of month. So Skinner challenged that I will explain this human behavior with the help of experiments on rats and devised the concept of **Schedules of Reinforcement**.

Stimuli are presented in the environment according to a schedule of which there are two basic categories:

1. Continuous
2. Intermittent

Continuous reinforcement simply means that the behavior is followed by a consequence each time it occurs.

Intermittent schedules are based either on the

- a. **Passage of time**
OR
- b. **Number of correct responses**

- ☐ **Fixed Interval Schedule**
- ☐ **Variable Interval Schedule**
- ☐ **Fixed Ratio Schedule**
- ☐ **Variable Ratio Schedule**

Fixed Interval Schedule

- ☐ **The first correct response after a set amount of time has passed is reinforced**
- ☐ **The time period required is always the same.**

Schedules deliver reinforcement after every fixed and specific number of responses (like food pallet after every 15 bar presses). This schedule causes high amounts of responding near the end of the interval, but much slower responding immediately after the delivery of the reinforcer. (Frequency of bar pressing increases in the last minutes). People show good performance towards the end of month in the organizations that award performance based salaries.

Variable Interval Schedule

- ☐ **The first correct response after a set amount of time has passed is reinforced**
- ☐ **After the reinforcement, a new time period (shorter or longer) is set with the average equaling a specific number over a sum total of trials.**

Example: Pop quiz

When a response is rewarded after an unpredictable amount of time has passed. This schedule produces a slow, steady rate of response. (Food pallet some time after 5 minute and some time after 8 minutes)

Fixed Ratio Schedule

- ☐ **A reinforcer is given after a specified number of correct responses. This schedule is best for learning a new behavior.**
- ☐ **The number of correct responses required for reinforcement remains the same.**

Fixed ratio schedule are those where a response is reinforced only after a specified number of responses. This schedule produces a high, steady rate of responding with only a brief pause after the delivery of the reinforcer. (Food pallet after every 15 bar pressings)

Variable Ratio Schedule

- ☐ **After reinforcement the number of correct responses necessary for reinforcement changes. This schedule is best for maintaining behavior**

Variable ratio schedule occur when a response is reinforced after an unpredictable number of responses. This schedule creates a high steady rate of responding. Gambling and lottery games are good examples of a reward based on a variable ratio schedule.

Things to remember

- 1. Variable Ratio Schedule generated the most bar pressing.**
- 2. Variable Interval Schedule was next best.**
- 3. Then comes the Fixed Interval Schedule**
- 4. Fixed Ratio Schedule produces learning to the lowest degree**

BEHAVIORIST PERSPECTIVE AND VIOLENCE**Objectives:**

- ☐ To understand the schedules of punishment
- ☐ To understand the generalization of punishment
- ☐ To understand the Implications of punishment for violence
- ☐ To understand the problems of behaviorist perspective

Punishment

Punishment has been a norm to learn and unlearn behaviors for centuries in all cultures. People knew that reward can motivate a person to perform some thing but Skinner made the earth shattering discovery by targeting the idea that how to prevent, stop and barricade people from doing what they have learned. So, he devised the idea of **Schedules of Punishment** and experimented on the reaction of rats towards punishment.

Schedules of Punishment

- ☐ Rat presses bar.
- ☐ Receives mild electric shock.
- ☐ Frequency of bar pressing decreases
- ☐ But after some time mild shock loses its value and rat keep on pressing bar
- ☐ So, punishment has to increase in intensity.

Experiment

RAT PRESSED THE BAR	RECEIVED MILD ELECTRIC SHOCK	DECREASE FREQUENCY BUT PERSISTENT ON BAR PRESSING
RAT PRESSED THE BAR	RECEIVED INTENSE ELECTRIC SHOCK	STOP BAR PRESSING
RAT PRESSED THE BAR	RECEIVED INTENSE ELECTRIC SHOCK (BUT NOT EVERY TIME)	DO NOT STOP BAR PRESSING
RAT PRESSED THE BAR	RECEIVED INTENSE ELECTRIC SHOCK (BUT CONSISTENTLY)	STOP BAR PRESSING.

Generalization of punishment

Punishment also generalizes to other activities like reinforcement. Like when rat received food pallet its other activities and movements in the box increased as result and after receiving an intense electric shock, rats sniffing decreased and reduction in all other activities was observed.

Let's try to understand generalization of punishment phenomenon in human behavior like if you punish a child for poor performance in mathematics, his performance in science, English and social studies also decreases as a result. Punishment generally suppresses all other activities.

According to the result of Skinner's experiments **only consistent and severe punishment is effective**. But can we apply the same punishment schedules to human behavior.

Child misbehaves 3 times_____ Parent punished only 1 time and ignored other 2_____child will keep on misbehaving

Punishment should be consistent and applied every time that the child engages in the misbehavior. Of course it is not possible to severely punish every time. Now keeping in view the schedules of punishment, think that how can we make our children learn good behaviors and forbid from erroneous. How severely can we punish our children? Is it justified? If children show unwanted behavior, is it practical and moral to consistently and intensively punish them? Does punishment work? Then why human have been punishing people for centuries? **Skinner concluded punishment is not effective at all.**

Punishment is also reinforcement

Yes some time punishment serves as reinforcement. For instance a child wants the attention of his mother and mother is busy with other chores. Child repeatedly shouts and calls her but she does not give any attention but when she turns to him, give him a slap on his face. Now in this situation child become successful in getting the attention of mother in the form of punishment.

A verse of Fraz's Gazal illustrates this in a beautiful way:

Ranjish hi sahi dil hi dukhaanay kay liyay aa
aa phir say mujhay chhor kay jaanay kay liyay aa

You need attention whether in the form of pain or punishment and by punishing we are reinforcing the behavior of our child and ultimately increasing his future possibilities of unwanted behavior.

If punishment is not effective then what is effective

Try to reward children more frequently and ignore their unwanted behaviors. May be a child underachieve in mathematics because he gives more attention to other subjects. So, reward that child when ever he picks up mathematics' book or do some thing good in this subject instead of punishing him.

Reward	Desirable/wanted behaviors
Ignore	Negative and unwanted behaviors

Energetic progress in good can eliminate bad

Implications for violence

Punishment has profound implications for violence. Physical punishment should not be admissible in any circumstances because it is harmful for self esteem, motivation, general emotions and progress.

Modeling of violence

Physical punishment serves as a model for aggression. Children imitate or model what they see adults due to them. Aggression begets aggression. Punishment for hitting, shoving and kicking may stop the child's misbehavior temporarily, but it stimulates further aggression in the child. He will learn that it is all right to hurt others. Spanking does not teach the child the 'moral message' that you should not hurt or abuse people. When punishment is paired with criticism, name-calling or verbal abuse, the child may become afraid of the punisher. The parent **loses trust** with the child. The effects of punishment have been shown to last only for a short time. While the child may stop the inappropriate behavior, the punishment does not teach the child what to do in the future.

Built up rage

After being punished, the child is left in emotional turmoil and resentment. He may focus on fantasy and revenge, which then can grow into hatred. The child learns not misbehave when the parent is around.

The punished behavior may stop only in the presence of the adult. The child may continue the negative behavior when the adult is not around.

The child may stop the behavior for which he is punished and substitute another aggressive act. He may stop the negative behavior such as hitting but then increase other aggressive behavior such as verbal abuse of the person he is upset with.

The frequent use of punishment may cause a child to **withdraw or regress** into acting younger. He may become non trusting and fearful of others.

The child may lie or become sneaky to avoid being punished. He will not learn to take responsibility for what he did wrong, but may **justify and rationalize** it.

The child may develop negative beliefs of himself that are associated with the frequent use of punishment such as "I'm a bad person. I'm mean." These negative beliefs result in further **lowered self-esteem**.

When punished, the child may strike back at the person or he may take his **anger and displace** it at an object, animal or another child, so resulting in the chain of **violence and aggression**.

When the parent threatens the child with a terrible consequence that is not carried out, there can be several responses. The child can become excessively frightened or the child learns to distrust the parent and view the parent as a liar.

Researches shows that sexual abusers are not those who were sexually abused in the childhood rather were physically beaten and turned to **sexual abusers**. Offenders and criminals have the childhood history of physical punishment.

Problems with the behaviorism

Although the whole process of behaviorism has a scientific touch and are saying that human beings are no more than a part of the animal kingdom. But human beings are much more than animal; they interact, read books, have religion and have language.

Ignored the importance of language

These are human beings that can express their feelings in words, can explain abstract things through language. This is language that explains our religion system, moral system. Some people argues that animals too have language but animals do not have rich vocabulary, they may have natural biological-social system.

Ignored the importance of memory and many other cognitive processes

Behaviorists emphasized the outward behavioral aspects of thought and dismissed the inward experiential and sometimes the inner procedural aspects as well.

Animal violence

Most animals resort to violence throughout their life. Violence is the daily routine of tigers, wolfs even apes e.t.c There is another side; many human beings live their whole life with out resorting to violence and this make the best evolve creation. Behaviorists have amazing contribution but fall short because it does not treat us at spiritual level and does not give us our due status.

With all such limitations and issues, Behaviorism has amazingly contributed to the field and study of psychology and has given the prolific lessons to teachers, parents, educators and forensic psychologists who are interesting in the study of violent behaviors.

SOCIAL LEARNING MODEL AND VIOLENCE**Objectives:**

- ☐ **To understand the basic concepts involved in the Social learning theory**
- ☐ **To understand the learning of aggression by imitation**
- ☐ **To understand the concepts of vicarious reinforcement and vicarious punishment**
- ☐ **To understand the Humanistic Perspective about violence**

Albert Bandura is considered the leading proponent of Social Learning theory. Albert Bandura argued that although learning takes place through reinforcement and punishment but another phenomenon, ignored by behaviorists is Social learning. Social learning theory focuses on the learning that occurs within a social context. It considers that people learn from one another, including such concepts as:

Observational learning**Imitation****Modeling****Social learning theory and criminal behavior**

The social learning theory is the behavior theory most relevant to criminology. Albert Bandura believed that aggression is learned through a process called behavior modeling. He believed that individuals do not actually inherit violent tendencies, but they modeled them after three principles (Bandura, 1976: p.204).

Albert Bandura argued that individuals, especially children learn aggressive responses from observing others, either personally or through the media and environment. He stated that many individuals believed that aggression will produce reinforcements. These reinforcements can formulate into reduction of tension, gaining financial rewards, or gaining the praise of others, or building self- esteem.

Among others General principles of social learning theory follows:

1. People can learn by observing the behavior of others and the outcomes of those behaviors.
2. Learning can occur without a change in behavior. Behaviorists say that learning has to be represented by a permanent change in behavior; in contrast social learning theorists say that because people can learn through observation alone, their learning may not necessarily be shown in their performance. Learning may or may not result in a behavior change.
3. Cognition plays a role in learning. Over the last 30 years social learning theory has become increasingly cognitive in its interpretation of human learning. Awareness and expectations of future reinforcements or punishments can have a major effect on the behaviors that people exhibit.
4. Social learning theory can be considered a bridge or a transition between behaviorist learning theories and cognitive learning theories.

Modeling

Models that people imitate take a wide variety of forms. A student may imitate another student, a teacher, a parent, a sports celebrity, a movie star, a cartoon character, a fictional character in a novel, a person demonstrating a skill in an educational film - anyone performing a behavior that can be observed (even in the observer's imagination) can qualify as a model.

It is also important to note that the behavior to be imitated takes shape within the mind of the observer. This means that if the observer thinks the model has been reinforced for performing a behavior, then the observer is likely to imitate that behavior - even if the model did not really perform that behavior or even if the model himself perceived the consequences to be unpleasant rather than pleasant.

It is even possible to have people serve as models for themselves. For example, a teacher could view a videotape of her own performance in the classroom. If her performance contained errors, feedback from a knowledgeable colleague could enable her to visualize how she would do a better job next time. Athletes often use tapes of themselves during good times to teach themselves ways to improve during a slump in their performance.

Factors of modeling

Bandura mentions four conditions that are necessary before an individual can successfully model the behavior of someone else:

- 1. Attention:** the person must first pay attention to the model.
- 2. Retention:** the observer must be able to remember the behavior that has been observed. One way of increasing this is using the technique of rehearsal.
- 3. Motor reproduction:** the third condition is the ability to replicate the behavior that the model has just demonstrated. This means that the observer has to be able to replicate the action, which could be a problem with a learner who is not ready developmentally to replicate the action. For example, little children have difficulty doing complex physical motion.
- 4. Motivation:** the final necessary ingredient for modeling to occur is motivation; learners must want to demonstrate what they have learned. Remember that since these four conditions vary among individuals, different people will reproduce the same behavior differently.

Types of Models

There are different types of models. There is the live model, and actual person demonstrating the behavior. There can also be a symbolic model, which can be a person or action portrayed in some other medium, such as television, videotape, computer programs.

Behaviors that can be learned through modeling:

Many behaviors can be learned, at least partly, through modeling. Examples that can be cited are, students can watch parents read, students can watch the demonstrations of mathematics problems, or seen someone acting bravely and a fearful situation. Aggression can be learned through models. Many researches indicate that children become more aggressive when they observed aggressive or violent models. Moral thinking and moral behavior are influenced by observation and modeling. This includes moral judgments regarding right and wrong which can in part, develop through modeling. Usually Bullies belong to aggressive parents and receives physical punishment at home.

Vicarious Learning

Important Factors in Vicarious Learning

There are three major factors that influence the likelihood that vicarious learning will occur:

- 1. The similarity of the model to the observer**
- 2. The prestige of the model**
- 3. The observability of the behavior to be imitated**

An observer is more likely to imitate a model who is perceived as similar to the observer. Similarity is especially important when observers have little information about the functional value of the modeled behavior (Bandura, 1986). The degree of similarity, of course, is determined within the mind of the observer. A young boy who thinks he is similar to Bard Pit is likely to imitate what he sees Bard Pit doing on television, even if most impartial judges would agree that there is actually not even a remote similarity.

An observer is more likely to imitate a model who is perceived as prestigious. Again, the degree of prestige is determined within the mind of the observer. A person who is perceived to be very low in prestige by a parent or teacher may be viewed as highly prestigious by a young child.

Behaviors that are more easily observed are more easily imitated. Observability can be increased by such strategies as having the model perform the behavior very deliberately, using slow-motion or videotaped replays, verbalizing or otherwise focusing attention on behaviors that are difficult to observe, and pairing written instructions with visually modeled behaviors.

Vicarious learning can take place in two forms:

Vicarious reinforcement

Vicarious punishment

Vicarious reinforcement

Consequences of the model's behavior affect the observer's behavior vicariously. This is known as **vicarious reinforcement**. This is where in the model is reinforced for a response and then the observer shows an increase in that same response. Bandura illustrated this by having students watch a film of a model hitting an inflated clown doll. One group of children saw the model being praised for such action. Without being reinforced, the group of children began to also hit the doll. People are often reinforced for modeling the behavior of others. Bandura suggested that the environment also reinforces modeling. This is in several possible ways:

1. **The observer is reinforced by the model.** For example a student who changes dress to fit in with a certain group of students has a strong likelihood of being accepted and thus reinforced by that group.
2. **The observer is reinforced by a third person.** The observer might be modeling the actions of someone else, for example, an outstanding class leader or student. The teacher notices this and compliments and praises the observer for modeling such behavior thus reinforcing that behavior.
3. **The imitated behavior itself leads to reinforcing consequences.** Many behaviors that we learn from others produce satisfying or reinforcing results. For example, a student in my multimedia class could observe how the extra work a classmate does is fun. This student in turn would do the same extra work and also receive enjoyment.

Vicarious punishment

Theory proposes that both reinforcement and punishment have indirect effects on learning and not only reinforcement, punishment also influence the extent to which an individual exhibits a behavior that has been learned. In fact, as we are studying Forensic psychology, concept of **vicarious punishment** is very important for us to understand. Vicarious punishment is more effective than direct/physical punishment. The child who is being beaten, become use to such beatings but the child who is observing this, takes very serious effect so, vicarious punishment make that child to be far away from doing that thing.

Criticisms

One important thing that was ignored by Bandore is that he did not pay attention to the importance of **BOOKS**. While reading a book reader feels the same pain and happiness the characters in book are going through.

The social learning theory advocates that individuals, especially children, imitate or copy modeled behavior from personally observing others, the environment, and the mass media. Biological theorists argue that the social learning theory completely ignores individual's biological state. Also, they state that the social learning theory rejects the differences of individuals due to genetic, brain, and learning differences.

For example, if a person witnessed a hanging or a violent murder, he or she might respond in many different ways. "Biological theorists believed that the responses would be normal and come from the autonomic nervous system. In the autonomic nervous system, the heart rate, increase blood pressure, nausea, and fainting would be normal symptoms of the responses that individuals might expressed in this particular situation. Therefore, the symptoms and behavior are not learned, but partially inherited. In addition, the social learning theory rejects the classical and operant conditioning processes. The biological preparedness of the individual to learn as well as the role of the brain in processing information from the social environment, are critical to learning theory, but they are ignored by the social learning theory).

HUMANISTIC MODEL AND VIOLENCE

Westerns needed new philosophy after getting far away from churches and religion and that philosophy was called **Humanism**. But this philosophy came in to psychology quite late by Carl Rogers, who was a psychoanalyst, once he decided to honestly listen to his client with full concern and attention for just first few sessions. So, with out any interpretation he listened to his patient for five sessions and patient get cured. So that was the turning point for Carl Rogers and he devised a theory that only acceptance can cure a person, no reinforcement and punishment is effective. It seems effective but was totally opposing the mechanisms views of behaviorism.

The Humanistic perspective offers a very positive viewpoint of human nature and potential. Emphasizing the personal worth of each individual, this perspective suggests that we are each responsible for our own happiness and well-being as humans. We have the innate capacity for self-actualization which is our unique desire to achieve our highest potential as people. These matters are often summarized by the five postulates of Humanistic Psychology given by **James Bugental (1964)**, mainly that:

- 1. Human beings cannot be reduced to components.**
- 2. Human beings have in them a uniquely human context.**
- 3. Human consciousness includes an awareness of oneself in the context of other people.**
- 4. Human beings have choices and responsibilities.**
- 5. Human beings are intentional; they seek meaning, value and creativity.**

And

- 4. All human have natural ability to grow.**
- 5. Man is not basically animal, human natural tendency is towards growth, development and progress.**
- 6. Carl Rogers administered the concepts of reinforcement but opposed the wish of controlling other people.**

Then why we encounter the mental problems?

If all human beings are innately good and have the potential to grow. Then why they resort to violence? Why they show animalism? Carl Rogers viewed that human encounters mental diseases and resort to aggression because society blocks an individual from growth and development.

How does one become a person?

1. The individual must make contact with another person
2. The individual develops a need to be loved, referred to as positive regard
3. Finally, the individual then develops a prizing or valuing of one's self called positive self-regard

Perspective about violence

- ☐ **Society blocks an individual from growing.**
- ☐ **Aggression results from this blockage.**
- ☐ **Violence is resistance to this blockage.**

□ **Violence is also a manifestation of this blockage.**

Roger viewed that aggression can be a result of this society's blockage and frustration and some time aggression and violence is showed as a resistance to the hurdles that are being raised by the society. Another source of aggression could be the manifestation of society's aggression like a person who has been the target of society's aggression internalize that aggression and manifest that violence to other people of society.

Perspective about education

Rogers paired up with educationists and took over a school. In that school children were given the freedom to decide about their curriculum of the year. And they were given the freedom to set targets of their studies and were allowed to study the subjects of their own choices. In short, they were given the chance to grow according to the natural potential. It was assumed that such children would grow up to calm, non violent, gentle and peaceful adults, who would not believe in solving their problems by aggression, violence and taking away other people's rights. and their experiment was a success. So Roger's theory not only changed the view of human nature but also contributed to the teaching and learning.

The Client Centered Therapy

Rogers is also regarded as the father of the client centered therapy. He believed that when **congruence, unconditional positive regard, and empathy** are present in a relationship, psychological growth will invariably occur.

Empathy

Empathy means **"I can feel what you feel"** (Reflection) and is commonly defined as one's ability to recognize, perceive and directly experientially feel the emotion of another. As the states of mind, beliefs, and desires of others are intertwined with their emotions, one with empathy for another may often be able to more effectively define another's modes of thought and mood. Empathy is often characterized as the ability to "put oneself into another's shoes", or experiencing the outlook or emotions of another being within oneself, a sort of emotional resonance.

Unconditional Positive Regard

"I accept you as you are" (no conditions) I respect you no matter what ever have you done.

Unconditional positive regard encourages the therapist, termed a counselor by Rogers, to treat the client as worthy and capable, even when the client does not act or feel that way. According to the Rogers's theory, mental illness is often caused by the absence of love, or by a defective kind of love, that the client received as a child. By showing the client unconditional positive regard and acceptance, the therapist is providing the best possible conditions for personal growth to the **client**.

Unconditional positive regard

To practice unconditional positive regard, while maintaining **congruence** at all times, the therapist provides specific feedback. The counselors show and demonstrate their care with their actions. If a clinician finds it hard to unconditionally regard their patient in a positive light, they need to keep in mind Rogers' belief **that all people have the internal resources required for personal growth**.

According to this theory, it is the environment that can make the difference as to whether growth occurs. A patient's past environment may have been such patterns of behaviors that were developed in order to survive in that environment. These patterns can become entrenched so that the patient continues to operate in the world with them even if they are no longer appropriate. It is usually an inappropriate pattern that makes it hard for the clinician to regard their clients positively. The clinician needs to feel for the person under those patterns and for the person who was damaged and then survived by adapting by developing the patterns that are no longer appropriate.

MORAL DEVELOPMENT AND VIOLENCE**Objectives**

- ☐ To understand the theory of Moral Development and adult violence
- ☐ To understand the basic concepts of Bio-Psychological Model
- ☐ To understand the basic concepts of Attachment theory about violence
- ☐ To understand the basic concepts of Adler's Model
- ☐ To understand the basic concepts of Michel Foucault's Model

Moral development

Moral development is the process through which children develop proper attitudes and behaviors toward other people in society, based on social and cultural norms, rules, and laws.

Moral development is a concern for every parent. Teaching a child to distinguish right from wrong and to behave accordingly is a goal of parenting. Moral development is a complex issue that—since the beginning of human civilization—has been a topic of discussion among some of the world's most distinguished psychologists, theologians, and culture theorists. It was not studied scientifically until the late 1950s.

Piaget's Theory of Moral Reasoning

Jean Piaget, a Swiss psychologist, explored how children developed moral reasoning. He rejected the idea that children learn and internalize the rules and morals of society by being given the rules and forced to adhere to them. Through his research on how children formed their judgments about moral behavior, he recognized that children learn morality best by having to deal with others in groups. He reasoned that there was a process by which children conform to society's norms of what is right and wrong, and that the process was active rather than passive.

Piaget found two main differences in how children thought about moral behavior. Very young children's thinking is based on how actions affected them or what the results of an action were. For example, young children will say that when trying to reach a forbidden cookie jar, breaking 10 cups is worse than breaking one.

They also recognize the purity of rules. For example, they understand that they cannot make up new rules to a game; they have to play by what the rule book says or what is commonly known to be the rules. Piaget called this "**moral realism with objective responsibility.**" It explains why young children are concerned with outcomes rather than intentions.

Older children look at motives behind actions rather than consequences of actions. They are also able to examine rules, determining whether they are fair or not, and apply these rules and their modifications to situations requiring negotiation, assuring that everyone affected by the rules is treated fairly. Piaget felt that the best moral learning came from these cooperative decision-making and problem-solving events. He also believed that children developed moral reasoning quickly and at an early age.

Piaget proposed four developmental stages

1. Sensori-motor stage
2. Re operational stage
3. Concrete operational stage
4. Formal operational stage

According to Piaget, this child is in the **sensorimotor stage** and primarily explores the world with senses (mouth and body movements) rather than through mental operations. Infants are



born with a set of congenital reflexes, according to Piaget, in addition to a drive to explore their world. Their initial schemes are formed through differentiation of the congenital reflexes.

According to Piaget, the Pre-Operational stage of development follows the Sensorimotor stage and occurs between 2-7 years of age. It includes the following processes:

Symbolic functioning - is characterised by the use of mental symbols, words, or pictures, which the child uses to represent something which is not physically present.

Centration - is characterized by a child focusing or attending to only one aspect of a stimulus or situation. For example, in pouring a quantity of liquid from a narrow beaker into a shallow dish, a preschool child might judge the quantity of liquid to have decreased, because it is "lower"--that is, the child attends to the height of the water, but not to the compensating increase in the diameter of the container.

Language acquirement is another mark of this stage.

Intuitive thought - occurs when the child is able to believe in something without knowing why she or he believes it.

The Concrete operational stage is the third of four stages of cognitive development in Piaget's theory. This stage, which follows the Preoperational stage, occurs between the ages of 7 and 11 years and is characterized by the appropriate use of logic and abstract concepts like love, hate, pain happiness and children starts pointing out the right and wrong deeds of their parents. this stage is very critical from the moral development.

Formal operational stage

The formal operational stage is the fourth and final of the stages of cognitive development of Piaget's theory. This stage, which follows the Concrete Operational stage, commences at around 11 years of age (puberty) and continues into adulthood. It is characterized by acquisition of the ability to think abstractly and draw conclusions from the information available. During this stage the young adult functions in a cognitively normal manner and therefore is able to understand such things in a better way as love, "shades of gray", and values. And if a person develops inability to understand the link of one's own rights and other people's right and do not care for other people's rights, can result in aggression and violence.

Main concepts relevant to violence

- ☐ Without formal operations you can't have moral reasoning.
- ☐ Moral reasoning includes awareness of rights of others.
- ☐ Since I have rights, you also must have rights.

BIO-PSYCHOLOGICAL MODEL

Why Do Individuals Engage in Crime?

Basic assumption is that people commit crime because they are genetically and biologically predisposed to commit. This model ignores the importance of environmental factors (only can hinder or foster).they believe that criminal can not be corrected and totally opposes the humanistic point of view. It focuses on the effect of the psychological factors on crime. In particular, most of the events and conditions examined by this model involve relationships with others:

- ☐ Other people take individuals' valued possessions
- ☐ Treat them in an aversive manner
- ☐ Prevent them from achieving their goals through legal channels.

Biopsychological theories focus less on the social environment and more on the **individuals' traits**, especially personality traits. Such theories argue that certain individual traits are conducive to crime. (2003). Two such traits that seem especially conducive to crime are:

- ☐ **Low constraint**
- ☐ **Negative emotionality**

Low constraint and negative emotionality are major dimensions of the human personality. Individuals who are low in constraint are impulsive (tend to act without thinking), like to take risks, reject social norms or rules, and have little concern for the feelings or rights of others. In popular terms, such individuals might be described as **“wild” or “out of control.”** Individuals who are high in negative emotionality are easily upset and quick to anger, tend to blame their problems on others, and have an aggressive or antagonistic interactional style.

Bio-psychological theories also ask why some individuals possess traits like low constraint and negative emotionality. Such traits are said to be influenced by a range of biological factors. They are partly inherited from one's parents (that is, genetically transmitted).

Many statesmen and politicians hold this extreme view that criminals can not be corrected. So for an offender rapist, they would suggest to sterilize that man and death penalty for murder or long sentences for acute crimes.

Encountered deaths

Police officers holding such extreme views stage encountered deaths for repeated criminals because they believe that such criminals can not be corrected so should be eliminated.

Main views of Bio-Psychological Model

- ☐ People are born different
- ☐ With different genetic make-up
- ☐ Environment can help or hinder
- ☐ The predisposition to crime is biological
- ☐ Such people can't be corrected
- ☐ Extreme views such as sterilize the rapist
- ☐ Death penalty for murder
- ☐ Long sentences for repeat offenders
- ☐ “Encounter” deaths usually result of such thinking

ATTACHMENT THEORY

This theory resembles psychodynamic model but unlike psychodynamic perspective it is an environmental theory. This theory proposed that early attachment style of child with parents and care givers are crucial to determine that what type of person is he would become.

Attachment is defined as an affectional tie that one person or animal forms between him/herself and another specific one [usually the parent] — a tie that binds them together in space and endures over time.

If you are loved and empathized by your mother in childhood then you are able to love and empathize with others, early attachment theory looked at some case studies of people who were

violent, wild, offenders and do not respect to other's rights and it was found that all such people had early separation from mother or father or both. And such separation can be **traumatic**.

Trauma of early separation

Trauma leaves a lasting effect. Trauma especially in **boys** can lead to a numbing of emotions. Resulting in the Suppression of empathy, compassion, flattening of emotions, like sadness or happiness. And such boy can resort to cold blooded violence.

Attachment styles and physical abuse

If an infant is beaten up and maltreated by parents or care givers, it is also a kind of trauma for innocent child and such child while become an adult can target other people for assault, torture and violence as they do not understand other's emotions and value of rights.

Attachment styles

Secure Attachment - If the child protested the mother's departure and quieted promptly on the mother's return, accepting comfort from her and returning to exploration, then the child's relationship to the mother would be classified as a secure attachment.

Avoidant Attachment - If the child showed little to no signs of distress at the mother's departure, a willingness to explore the toys, and little to no visible response to the mother's return, then the child-mother relationship would be classified as avoidant.

Ambivalent Attachment - If the child showed sadness on the mother's departure, ability to be picked up by the stranger and even 'warm' to the stranger, and on the mother's return, some ambivalence, signs of anger, reluctance to 'warm' to her and return to play, then this child would be classified as ambivalent.

A mother whose child is **securely attached** would respond appropriately, promptly and consistently to the emotional as well as the physical needs of the child. She would help her child to transition and regulate stress, and as a result, the child would use her as a secure base in the home environment.

A mother whose child has an **avoidant attachment** would show little response to the child when distressed. She would discourage her child from crying and encourage independence and exploration. The avoidantly attached child may have lower quality play than the securely attached child.

A mother whose child is **ambivalently attached** would be inconsistent with her child, at times be appropriate and at other times be neglectful to the child. The child raised in an ambivalent relationship becomes preoccupied with the mother's availability and cannot explore his environment freely or use his mother as a secure base. The ambivalently attached child is vulnerable to difficulty coping with life stresses and may display role reversal with the mother.

Key concepts of Attachment Theory

- ☐ Early attachment crucial for love, caring, affection, empathy.
- ☐ Early separation from mother/father can be traumatic.
- ☐ Trauma leaves a lasting effect.
- ☐ Trauma especially in boys can lead to a numbing of emotions.
- ☐ Suppressing empathy, compassion.
- ☐ Causing cold blooded violence.

ADLER'S MODEL

Alfred Adler was an Austrian medical doctor and psychologist, founder of the school of individual psychology. He was one of Freud's first disciples. He even held important positions in the

psychoanalytical movement initiated by Freud and his supporters. But it is the same person who was the first great dissident from Freudian psychoanalysis and criticized his purely sexual sense.

Adler's approach to human personality

Will to power

He saw people as goal oriented, with an urge toward personal growth and wholeness - this is often summarized as **'the will to power'**. He did not give to the unconscious the enormous power that Freud did. Instead he saw **social drives, the training arising from ones cultural heritage, and family influences**, as being the prime forces in our behaviour and feelings. But he saw that these primal influences could be modified by an individual in a personal way, so that each of us develops personal styles in dealing with our life. This style or stance became an organizing centre around which the person's life emerged.

Sexual crimes and will to power

Feminist theories understood Adler's views and concluded that rape is not a sexual crime rather it is an expression of **will to power**. If a woman rejects a man, he feels a challenge and takes revenge.

Inferiority complex

Is a feeling that one is inferior to others in some way. Such feelings can arise from an imagined or actual inferiority in the afflicted person. It is often subconscious, and is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme antisocial behavior, or both. Unlike a normal feeling of inferiority, which can act as an incentive for achievement, an inferiority complex is an advanced state of discouragement, often resulting in a retreat from difficulties.

It was Adler who originated the term 'inferiority complex'. This arose out of his view that as babies and young children, much of our feeling life is a compensation for a sense of inferiority or inadequacy.

He argued that human personality could be explained in separate strands dominated by the guiding purpose of the individual's unconscious self ideal to convert feelings of **inferiority to superiority** the desires of the self ideal were countered by social and ethical demands. If the corrective factors were disregarded and the individual over-compensated, then an inferiority complex would occur, fostering the danger of the individual becoming egocentric, power-hungry and aggressive or worse.

Superiority complex

Superiority complex refers to a subconscious neurotic mechanism of compensation developed by the individual as a result of feelings of inferiority. Those exhibiting the superiority complex commonly project their feelings onto others they perceive as inferior to themselves. Behaviors related to this mechanism may include an exaggeratedly positive opinion of one's worth and abilities, unrealistically high expectations in goals and achievements for oneself and others, vanity, extravagant style in dressing (with intention of drawing attention), pride, sentimentalism and affected exaltation, snobbism, a tendency to discredit other's opinions, forcefulness aimed at dominating those considered as weaker or less important, credulity, and others. We can easily find people with superiority complex in our society.

Birth order

Birth order is defined as a person's rank by age among his or her siblings. Birth order is commonly believed to have a profound and lasting effect on psychological development. In childhood a person may learn to compensate for such feelings by either pushing toward superior performance in some area, or by aggressive action, or perhaps even withdrawal or non involvement.

Key concepts of Adler' Model

- ☐ **Individual develop a sense of inferiority**

- ☐ **Inferiority Complex**
- ☐ **Superiority Complex**
- ☐ **Considered the will to power the basic motive of human life**
- ☐ **Most crimes are expressions of will to power**
- ☐ **“Rape is not a sexual crimes” comes out of this approach**

MICHEL FOUCAULT’S MODEL

He is known for his critical studies of various social institutions; most notably psychiatry, medicine, education and the prison system, as well as his work on the history of sexuality. He presented a model similar to Roger’s model and focused in the **evils of society**. He presented extreme views about prisoners by saying that society does not like differences and seeks to create compliance. He considered Schools as the factories of making people, who are not different from each other.

Prisons Vs Schools

He viewed that there is no difference in schools and prisons as both have a specific starting time with the ring of bell and specific places for specific works. He considered schools as the manifestation of society’s will to create compliance people, who do not think differently and if they do not obey authority, would get punishment like prisoners.

Prisons Vs mental hospitals

Michel Foucault viewed no difference in the system and goal of mental hospitals and prisons.

Key Concepts of Foucault’s Model

- ☐ **Society has no tolerance for differences**
- ☐ **It seeks to create compliance**
- ☐ **Schools and prisons are similar institutions perpetuating conformity**
- ☐ **Mental institutions are no exceptions**
- ☐ **Psychiatry and Psychology are partners in crime**

Lesson 18

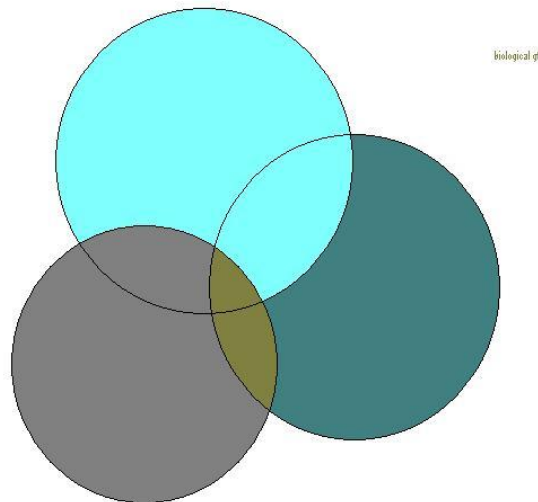
BIO-PSYCHO-SOCIAL MODEL**Objective:**

- ☐ **To understand the basic ideas of bio-psycho-social model**
- ☐ **To understand the concept of proportionate punishment**

Bio-psycho-social model emphasized the underlying biological tendencies along with the importance of psychological and environmental factors. This model believes that biological predisposition, environmental/cultural factors and psychological elements, all play equally important role for making a person criminal.

The biopsychosocial model posits that biological, psychological and social factors all play a significant role in human functioning, including in mental processes. The model is used in fields such as criminal psychology, medicine, and sociology, and in more specialist fields such as psychiatry and clinical psychology. In medicine, it is a way of looking at the mind and body of an individual as two important systems that are interlinked.

The biopsychosocial model is also a technical term for the popular concept of the mind-body connection. They do not ignore the importance of studies like both twin and adoption studies have clearly shown that there is a genetic basis to antisocial, aggressive, and violent behavior (Mednick et al., 1984)



Biopsychosocial model talks about some youth with early onset behavioral problems, genetic factors strongly influence temperamental predisposition, particularly oppositional temperament, which can affect experiences negatively. When antisocial behavior occurs later in childhood or adolescence, it is suspected that genetic factors contribute less, and such youths tend to engage in delinquent behavior primarily because of peer influences and lapses in parenting. **Bio-psycho-social factors are mingled like rainbow**

Although there is research that supports the sole responsibilities of both genetics/biological and environmental factors of aggression and criminal behavior, research still points toward a more integrated view on this topic.

This model is quite optimistic and believes in treatment and not in punishment and suggests that all criminal should be treated in mental hospitals instead of locking in jails.

Jails are factories of criminals

The core concern of this model is to challenge the conventional wisdom that increasing the prison population is an effective way to reduce crime. And he should know. New criminals are imprisoned with hardened criminals and offenders, the abnormal environment of jail does not reform the criminal rather make them a habitual criminal and ultimately increasing the crime rate.

Limits of this model

This model advocated that all offenders should be treated in mental hospitals instead of punishing in prisons. And if we analyze it seriously, it means sending all offenders into mental hospitals instead of locking in prisons.

Initially I am saying although this model makes sense but its implications should be taken like a pinch of salt.

Mental hospitals are factories of abuse

If we follow the bio-psycho-social model it means that we would lock the all criminals in asylums. The environment of mental hospital is not better than any jail. So, what will be the result, we will make them a subject to torturous and inhuman treatment and environment. So applying the idea of **“no punishment only treatment”** can too dangerous for society like one hand:

- 1. By removing punishment can encourage people to commit crime**
- 2. On other hand, on the name of treatment, people can be subjected to very negative experience of sublimation, suppression and inhuman treatment.**

So the better idea is to apply the idea of **proportionate punishment**

Proportionate jails

I think this idea is good in principle, aiming at keeping people on the "straight and narrow" While this is undoubtedly a step in the right direction, would a few hours a day in jail really act as a deterrent, or a punishment for that matter. Surely we should be looking to deal custodial sentences to repeat offenders and perhaps very long ones if this fails to solve the problem. The basic rationale of proportionate punishment is

- ☐ **Punish them who have committed a crime**
- ☐ **Treat them who are mentally ill**
- ☐ **Repeated offenders should be kept in separate jails from other criminals**

The concepts of Day jails are being successfully applied in many western countries, where those people are kept; who have disobeyed the legal system (like fast driving) but have not committed any serious kind of criminal act. At the end we need to use our mind with the reference of our own society and situation. Probably the most striking evidence for this proposition is the recent experience of New York City, which during the 1990s and into the 2000s registered huge reductions in recorded crime whilst substantially decreasing its use of prison. The number of people New York City annually sends to prison has fallen from around 20,000 in the early 1990s to 8,000 today.

Basic concepts of bio-psycho-social model

- ☐ **Accepts the genetic predisposition argument**
- ☐ **But stresses the role of psychological factors such as parenting, attachment etc**
- ☐ **Social variables such as cultural factors are also emphasized**
- ☐ **More optimistic, believes in treatment for offenders and not punishment**

ISLAMIC PERSPECTIVE ABOUT VIOLENCE**Objectives:**

- ☐ **To understand the importance of Mercy and Justice in Islamic perspective**
- ☐ **To understand the importance of Knowledge in creating equilibrium in Justice and Mercy**

Morality is essential

According to our Islamic perspective morality is essential. Islam can be called the religion of morality. Islam presents a very effective and comprehensive moral system for all circumstances. Thus whatever leads to the welfare of the individual or the society is morally good in Islam and whatever is injurious is morally bad. We find in the Qur'an: "**And thou (standest) on an exalted standard of character.**" (**Surah 68: 4**)

Good morality in Islam is not a favour but a duty. As if to enlighten the quality of fine morals, the Qur'an, repeatedly uses the phrase: "**those who believe and do good works**".

Also we find: "You have indeed in the Apostle of Allah a beautiful pattern of (conduct) for anyone whose hope is in Allah and the Final Day and who engages much in the praise of Allah." [Surah 33:21]

Muhammad [PBUH] was ennobled by his Lord; he was blessed by the noblest of virtues. He embodies the totality of virtuous action and thought, the best of which is reflected in the attainment of moral virtue. The Prophet [PBUH] has acquired the moral characteristics needed for his own moral development that makes him capable of laying down rules for other people, through laws and the establishment of justice. He has said "**I was sent to complete the good morals.**"

Thus, by setting God's pleasure as the objective of man's life, and by making Divine revelations as the primary source of knowledge it gives permanence and stability to the moral standards which afford a reasonable scope for genuine adjustments, adaptations and innovations, though not for perversions, wild variation, atomistic relativism or moral fluidity. It provides a sanction to morality in the love and fear of God, which will impel man to obey the moral law even without any external pressure.

Through belief in God and the Day of Judgment it furnishes a force which enables a person to adopt the moral conduct with earnestness and sincerity, with all the devotion of heart and soul.

Man's essence is Divine

Man is made in the Divine Image. Hazrat Adam and Hazrat Jesus were sent to this earth with divine essence.

View about punishment

The Holy Quran says. "**If someone kills one man it is as if he has killed all mankind.**" but if you **forgive that is even better.** Many Islamic scholars believe that all sins and wrong deeds must be punished but this concept is borrowed from Bani- Israel, as Judaism is fear based religion.

Only authorized violence is permissible in Islam

As for the meaning of violence as 'rough or injurious physical force or action', Islamic Law opposes all uses of force in this sense except in the case of war or for punishment of criminals in accordance with the *shari'a*. Even in war, however, the inflicting of any injury to women and children is forbidden as is the use of force against civilians. Only fighters in the field of battle must be confronted with force and it is only against them that injurious physical force can be used. Inflicting injuries outside of this context or in the punishment of criminals according to the dictum of the *shari'a* and the view of a judge is completely forbidden by Islamic Law.

A system based on Justice and Mercy.

Islamic perspective about legal system is purely and completely based on **Justice and mercy**. Infact Mercy is considered a step ahead to Justice.

There are many different words in the Quran related to forgiveness. **Among them are:**

1. **Afw**: To pardon, to excuse for a fault or an offense or a discourtesy, waiver of punishment and amnesty.
2. **Safhu**: to turn away from a sin or a misdeed, ignore
Quran: 2:109, 15:85 and 43:89.
3. **Ghafara or Maghrifa**: to cover, to forgive and to remit. Quran: 2:263 and 43:43

Following points enlightens the importance of mercy and justice

- ☐ Mercy is a step ahead to justice.
- ☐ Justice or “**Adl**” is a name of God
- ☐ Mercy: **Rahman** and **Raheem** are also Divine Names.
- ☐ **Qahhar, Jabbar, Muntaqim** are also Names of Allah and He takes revenge for His persons.
- ☐ Synthesis of all of these is essential.
- ☐ Allah says “**My Mercy overcomes my wrath**”.
- ☐ The Holy Prophet (PBUH) is Mercy upon mankind

Divine names of Allah and importance of mercy and Justice**Al-'Adl**

- ☐ The One who is entitled to do what He does.
- ☐ The justice, the equitable. The Just.

Rahman and Raheem

The first aya of Al-Fatiha firmly establishes that these two names refer to Allah, the Supreme Power, and to Him exclusively. They are used together (as a pair) and separately (individually) throughout the Qur'an extensively to describe or refer to Him in various contexts. The context of usage of these names in the Qur'an clearly defines their meaning. It is also important that their usage in Al-Fatiha, in aya 1 and again in aya 3, points out the fact that they are, in fact, a pair - as well as indicating the significance of being a pair.

First, the two names' etymology stems from the same root: RAHM, which could mean “womb” or “place of origin”, the latter of which is here more applicable. Derivatives of this word are mainly in reference to “raheem” or “merciful”, and words of the same “family” of meaning, such as “rahma” or “mercy”, but the name “Al-Rahman” stands alone in its meaning, different than “raheem” or “merciful”,

Al-Qahhar

- ☐ The Subduer who has the perfect Power and is not unable over anything.
- ☐ The Almighty, the Dominant
- ☐

Al-Jabbar

- ☐ The One that nothing happens in His Dominion except that which He willed.
- ☐ The all Compelling

Al-Muntaqim

- ☐ The One who victoriously prevails over His enemies and punishes them for their sins. It may mean the One who destroys them.
- ☐ The Avenger

Forgiveness of Hind, of Quraysh

Hazrat Muhammad (SAW) is mercy for all mankind. The mercy of the Prophet even extended to those who brutally killed and then mutilated the body of his uncle Hamzah, one of the most beloved of people to the Prophet. Hamzah was one of the earliest to accept Islam and, through his power and position in the Quraishite hierarchy, diverted much harm from the Muslims. An Abyssinian slave of the wife of Abu Sufyan, Hind, sought out and killed Hamzah in the battle of Uhud. The night before the victory of Mecca, Abu Sufyan accepted Islam, fearing the vengeance of the Prophet, may God praise him. The latter forgave him and sought no retribution for his years of enmity.

After Hind had killed Hamzah she mutilated his body by cutting his chest and tearing his liver and heart into pieces. When she quietly came to the Prophet and accepted Islam, he recognized her but did not say anything. She was so impressed by his magnanimity and stature that she said, "O Messenger of God, no tent was more deserted in my eyes than yours; but today no tent is more lovely in my eyes than yours."

Human Emotions and Morality

Judaism is fear-based, legalistic.

Torah talks that an eye for an eye, a tooth for a tooth, life for life.

On the other hand **Christianity is Love-based.**

Bible talks, turn the other cheek. Means if some one slaps you turn your other cheek for another slap.

Islam is Knowledge-based.

Holy Quran says "You have the right to do what was done unto you but do not transgress and if you forgive, Allah loves Muhsineen."

Islam is a religion based upon knowledge for it is ultimately knowledge of the Oneness of God combined with faith and total commitment to Him that saves man. The text of the Quran is replete with verses inviting man to use his intellect, to ponder, to think and to know, for the goal of human life is to discover the Truth which is none other than worshipping God in His Oneness. The Hadith literature is also full of references to the importance of knowledge. Such sayings of the Prophet as "**Seek knowledge even in China**", "**Seek knowledge from the cradle to the grave**", and "**Verily the men of knowledge are the inheritors of the prophets**", have echoed throughout the history of Islam and incited Muslims to seek knowledge wherever it might be found.

How to educate ourselves to avoid violence?

This can be possible through:

- 1. Equilibrium**
- 2. Educating the soul (Tarbeeyat –i- Nafs)**

Equilibrium

This word Comes out of word "Adl" "A itidaal".Islamic society is based on knowledge. Peace is only possible through Tarbiyate nafs and this state only comes through the knowledge. We need to make equilibrium in fear, love, justice and mercy.the equilibrium in Islam is:

Fear of Allah should be in equilibrium to the passionate Love for Allah

Balancing Justice with Mercy through Knowledge

And knowledge leads to forgiveness and mercy

Islam bases itself upon the idea of establishing equilibrium within the being of man as well as in the human society where he functions and fulfills the goals of his earthly life. This equilibrium, which is the terrestrial reflection of Divine Justice and the **necessary condition for peace in the human domain**, is the basis upon which the soul takes its flight towards that peace which, to use Christian terms, 'passeth understanding'.

To understand the nature of Islam and the truth about the assertion often made of Islam's espousal of violence, it is important to analyze this question clearly remembering that the word *islam* itself means peace and that the history of Islam has certainly not been witness to any more violence than one finds in other civilizations, particularly that of the West.

The Islamic concept of justice itself is related to equilibrium, the word for justice (*al-'adl*) in Arabic being related in its etymology to the word for equilibrium (*ta'adul*). All force used under the guidance of the divine Law with the aim of re-establishing an equilibrium that is destroyed is accepted and in fact necessary, for it means to carry out and establish justice. Moreover, not to use force in such a way is to fall prey to other forces which cannot but increase disequilibrium and disorder and result in greater injustice. Whether the use of force in this manner is swift and intense or gentle and mild depends upon the circumstances, but in all cases force can only be used with the aim of establishing equilibrium and harmony and not for personal or sectarian reasons identified with the interests of a person or a particular group and not the whole.

So shortly equilibrium is:

- ☐ **The Middle Path**
- ☐ **Balancing Justice with Mercy through Knowledge.**
- ☐ **Fear and Love must be in equilibrium.**
- ☐ **Knowledge leads to forgiveness.**
- ☐ **Knowledge can help discern when to punish and when to forgive.**
- ☐

Educating the Soul

In Islamic perspective, Tarbeeyat –i- Nafs is the key component to avoid violence and aggression **Peace for the soul is possible is only possible through tarbeeyat-i-Nafs, educating the soul.**

- ☐ **Islam believes in the potential of every man/woman to develop into a good citizen.**
- ☐ **Education can help everyone realize their true potential.**
- ☐ **Knowledge is also a Divine Name.**

Islam Means Peace

Islam is the religion of peace. Its very name is derived from the word 'salam'. Salam is not only the absence of violence and aggression but it also means total well being and happiness. It means literally 'to be safe, secure, sound, wholesome, unharmed, unimpaired and intact'. From these meanings in the physical sense it has also acquired the metaphysical and moral meanings, namely, 'to be blameless, faultless and perfect'. In the Qur'an, God is called **Al-Salam** i.e. the Perfect one (**Surah 59:23**).

The state of salam is the state where every thing finds its fullness, glory and perfection. Hence the Qur'an calls Heaven as **Dar al-Salam** which is the abode of peace and perfection. The paths of righteousness and virtue that lead to God are also called **subul al-salam**, and the greeting of peace both in this world and in the Hereafter is Assalam 'alaikum which is emphasized in Islam and is taught as a proper greeting for the believers. The Prophet -peace be upon him- said, **"The best Islam is to give salam to every one, whether you know that person or not."** (al-Bukhari, Hadith no 11).and if once **peace of soul is achieved it leads to the peace of whole community.**

- ☐ **Peace for the soul.**

- ☐ Leads to peace for the neighbor.
- ☐ Leads to peace for the community.
- ☐ And ultimately leads to peace for the nation.

ISLAMIC MODEL

Objectives:

- ☐ To get an insight about the different states of Nafs
- ☐ To understand the similarities of Nafs with the Freudian Id, Ego and Super Ego
- ☐ To understand the Islamic model of personality
- ☐ To understand the categorization of mental illnesses by Imam Ghazali

Nafs and violence

There are two kinds of people, one are those who's Nafs have overcome them and led them to ruin because they yielded to them and obeyed their impulses. The other kinds are those who have overcome their Nafs and made them obey their commands.

Holy Quran talks about three states of the soul, Although some scholars have classified the Nafs up to 7 stages, there is agreement among Ulama' that in the Qur'an, Allah (s.w.t.) has described at least 3 main types of the Nafs. And these are in rank from the worse to better:

- ☐ *Nafs al-Ammara*
- ☐ *Nafs ul Lawwaama*
- ☐ *Nafs ul Naatiqa*

Nafs al-Ammara

In its primitive stage, the ego tells one to commit evil. This is what Sufis refer to when they speak of fighting Nafs. The prophet Muhammad (Sallahu Alihi Wa Sallam) said after returning from a war, "We now return from the small struggle [Jihad Asghar] to the big struggle [Jihad Akbar]". His companions asked, "Oh prophet of God, what is the big struggle?". He replied, "The struggle against Nafs". It has seven heads that must be chopped off:

1. False Pride (Takabbur)
2. Greed (Hirs)
3. Jealousy (Hasad)
4. Lust (Shahwah)
5. Back Biting (Gheebah)
6. Stinginess (Bokhl)
7. Malice (Keena)

This is the Nafs that brings punishment itself by pleasure seeking and childish behavior. By its very nature it directs its owner towards every wrong action. No one can get rid of its evil without the help from Allah. As Allah refers to this Nafs in the story of the wife of al-Aziz (*Zulaikha*) and Prophet Yusuf (s):

"The (human) soul is certainly prone to evil" (12:53).

This Nafs resides in the world of the senses and is dominated by earthly desires (*Shahwat*) and passions....

Evil lies hidden in the Nafs and this leads on to do wrong. If Allah were to leave the servant alone with his self, the servant would be destroyed between its evil and the evil that it craves; but if Allah grants him success and help, then he will survive. We seek refuge in Allah the Almighty, both from the evil in ourselves and from the evil of our actions. Nafsul ammara is the very much like the "Id" of Freud.

Nafs ul Ammara is the worst category of *nafs*, in which a person not only commits sin but boasts of his sins and thus challenges Allah. This is an animalistic *nafs* that does not care about

anything or anyone, least about pleasing Allah. This *nafs* is a close ally of Shaitan in pushing people away from Allah and Muslims should pray for deliverance from this type of evil.

Nafs al-Lawwama (the Soul that blames):

Nafs al-Lawwama is also the Nafs of the believer....It has also been mentioned that the Nafs blames itself on the Day of Qiyamah - for every one blames himself for his actions, either his bad deeds, if he was one who had many wrong actions, or for his shortcomings, if he was one who did good deeds. All of this is accurate. *Nafs ul Luwwama* is a stage somewhat improved from this such that this type of *nafs* feels shame when it commits sins and repents to Allah.

Allah refers to this Nafs,

"And I do call to witness the Nafs that blames" (75:2).

This Nafs is conscious of its own imperfections. Hasan al-Basri said, "You always see the believer blaming himself and saying things like 'Did I want this? Why did I do that? Was this better than that?' This state of soul resembles the "super ego" of psychoanalytic theory.

Nafs ul Naatiqa

This state of soul differentiates between right and wrong with the help of logic and reason and creates balance. Ego in Freud's ideas also plays the same role.

Similarities with the Freudian Model

There are striking similarities in these states of souls and Freud's concepts of Id, Ego and superego, Freud may have borrowed these concepts from Holy Quran but Holy Quran also refer to another state, Freud had never talked about and that is Nafs al-Mutma`inna.

Nafs al-Mutma`inna (the Soul at Peace):

Nafs ul Mutma`inna is the best kind of *nafs*. This is the ideal stage of ego for Sufis. In this stage, the individual will be relieved himself of all materialism and world problems and would be satisfied with the will of God. It has been rectified and trained to obey Allah. Only the special lovers of Allah who have struggled their whole lives against their *nafs* are so blessed. This type of *nafs* now remains preoccupied with the *sunnah* and other ways by which to please Allah. Moreover, people with this type of *nafs* not only run from sin but Allah protects them from sin and keeps them on the path of the *shariah*. This *nafs* struggles so hard to improve itself that Allah will admit it into Paradise on the Day of Judgment as He promises in the Holy Quran. This is the *nafs* that man should beg for and beseech from Allah.

Allah refers to this Nafs,

"O Self, in complete rest and satisfaction!" (89:27).

This Nafs is tranquil as it rests on the certitude of Allah. Ibn Abbas (r) said, "It is the tranquil and believing soul".

The Nafs is a single entity, although its state may change: from the Nafs al-Ammara, to the Nafs al-Lawwama, to the Nafs al-Mutma`inna, which is the final aim of perfection...

Islamic model of personality contains three entities

1. Nafs
2. Qalb
3. Rooh

What is Nafs?

Nafs is Saaqel and is pulled by gravity, by matter. The role of Satan is to grab the Nafs and persuade towards materialistic things and worldly matters.

What is rooh?

Rooh is Lateef and tends upwards towards God.

Qalb

Is a spiritual phenomenon and is the heart, feeling of an individual. It can be turned either way.

But even Nafs can be turned upwards and made Lateef.

The Forces

Imam Ghazali talked about two types of forces that derive and motivated the human character like Freud gave the concept of Eros and Thanatos.

- ☐ **Malakiyya: Angelic**
- ☐ **Haiwaaniyyah: Animalistic**
 - I. Shahwa: Lust (Eros)**
 - II. Ghazab: Anger (Thanatos)**

Hadith al Nafs (different states of sins)

Nafs keep on self talk and this **Self talk** is a route cause for many sins.

Hajis

When it is a bare passing thought

Khatir

When it persists for sometime

Hadith al Nafs

When it replaces action and this is the dangerous state.

- **Ham: preoccupation (here limits of sin starts)**
- **Azm: Decision (here a person decides to commit a sin)**

Illness of the Soul

Imam Ghazali's one very unique contribution is the categorization of mental illnesses and he identified various types of mental illnesses:

- ☐ **Physiological based mental illnesses**

1. Shahwa**2. Excessive Hunger and Lust (excessive sexual desires)**

- ☐ **Idle talk and Gheebat**
- ☐ **Hostility: Anger, Jealousy and Envy**
- ☐ **Love of this world**
 - ☐ **Miserliness, Greed**
 - ☐ **Love of power & Fame**
- ☐ **Hypocrisy**
- ☐ **Pretense**
- ☐ **Pride**
- ☐ **Takkabbur**
- ☐ **Jahaala**

- ☐ **The sin of all sins, it provides the basis to all mental illnesses.**

Lesson 21

TREATMENTS FOR THE SOUL

Objective

To understand the treatments of illnesses of soul.

Another unique contribution of Hazrat Imam Ghazali is the treatment for the illnesses of the soul.

Treatments of the souls

Hazrat Imam Ghazali talked about following Islamic treatments:

- ☐ Tawba
- ☐ Sabr o Shukr,
- ☐ Khauf o Rija
- ☐ Faqr o Zuhd
- ☐ Niyyat o Ikhlaas
- ☐ Muhasiba o Muraqiba
- ☐ Taffakkur
- ☐ Tawhid o tawwakkul
- ☐ Shauq o Muhabbat
- ☐ Thinking about Death and Aakhirat

Tawba

Tawba is the basic process of the Islamic treatment of mental illnesses. Repentance (tawba) means that one feels regret and, filled with remorse for his or her sins, turns to God with the intention to obey Him. Repentance means regaining one's essential purity and engaging in frequent self-renewal. **The stages of repentance are:**

- ☐ Feeling sincere remorse and regret
- ☐ Being frightened whenever one remembers past sins
- ☐ Trying to eradicate injustice and support justice and right
- ☐ Reviewing one's responsibilities and performing obligations previously neglected
- ☐ Reforming oneself by removing spiritual defects caused by deviation and error
- ☐ Regretting and lamenting the times when one did not mention or remember God, or thank Him and reflect on His works. Such people are always apprehensive and alert so that their thoughts and feelings are not tainted by things that intervene between themselves and God. (This last quality is particular to people distinguished by their nearness to God.)
- ☐

On sincere repentance, Mawlana Jalal al-Din al-Rumi says:

I have repented and turned to God so sincerely
That I will not break [the vow of penitence] until my soul leaves my body.
In fact, who other than an ass steps toward perdition
After having suffered so much trouble (on account of his sins)?

Sabr o Shukr

The next step is Sabr o Shukr, Sabar is much more than mere patience, as a muslim we believe that all problems comes from Allah, so do "Sabar if some one dies but do not leave the hope if you encounter any problem. **Sabar is more like persistence, Shukar** means thanking Allah for all His blessings but

not only when you get any thing but even at that time when you lose some thing. You can find many reasons to say “**Alhamdulliah**”

Khauf o Rija

Although it seems pair of two opposites but it has a deep link. Fear of Allah with the hope of “Nijat” and paradise.

Faqr o Zuhd

Surrendering to the Allah, begging all the things From him not on roads and from any one else . Prayers, Zikar Allah heals all the diseases.

Niyyat o Ikhlaas

All actions with good intentions and sincerity are another treatment. All actions are purely for Allah.

Muhasiba o Muraqiba

It means meditation, a state and process of focusing and centering, like meditation of death and grave can avoid an individual from wrong deeds.

Taffakkur

Taffakkur alone is a complete treatment for many illnesses of soul. Thinking about nature, universe, all blessings of Allah purpose of human creation.

Tawhid o tawwakkul

Firm believe that Allah is only one. Unity of Allah’s Worship and only He is my lawyer and beneficial.

Hope (Tawakkul): Tawakkul is greatly associated with worship, as Allah says: “**So worship Him (O Muhammad (sallallahu alaihi wa-sallam)) and have Tawakkul in Him.**” “**And put your trust in the Living One, Who will never die, and glorify His praises; Sufficient He is, in being aware of the sins of His Ibaad (worshipers).**” Therefore to place trust in other than Allah, in matters in which Allah alone can help is Shirk. This applies to all other worships of the heart, like fear, sincerity,

Shauq o Muhabbat

Prayers should include the element of passionate love for Allah and intense devotion along with fear, hope and firm believe.

Thinking about Death and Aakhirat

Also keep an individual from crimes, sins, violence and aggression.

Islamic Model: Summary

- ☐ **Literalism is to be avoided.**
- ☐ **Literalism comes from juhul.**
- ☐ **The spirit of Islamic Shariat must be grasped.**
- ☐ **This is possible only with knowledge.**
- ☐ **Knowledge of the self leads to knowledge of God**

CRIMINOGENIC PERSONALITY**Objectives:**

- ☐ **To understand the developmental factors of criminogenic personality**
- ☐ **To know about the different crime prone personality disorders**
- ☐ **To understand the main characteristics of Anti Social Personality Disorder**
- ☐ **To understand the common types of crimes, usually committed by individuals with Anti Social Personality Disorder**
- ☐ **To get an insight about the DSPD debate**

Criminogenic Development

How does a criminogenic personality develop? What factors contribute to such personalities?

Psychologists have found several factors that contribute to the development of Criminogenic personalities.

1. **Personality traits** can predispose to criminality.
2. **Biological basis** are another reason for the development of such personalities
3. Personality traits and biological basis combined with **early attachment** like maternal deprivation and lack of an appropriate “attachment” are another factor.
4. **Socialization patterns** like friends, environment of school, teachers also play an important role.
5. **Early trauma**
6. **Early separation** from any of parents or both parents, growing up without parental figures of both sexes.

a. Removal from the home**b. Childhood physical beatings and sexual abuse**

7. **Inconsistent parenting** is another factor like one overindulgent the other too strict. Mother is polite and father is wild and abusive or vice versa. Or one day severe punishment for one thing and other day same act is appreciated by parents. Such children usually learn to manipulate the situations and take advantages of their own parent’s weaknesses.
 - a. **Overindulgence parenting,**
 - b. **Absence of parental discipline**
 - c. **No limit setting and no punishment and reward system is defined and used by parents.**
 - d. **Erratic, inconsistent discipline**
 - e. **Both parents are inconsistent**

Sometimes strict for no reason, at others indulgent for no reason

Personality Disorders

People who cannot contain their urges to harm (or kill) people repeatedly for no apparent reason are assumed to suffer from some mental illness. However, they may be more cruel than crazy, they may be choosing not to control their urges, they know right from wrong, they know exactly what they're doing, and they are definitely NOT insane, at least according to the consensus of most scholars

(Samenow 2004). In such cases, they usually fall into one of three **types that are typically considered aggravating circumstances in addition to their legal guilt:**

- 1. Antisocial Personality Disorder**
- 2. Borderline Personality Disorder (are victim not abusers)**
- 3. Narcissistic Personality Disorder**
- 4. Paranoid Personality Disorder**

Antisocial Personality Disorder (APD)

APD is practically synonymous with criminal behavior, but as with all distributions of a disease or whatever in a population, it is probable that the majority of people with this particular affliction are law-abiding. Aging, over involvements, and/or relationships might hold sway over the control or lack of control in these kinds of people.

Individuals with an Antisocial Personality Disorder show a lack of concern toward the expectations and rules of society and usually frequently become involved in at least minor violations of the rules of society and the rights of others. A popular term for this type of individual is “**psychopath**”. Although the diagnosis is limited to those persons over eighteen years of age, it usually involves a history of antisocial behavior before the age of fifteen. The individual often displays a pattern of lying, truancy, delinquency, substance abuse, running away from home and may have difficulty with the law. As an adult, the person often commits acts that are against the law and/or fails to live up to the requirements of a job, financial responsibility, or parenting responsibilities. They tend to have difficulty sustaining a long term marital relationship and frequently are involved in alcohol and drug abuse. Basic characteristics of Anti social personality includes:

Main characteristics of Anti social personality disorder

1. Typically Male

This problem is much more prevalent in males than females. Old name of this disorder was **Psychopathy** or **Criminal Psychopath**

- 2. Absolute disregard for the rights of others**
- 3. Manipulative and deceitful and conning**
- 4. Blameful of others**
- 5. Pathological Liars**
- 6. Impulse control problem**
- 7. Irresponsible**
- 8. Sexually promiscuous**
- 9. Poly drug use**
- 10. Thrill seeking**
- 11. Hostage taking**
- 12. No victim empathy (Apathetic to others)**
- 13. absolutely no remorse, regret and guilt feelings for any crime and sin**

Anti social personality disorder usually commit multiple types of crimes like:

- a. Theft**
- b. Robbery**
- c. Assault**
- d. Rape**
- e. Escape from prison**
- f. Illegal substance use/ selling**
- g. Sexual crimes/ deviances**
- h. Exploitation of vulnerable people**

Common Crimes

Anti social personality usually commit following crimes:

1. **Mobile snatching for buying drugs**
2. **Attacking unsuspecting victims**
3. **Opportunistic crimes, they do not plan for small things like purse or mobile snatching etc**
4. **Planning big things like bank robbery**
5. **Unrealistic goals and this unrealistic approach helps in their arrest.**
6. **They have been mostly found in blackmailing girlfriends into prostitution etc.**

Detailed Analysis of Antisocial Personality Disorder

The incidence of APD is twice as high for inner-city residents than in small towns or rural areas. It affects people in all social classes, but if someone with APD is **born into a family of wealth** and privilege, they will usually manage to seek out a successful business or political career.

Poorer people with APD tend to wind up in state prison systems. The fact is that most of the current prison population, shares the APD diagnosis. All it takes is a juvenile record, an adult offense career, aggressivity, impulsivity, a checkered work history, and/or lack of demonstrable repentance. These can be easily found in almost any prison inmate's folder.

As discussed earlier one of the things closely related to APD is the **comorbidity of alcoholism and narcotic addiction**. Some of the criteria for a substance abuse disorder are very similar: theft, hazardous behavior, failure to fulfill role functions in home, school, and work. A strong correlation exists between substance abuse and factor 2 (antisocial behaviors) of the psychopathy construct. APDs with a drug addiction have some serious substance abuse problems -- the kind that lead to death by overdose or accident within five years. Are APD and narcotic addiction part of the same disorder, does one lead to the other, or are they are spuriously linked together? From what little research there is, it appears that most of the time, APD precedes narcotic addiction, although some of the time, addiction leads to APD behaviors.

The DSPD Debate

Dangerous and Severe Personality Disorder, This is a highly controversial issue, whether the individual with anti social personality disorder should be treated by force or not? Because they are dangerous for society, are very likely to abandon the legal system.

They tend to be very manipulative during treatment and tend to lie and cover up personal faults in themselves and have little insight into their behavior patterns. Many psychiatrists are of the opinion that this disorder is not treatable to a reasonable level of success, especially where the sufferer is not motivated and no effective change will occur. They further accept that the diagnosis of anti-social personality disorder is in fact a limiting one. Although it is possible to offer help and support in such cases, it is not possible to effectively impose treatment on an involuntary basis.

Further to this, any form of preventative detention requires a prediction of dangerousness, generally by a psychiatrist following a risk assessment. Psychiatry is generally unable to predict dangerousness with any great precision.

This is not a concrete, solid and clear issue with an absolute solution, what do you think about it? If a person is diagnosed with Anti Social Personality Disorder although he has only committed theft and has passed his six month sentence. Should that person be treated by force? Or should that person be treated only by choice? Does he have the right to live free life if he does not commit any other crime?

CRIMINOGENIC PERSONALITY AND VIOLENCE**Objectives:**

- ☐ **To understand the relationship of Borderline personality disorder and legal issues.**
- ☐ **To know about differences/developmental similarities of ASPD and BPD**
- ☐ **To understand the Narcissist Personality Disorder**
- ☐ **To understand the Paranoid Personality Disorder**
- ☐ **To get an insight about the changeability vs predictability debate**

Borderline Personality Disorder (BPD)

Borderline Personality Disorder is a typically female disorder, Borderline Personality Disorder (BPD) is a pervasive pattern of instability in interpersonal relationships, self-image, emotional adjustments, and marked impulsivity demonstrated in a variety of contexts. Studies suggest that individuals with BPD tend to experience frequent, strong and long-lasting states of aversive tension, often triggered by perceived rejection, being alone or perceived failure. Individuals with BPD may show changeability between anger and anxiety or between depression and anxiety and temperamental sensitivity to emotive stimuli. The negative emotional states particularly associated with BPD have been grouped into four categories of:



- 1. Extreme feelings in general**
- 2. Feelings of destructiveness or self-destructiveness**
- 3. Feelings of disintegration or "identitylessness"**
- 4. Feelings of victimization**

Individuals with BPD can be very sensitive to the way others treat them, reacting strongly to perceived criticism or hurtfulness. Their feelings about others often shift from positive to negative, generally after a disappointment or perceived threat of losing someone. They are slaves of mood, if they are in anger no one can escape and if depressed can even commit suicide. Self-image can also change rapidly from extremely positive to extremely negative. Impulsive behaviors are common, including alcohol or drug abuse, unsafe sex, gambling, prostitution and recklessness and rocking relationships in general.

They are victims not abusers

Women with certain kinds of disorders, like borderline personality disorders, tend to be attracted to and hook up with men who manifest symptoms of psychopathic personality disorder. BPD are completely opposites of anti social personality disorder. Attachment studies suggest individuals with BPD, while being high in intimacy- or novelty-seeking, can be hyper-alert to signs of rejection or not being valued and tend towards insecure, ambivalent, preoccupied or fearful attitudes towards relationships. They tend to view the world generally as dangerous and malevolent, and themselves as powerless, vulnerable, unacceptable and unsure in self-identity. So they are easy prey of anti social personality as their main characteristic is to **exploit of vulnerable people**. Females with BPD make a combination with anti social personality males by allowing them to exploit them.

BPD plays a major role in many issues of **legal system such as:**

- ☐ **Substance abuse**
- ☐ **Domestic violence,**
- ☐ **Gambling shop lifting**
- ☐ **Prostitution**
- ☐ **AIDS**

- ☐ **Homelessness**
- ☐ **Suicides**

A significant number of people with BPD can be found in forensic settings (such as prisons or jails). Because BPD are heavy users of mental health services because of frequent hospitalizations and emergency room visits due to suicide attempts.

Main characteristics of Borderline Personality Disorder

- ☐ **Dysregulation**
- ☐ **Self dysregulation**
- ☐ **Relationship dysregulation**
- ☐ **Emotional dysregulation**
- ☐ **Behavioral dysregulation**
- ☐ **Cognitive Dysregulation**
- ☐ **Typically females**
- ☐ **History of abuse**
- ☐ **Abusive relationships**
- ☐ **Parasuicidal behaviors**
- ☐ **Suicide attempts**
- ☐ **Internalized violence**

Diagnostic criteria for BPD:

- 1. Frantic efforts to avoid real or imagined abandonment (fear of abandonment)**
- 2. Unstable and intense interpersonal relationships (alternating extremes of idealization and devaluation)**
- 3. Identity disturbance (a feeling that one doesn't exist or embodies evil)**
- 4. Impulsiveness (in such areas as sex, substance abuse, crime, or reckless driving)**
- 5. Recurrent suicidal thoughts, gestures, or behaviors (depressive loneliness)**
- 6. Emotional instability and/or mood swings**
- 7. Chronic feelings of emptiness (boredom)**
- 8. Inappropriate displays of intense anger (temper tantrums)**
- 9. Transient, stress-related paranoia, dissociation, or doubling**

This is a rather unusual set of symptoms, so let's explain them one by one. **Fear of abandonment** is not the same as fear of rejection. People who suffer from a fear of abandonment cannot stand to be alone. People who suffer from a fear of rejection cannot stand getting close to anyone else. In fact, BPDs need people badly to get constant feedback, reassurance, and advice. They may not always follow the advice of others, but they will keep asking and at least have others around for that. Sexually, they always seem to have a partner handy, and will usually be stringing along a "stable" of boyfriends or girlfriends (serial monogamy). They are often socially inept, and don't know how to act in pleasant or polite company.

Borderlines will love you one minute and hate you the next. This is the clearest way of describing their **alternating extremes of idealization and devaluation**. Interaction with them is severely straining in this regard. They seem to wish for a clinging, dependent, and exclusive relationship with you, then almost the next minute they are putting you down, discrediting your achievements, accomplishments, and personal significance. To manipulate you, they will use anger, threats, sadness, or complaints about

physical ailments. They always fail, however, to see the "big picture" and focus in on details such as being able to reach you by phone at all times.

There's a general proneness to dysphoria, or a generalized feeling of ill-being. They can't quite put their finger on it, but it's due to an **unstable self-image, a feeling that one doesn't exist or embodies evil in some way**. They view the whole world as "all good" or "all bad". All people, all experiences, and their self are viewed in extremes. They cannot grasp the concepts of moderation or something being "all right", OK, average, or ordinary.

Impulsiveness is a trait commonly associated with criminal tendencies. Impulsives deal with stress and the unexpected by acting more unpredictably, almost as if they were trying to outwit unpredictableness itself. They'll start to get nervous, and then agitated, then "bang", they'll do something like hit somebody, break something, hurt themselves, or at the drop of a hat, initiate a brief, impersonal, sexual encounter. Needless to say, such people are typically at risk for alcoholism, drug addiction, sexual and eating disorders.

Recurrent suicidal thoughts, gestures, or behaviors are part of the borderline's manipulative self-destructive habits. They are a continual burden for the police and hospitals. Constantly calling forth a "saving" response from others, the borderline operates on the principle that the best help is obtained from those they can discomfort the most. So, they will alienate and resist those they want help from, and will do this by finding and invading a caregiver's personal number or home address, calling at odd hours or showing up at the house unexpectedly. If they are involved in a crime under investigation, they will taunt the police with calls, tips, and clues.

There will be instances of **emotional instability and mood swings**, in the form of depression or irritability, but no hallucinations, delusions, or severe thought disorders. Most of these episodes will be for attention (histrionic) and last no more than a few days, most likely a few hours.

They will experience chronic **feelings of emptiness and boredom**. This will manifest itself in sleeplessness (insomnia), loss of appetite, unplanned road trips, and sexual affairs. There will also be temper tantrums displayed at times which seem just for the sake of getting angry, in other words, **inappropriate displays of intense anger**. When asked why they are angry about something that a moment ago made them happy, they'll say they were trying to put things right, or something like that.

Mnemonic

A commonly used mnemonic to remember some features of borderline personality disorder is **PRAISE**:

P - Paranoid ideas

R - Relationship instability

A - Angry outbursts, affective instability, abandonment fears

I - Impulsive behaviour, identity disturbance

S - Suicidal behaviour

E - Emptiness

In short Borderline Personality Disorder can look like.....

- ☐ Schizophrenia (hallucinations, illusions, paranoia)
- ☐ Bipolar Affective Disorder (mood changeability and anger)
- ☐ Major Depressive Disorder (suicidal, depressed)
- ☐ Antisocial Personality Disorder (legal problems)

Antisocial Personality Disorder Vs Borderline Personality Disorder

Antisocial Personality Disorder	Borderline Personality Disorder
Male	Female
Violence for others	Violence towards one's self
Criminal	Suicidal
externalization	Internalization

Similarities

But when we come to the development of these both disorders we can find striking similarities like both have following factors in common:

- ☐ Early trauma
- ☐ Inconsistent Parenting
- ☐ Early Attachment issues
- ☐ History of abuse

Childhood abuse, trauma or neglect

Numerous studies have shown a strong correlation between childhood abuse and development of BPD. Many (but not all) individuals with BPD report having had a history of abuse, neglect, or separation as young children. Patients with BPD have been found to be significantly more likely to report having been verbally, emotionally, physically, and sexually abused by caretakers or trusting figures of their life.

They were also reported to have failed to provide **needed protection**, and neglected their child's physical care. Parents (of both sexes) were typically reported to have withdrawn from the child emotionally, and to have treated the child **inconsistently**.

Narcissistic Personality Disorder

Narcissistic personality disorder is characterized by extreme focus on oneself, and is a maladaptive, rigid, and persistent condition that may cause significant distress and functional impairment.

People who are overly narcissistic commonly feel rejected, humiliated and threatened when criticized. To protect themselves from these dangers, they often react with disdain, rage, and/or defiance to any slight, real or imagined.

To the extent that people are pathologically narcissistic, they can be controlling, blaming, self-absorbed, intolerant of others' views, unaware of other's needs and of the effects of their behavior on others, and insistent that others see them as they wish to be seen

The interpersonal relationships of patients with NPD are typically impaired due to the individual's lack of empathy, disregard for others, exploitativeness and constant need for attention. They frequently select as mates, and engender in their children, If they like any think they will get that because they like it, no matter whether it damages some one else's rights or not.

As opposed to patients with the Borderline Personality Disorder, the self-image of the narcissist is stable, he or she are less impulsive and less self-defeating or self-destructive and less concerned with abandonment issues.

Main characteristics of Narcissistic Personality

☐ **Overlaps with Anti Social Personality Disorder**

Some times narcissists appear as Anti Social Personality Disorder as narcissists also do not count and regard other individual's rights, emotions and feelings. Have a tendency to exploit others.

☐ **Extreme extension of personal boundaries.**

Narcissists do not have set and defined boundaries like other normal human beings rather they have very vast and extended boundaries of conduct.

☐ **So have a tendency as to engulf /absorb/ swallow everyone else**

☐ **Intense self-love (only "I" am important and fulfillment of "my" needs is essential.**

☐ **May be caused by excessive spoiling but no real affection.** Like father buy a fifty thousand mobile for his child but do not spare few hours for him and do not give him the true love and attention. So absence of real and true parental love and affection can cause Narcissist personality disorder.

Non-criminal? Psychopath

Why non criminals? The notion that there is a population of uncaught individuals who have faithlessly conned and have committed crime/ violence, fraud such individuals have following characteristics:

☐ **High IQ (high intelligence help them in doing crimes with less cues behind)**

☐ **Conman (typically fakers and hoax)**

☐ **Tells lies as a habit**

☐ **Social climber (use friends as for getting things and benefits)**

☐ **Takes no prisoners**

☐ **Commits many crimes and frauds but never gets caught.**

☐ **Makes tall claims**

☐ **Knows everyone**

☐ **Propels himself to high positions**

☐ **High proportion of politicians can be placed in this category.**

☐ **Subverts legal system (corrupts and weakens the legal system of country)**

☐ **Finds loopholes**

Paranoid Personality Disorder

It is characterized by an exaggerated sensitivity to rejection, resentfulness, distrust, as well as the inclination to distort experienced events.

Neutral and friendly actions of others are often misinterpreted as being hostile or contemptuous. Unfounded suspicions regarding the sexual loyalty of partners and loyalty in general as well as the belief that one's rights are not being recognized is stubbornly and argumentatively insisted upon. Such individuals can possess an excessive self-assurance and a tendency toward an exaggerated self-reference. The use of the term **paranoia** in this context is not meant to refer to the presence of frank delusions or psychosis, but implies the presence of ongoing, unbaised suspiciousness and distrust of people. **Paranoid Personality experience following types of delusions:**

☐ **Delusion of grandeur**

This delusion is characterized by fantasies of exaggerated estimation of wealth, power, or status. Delusional conviction of one's own importance, power, or knowledge or that one is, or has a special relationship with, a divinity or a famous person. It includes an obsession with grandiose or extravagant things or actions.

☐ **Delusions of reference**

Involve a person having a belief or perception that irrelevant, unrelated or innocuous things in the world are referring to them directly because they are very important and special. Delusion of grandeur is the cause of this delusion.

For instance few boys were standing at the corner of the street .they laughed at some joke but a person who had delusion of reference, thought they were talking, infact planning against him and laughed at the completion of their plan.

Some time they can have experiences such as:

- ☐ Feeling that people on television or radio are talking about, or talking directly to them
- ☐ Believing that headlines or stories in newspapers are written especially for them
- ☐ Having the experience that people (often strangers) drop hints or say things about them behind their back
- ☐ Believing that events (even world events) have been deliberately contrived for them, or have special personal significance
- ☐ Seeing objects or events as being deliberately set up to convey a special or particular meaning

☐ **Delusion of persecution**

A delusion that one is being attacked, harassed, persecuted, cheated, or conspired against. Perceives attacks on his/her character or reputation that are not apparent to others and is quick to react angrily or to counterattack.

☐ **Seductive Delusions**

False believe that other women or men are sexually attracted.

☐ **Delusion of jealousy**

Constantly anxious, concerned and having a frantic feeling of being great. So other people are jealous and want to kill, so many times they stop visiting relatives and do not eat anything from relative's houses and ultimately become completely lonely. Some time they have false believe that one's spouse or lover is unfaithful, based on erroneous inferences drawn from innocent events imagined to be evidence.

Predictability vs changeability

If a person has Anti social personality disorder, a Forensic Psychologist can predict that in what type of circumstances this person can be dangerous. But the opposing view holds that human beings can change. (Changeability)

Can humans change? We know from our own experiences and religious history that yes human beings can change some time under influence of “Wali Ullah” and some times other things help a person to transform. But other psychologists argue that such instances are rare. Usually people’s personalities are stable. But I am one of those psychologists who believe that human beings can change and psychotherapy and treatment can help such people to change. But what do you think? What is your opinion about this debate of changeability? Can human beings change? Can psychotherapy/psychological treatment help such people? Can legal system take some steps to help such people change? Because if you start thinking; you are on your way to become a forensic psychologist.

Objectives

- ☐ To understand that how and why psychopaths become university goons
- ☐ To understand that how ASPD are exploited by other psychopaths
- ☐ To understand the treatability debate

University Goons

Through your own observation and experience you can feel that many individuals with antisocial personality disorder (ASPD) Join university religious groups. Such groups attract them because:

1. Such groups gives them a sense of lose belonging, no strong bond is required.
2. But this membership gives them power.
3. Power that they can use for violence and influence.
4. Mostly ASPD have a sense of inadequacy and inferiority. So when they join such groups it compensates for their sense of inadequacy and inferiority.
5. ASPD terrorize other students for no cause and enjoy that feeling. like beating up the male students if the are talking to a girl. Although talking to other gender is not a crime but beating up any one is a crime.
6. After having done this thing they feel good about themselves.

Terrorism and Psychopaths

Many psychopaths turn to extreme religious groups outside the universities. And if the leader of that extreme religious group is another psychopath, then they are exploited by other psychopath leader. Now their two qualities make them **perfect for terrorist activities**.

1. Their lack of fear and thrill seeking behavior helps them carry out dangerous suicidal tasks.
2. Their lack of victim empathy makes them perfect for harming innocent civilians. So in this way an ASPD becomes a common criminal to university goon to a terrorist.

Personality disorder specific crime

Different personality disorders commit different specific type of crimes.

Borderline Personality Disorder	Suicidal attempts, prostitution
Paranoid Personality disorder	One time murder attempt or murder
Antisocial Personality Disorder	Robbery, rape, terrorist activities

Treatability Debate

Like predictability and changeability debate, another controversial issue of Forensic psychology is the treatability of personality disorders. Psychotherapy is nearly always the treatment of choice for these disorder; medications may be used to help stabilize mood swings or specific and acute Axis I concurrent diagnoses. There is no research that supports the use of medications for direct treatment of antisocial personality disorder, though. Usually experts consider **Dialectical Behavioral Therapy** as suitable treatment for BPD.

Most individuals with personality disorders rarely seek treatment on their own, without being mandated to therapy by a court or significant other. Court referrals for assessment and treatment for this disorder are likely the most common referral source. A careful and thorough assessment will ensure that the person that the person has antisocial personality disorder. This can often be confused with simple criminal activity (all criminals do not have this disorder), adult antisocial behavior, and

other activities which do not justify the personality disorder diagnosis. As with a thorough assessment of any suspected personality disorder, formal psychological testing should be considered invaluable.

Because many people who suffer from this disorder will be mandated to therapy, sometimes in a forensic or jail setting, motivation on the patient's part may be difficult to find. In a confined setting, it may be nearly impossible and therapy should then focus on alternative life issues, such as goals for when they are released from custody, improvement in social or family relationships, learning new coping skills, etc. we will discuss details of treatment in forth coming lessons.

LEARNING DISABILITIES/MENTAL RETARDATION AND VIOLENCE**Objectives**

- ☐ **To understand the relationship of learning disabilities and violence**
- ☐ **To understand how rage builds up in individuals with Learning Disabilities**

Learning Disabilities (LD)/ Mental Retardation (MD)

Usually label of mental retardation is used but it does not give a well impression. Who are learning disabled? Means subaverage general intellectual functioning which originates during the developmental period and is associated with impairment of one or more of the following:

- (1) Maturation**
- (2) Learning**
- (3) Social adjustment**

LD/MR and crimes

One thing is very important to understand that usually learning disabled do not commit crime. MR and crimes are not correlated like ASPD and crime have deep connection. But sexual offences are slightly rare because they are not competent enough to understand social rules. Sexual offences are of minor severity like indecent body exposure e.t.c.

Violent Crimes

Even though crimes committed by LD are rare, these could be very serious like murder, causing grievous bodily harm e.t.c. as we discussed in one of our previous lectures that not just anger and aggression but rage is the basic reason of any such serious crime.

How rage builds up in individuals with Learning Disabilities

In one of our previous lectures, we have discussed this issue in detail that how different factors contribute to the eruption of rage.

- ☐ **Learning disabled child is unwanted and unloved**
- ☐ **Feels the societal death wish**
- ☐ **The Learning Disabled always set a typical poor “Smile” on their face. Assuring others that we are not bad, so please do not hate us.**
- ☐ **Frequently subjected to physical and sexual abuse and violence by significant figures of life.**
- ☐ **They are always considered the “shame of family” and kept hidden**
- ☐ **Unexpressed anger and aggression over a long time and inhumane treatment of parents, family and other society members leads to the build up of rage.**
- ☐ **So sudden unexpected eruption of rage can result in murder, rape, other violent offences**

Autism/ Aspergers

Asperger's syndrome is on the autistic continuum but unlike autistic disorder, there are no significant delays in language, cognition, or self-help skills. Communications are generally one-sided; patients proclaim rather than interact.

A development disorder whose essential features include:

- ☐ **Socially naïve, sustained impairment from mild to severe, in social interaction**
- ☐ **Restricted, repetitive patterns of interest, behaviour and activities (obsessive interests)**

- ☐ Aspergers are usually quite intelligent
- ☐ Because of their high degree of functionality and their naiveté, those with AS are often viewed as eccentric or odd and can easily become victims of teasing and bullying. So, Feels depressed and anxious

Aspergers and violence

Aspergers usually do not commit violence but their behaviours are for other people because they are unable to understand the unwritten societal rules.

- ☐ Their sexual offences could be things like indecent exposure, masturbation in public, inappropriate touching etc.
- ☐ Their physical violence could be random attacks and may vary in intensity.
- ☐ Aspergers are anxious because they can not easily adjust to society so as a consequence feel anxiety and some time this state can lead to some illegal behaviours like drug use.
- ☐ Some time they can suspicious and paranoid and this feeling can pave the path for some kind of offence.
- ☐ Their most of crimes are misunderstandings based
- ☐ Another frequent reason is exploitation by others
- ☐ Erratic behaviors
- ☐ Unpredictable temper tantrums
- ☐ Disproportionate responses could cross criminal threshold (like some time give you a vibrant smile if you slap them on face and some time can attack you if you smile)
- ☐ If they have obsessions that involve some kind of illegal activity then they can commit *Ritualistic crimes*

ASSESSMENT OF PERSONALITY DISORDERS

Objectives:

- ☐ To understand the use of personality inventories for the assessment of risk and personality disorders in forensic settings.
- ☐ To understand the use of projective tests for the assessment of risk and personality disorders in forensic settings.
- ☐ To get an insight about the draw backs of using personality inventories and projective tests from legal and psychological point of view.
- ☐ To understand the use of benefits and draw backs of the use of check lists for assessment.

Assessment of personality disorders is another task for which court can ask a Forensic psychologist to provide expertise. How a Forensic Psychologists do assesses personality disorder? How do they assess the risk that a mentally retarded/ learning disabled will commit a crime in a specific situation.

Reasons for referral

While assessing Reason for referral is usually the most crucial clue. for instance if the source is claiming that the person is very violent and have no regard for other's right a forensic psychologist is more likely to administer psychological tests measuring ASPD.

But if the source is saying that individual is suicidal then psychological tests measuring Borderline Personality Disorder will be used.

And if source states that person is very troublesome and thinks he/she is the president of Pakistan and mistrustful about the meals. More likely assessment would be using psychological tests targeting paranoid personality disorder.

Personality Inventories

Personality Inventories are quite often used to make assessments and usually found in booklets with hundreds of questions. An individual taking that test is required to answer all those questions in order to make judgments. But for making assessments one essential thing is that the person endorse all items with honesty and tell truths. When working with pathological liars we can not assume that they will tell truth. So, results do not depict the real and desired picture. Few tests can tell whether the test taker is telling lie or not but that is not enough because then we would not be able to diagnose the personality disorder.

1. **Minnesota Multiphase Personality Inventory (MMPI)**
2. **MCMI (Millon Clinical Multiaxial Inventory)**
3. **PAI (Personal Assessment Inventory)**
4. **CPI (California Personality Inventory)**

MMPI

The Minnesota Multiphase Personality Inventory (MMPI) is one of the most frequently used personality tests personality assessment but it is very long and has some very old scales, Although it can measure whether the person is telling lie or not.

MCMI (Millon Clinical Multiaxial Inventory)

The **Millon Clinical Multiaxial Inventory** is relatively new instrument that is a self-report instrument designed to help the clinician assess DSM-IV-related personality disorders.

PAI (Personal Assessment Inventory)

It assesses a broad range of psychological conditions, including personality disorders, anxiety, depression, mania and schizophrenia. It encompasses 344 items although while compared to the MMPI however, it is about 40% shorter.

CPI (California Personality Inventory)

It was created in a similar manner to the Minnesota Multiphasic Personality Inventory (MMPI), but unlike the MMPI, it is not concerned with maladjustment or clinical diagnosis, but concerned itself with more "normal" aspects of personality.

Personality inventory may not be suitable though these are still widely used

All these tests are self report inventories, even though widely used but a person who is involved in multiple tedious crimes; we can not expect truth from him. So in my opinion personality inventories are absolutely unreliable in crime settings. If Personality Inventories are not suitable then how to assess.

In selecting psychological tests, the forensic evaluator should seek tests that are appropriate for legal decision making, thereby avoiding tests that are unreliable. Similarly, an evaluator should use only tests for which the evaluator has adequate training in administration and interpretation. Because psychological tests are best used as a source of potential hypotheses, they are best administered early in the assessment. Tests can then be scored and used to provide direction for the assessment process. This practice necessitates either seeing the plaintiff on multiple days and/or having the ability to score the tests quickly. Actuarially constructed tests like the MMPI should be given in this way, as they provide only possible hypothesis and cannot be purported as proof of anything.

Projective tests

As compared to Personality inventories, a **projective test is a better option**. A personality test let a person respond to ambiguous stimuli, presumably revealing hidden emotions and internal conflicts, So unconscious motives and desires are uncovered. This is different from a "Personality inventories" in which responses are analyzed according to a universal standard (for example, a multiple choice exam) rather than an individual's judgment.

Few best known Projective tests are:

- ☐ **Rorschach inkblot test**
- ☐ **Thematic Apperception Test**
- ☐ **House Tree Person**

Rorschach inkblot test

Rorschach inkblot test, in which a patient is shown irregular spot of ink, and asked to explain what they see; the response is then analyzed in various ways, noting not only what the test taker said, but the time taken to respond, what aspect of the drawing was focused on, and how the response compared to other responses for the same drawing. For example, if someone consistently sees the images as threatening and frightening, the psychiatrist may infer that he or she may suffer from paranoia.

Thematic Apperception Test

Another popular projective test is the Thematic Apperception Test (TAT) in which a test taker views ambiguous images of people, and is asked to describe various aspects of the scene and write a story; for example, the patient may be asked to describe what led up to this scene, the emotions of the characters, and what might happen afterwards. The forensic psychologist then evaluates these descriptions. Psychologists attempting to discover conflicts and hidden emotions. Stories can be interpreted in flexible way, in this way experts work toward a successful judgment and assessment of personality.

The House-Tree-Person Test

The house-tree-person test (HTP) is a projective personality test, in which individual is asked to draw a house, tree and person. In the HTP, the test taker is asked to draw houses, tree, and persons, and these drawings provide a measure of self-perceptions and attitudes. As with other projective tests, it has flexible and subjective administration and interpretation.

Usually **house** refers to the family factors

Tree depicts ego strength, growth possibilities and therapeutic relationship.

Person shows self image, self esteem and ego strength.

Projective Tests suitable but problematic from a legal point of view

Analysis of HTP and other projective test can give valuable judgments but have problems from legal point of view. Two psychologists can interpret the same drawing or test differently. The psychologist's report presented by defense lawyer presents a person innocent and the report from prosecution lawyer portrays a person guilty and responsible for the crime.

So projective tests are good from psychological perspective and reveal more valuable information but has legal problems. On the contrary hand Personality inventories are frequently used but from psychological point of view the integrity of those results is questionable.

Personality Checklists

Nowadays use of Personality Checklists is considered suitable. Such check lists allow to make judgments on the basis of multiple sources like:

- ☐ **Observations**
- ☐ **Multiple sources like interview from family, warden or prison guard etc.**
- ☐ **They are filled using a variety of sources.**
- ☐ **Information from staff is also typically obtained**

One imminent benefit of check lists is the **legal validity**. The court or jury feels more comfortable and confident if psychologist states that he has garner information from variety of sources.

Personality Checklists requires that the results of psychological tests should not be used in isolation from history, medical findings, and observations of behavior made by others. When using psychological tests, it is important to recognize that most were developed from traditional psychotherapeutic needs rather than for forensic evaluation of specific traumatic effects. While check list can be used according to the requirements of each unique case.

In addition to psychological tests, the forensic evaluator needs to obtain a full history, both of the plaintiff's life and of the specific employment situation. Various structured information forms and interviews may be of use in this process. When multiple plaintiffs are involved in a single legal action, it is advisable to use the same protocol, including a structured interview, with all plaintiffs. To the fullest extent possible, all issues being evaluated should be assessed through multiple methods. This process conforms to the best standards of obtaining information and developing conclusions. Although the potential for error of each method of assessment may be high, the probability of error decreases greatly when the same information is obtained and corroborated through multiple independent means.

The Problem with Checklists**1. These are typically problem specific**

If a person comes with the referral source illustrating him as psychopath, this does not give a clear picture. Psychologist may use checklist measuring psychopathy and after administering that check list come to know that the individual does not have psychopathy, may have Asperger's syndrome. But all range of psychological tests is neither possible nor practical. Because check lists are specific to one specific personality disorder like

Personality Disorders (PD) specific
Anti Social Personality Disorder (ASPD) specific
Borderline Personality Disorder (BPD) specific
Autism specific

2. File information could be unreliable and based on non-verifiable sources

File information some times become a myth. For instance, a person when first time was locked in jail at the age of 18 years, had a quarrel with prison officer in the first week of his entry in jail. He punched and broke his teeth; as a result prison officer wrote a biased report portraying him as a very violent aggressive criminal, who has no regard authorities and fire fascinate him etc. (although it was a lie) Before interviewing that boy, psychologist visited prison officer who told him all negative things about him and told that fire fascinate him. But when during interview he was asked “are you found of lighting fire”. Boy condemned that. But psychologist assumed that he is lying too. And a similar report was submitted from the psychologist.

3. Broad categories

Unlike personality inventories, check lists have broad categories like for assessing depression; a personality inventory may require a person to answer 20 questions. But in check list only one item is specified for this purpose (looked depressed). So, meticulous details are missing.

4. Subjective labels

Many times subjective labels are assigned to individuals with out reaching the real reason like, a person is lying to you because wants to get freedom from jail and a subjective label of “pathological liar” is tagged.

5. Express value judgments

Many times social factors are also need crucial consideration but value judgments can hinder this. Like a person is has inconsistent job pattern, not because of any personality disorder but the all of jobs really had problems like rude attitude of boss, nature of work or unsatisfactory environment.

ASSESSMENT OF PERSONALITY DISORDERS**Objectives**

- ☐ To understand the use of Psychopathy Checklists in Forensic settings
- ☐ To understand the scoring method of Psychopathy Checklists
- ☐ To understand the need of differential diagnosis in Forensic settings

Few important check lists used to Screen Anti Social personalities in Forensic settings are:

- 1. Psychopathy check list – Revised**
- 2. Psychopathy check list – Screening Version**
- 3. Psychopathy check lists for women**
- 4. Psychopathy check list for young offenders**

Psychopathy check list-Revised

The Psychopathy Checklist – Revised was developed by Hare, R.D. in 1985, and was formally published in 1991. The 20-item revision of the Psychopathy Checklist (PCL-R) is a rating scale designed to measure traits of psychopathic personality disorder.

Type of Instrument and Scoring Method

- ☐ **20 items**
- ☐ **Scores of 0, 1, and 2**

The PCL–R is a 20-item clinical rating scale, each item reflects a different symptom or characteristic of psychopathy. **The items are rated on a 3-point scale.**

- ☐ **0 means absence**

If clinician is completely convinced that person under assessment does not possess a Specific trait like individual in not a poly drug user or not irresponsible.

- ☐ **2 means certain**

But if clinician is obvious that certain trait is present and observations and file information also confirms then a score of 2 is given.

- ☐ **1 means may be**

If the clinician is dubious then the score of 1 is given.

The items are rated on the basis of the person's lifetime functioning and not solely on the basis of the person's present state; this state may be atypical of his/her usual functioning due to extreme situational factors or an exacerbation of acute psychopathology.

The items are summed to yield total scores, ranging from 0 to 40, that reflect the degree to which an individual resembles the prototypical psychopath. Scoring PCL-R items requires clinical judgement and inference, as well as the ability to carry out the task in an objective, professional manner (Hare, 1998).

Different cutoff scores

A cutoff score of 30 or greater (in some studies 25 and in some even 20) is used to diagnose psychopathy. The PCL-R items are scored on the basis of an individual's functioning over most of the life span. **Although 30 is the standard cutoff score.**

Items included in Psychopathy check list-Revised

- ☐ **Absolute disregard for the rights of others**
- ☐ **Conning and manipulative** (deceitful)
- ☐ **Pathological Liar** (habitual liar)
- ☐ **Impulse control problem**
- ☐ **Irresponsible**
- ☐ **Sexually promiscuous (at the same time having relationships with more than one woman)**
- ☐ **Poly drug use**

(Poly drug use is using more than 3 drugs excluding cigarettes and tea. If using 6 different drugs, score of 2 is specified if using drugs in between 3-6, score of 1 is given. Less than 3 score of "0" is awarded.

- ☐ **Thrill seeking**
- ☐ **Multiple crime types**
- ☐ **Conduct disorder as minor** (having history of running from home as a youngster or/ school expels e.t.c)
- ☐ **Lack of empathy (inability to feel, what others are feeling)**
- ☐ **Lack of remorse (no feeling of guilt)**

Different versions being developed like screening version, women and young offender's version e.t.c

Psychopathy check list – Screening Version

The original *Hare Psychopathy Checklist Revised (PCL-R)* has become the standard assessment measure for forensic populations. However, many professionals requested a brief instrument that has high validity and high reliability ratings similar to the complete Hare PCL-R. The Hare PCL:SV was not designed to replace the PCL-R, but to offer a tool to screen for the possible presence of psychopathy in politicians, bureaucrats and senior executives. This checklist measures the presence of following traits and scoring method is done on similar grounds using three point scale of 0-3.

- ☐ **Superficial Charm**
- ☐ **Grandiose**
- ☐ **Deceitful**
- ☐ **Lacks Remorse**
- ☐ **Lacks Empathy**
- ☐ **Doesn't accept responsibility**
- ☐ **Impulsive**
- ☐ **Poor behavioral controls**
- ☐ **Lacks goals**
- ☐ **Irresponsible**
- ☐ **Adolescent anti-social behavior**
- ☐ **Adult anti-social behavior**

Psychopathy check lists for women

The PCL-R has been used with only a few samples of female offenders. Early indications from several studies are encouraging. Thus far, it appears that the distribution of scores and reliability are comparable with those obtained in male samples. However, it appears that several items may not be as useful with female offenders as they are with male offenders (Hare, 1990).

Psychopathy check list for young offenders

Although the PCL-R was developed for use with adults, there is evidence from a study conducted by Forth, Hart, & Hare (1990) indicating its use in the assessment of psychopathy in young male offenders.

Need of differential diagnosis in forensic settings

Diagnosis of personality disorder is usually individualized but a problem in forensic psychology is that we need very fine and clear diagnosis. Being already biased due to the referral information, a Forensic Psychologist is more likely to use only one checklist measuring Borderline Personality Disorder or Asperger's syndrome or Antisocial Personality Disorder, many time people are diagnosed in different category (although having another personality disorder) and the most misunderstood diagnosis is Asperger's syndrome that is confused by the ASPD.

During my experience while working with incarcerated individuals with the labels of anti social personality, I realized that they are not really antisocial rather they are Aspergers and had been used and manipulated by the other people. Because of their inability to understand social norms and surroundings, they were assumed as having lack of empathy and remorse. Though it is true that some similarities between the two conditions do exist, there are vast differences, few of them are illustrated below

Similarities between Psychopaths and People with Asperger's Syndrome

The things that people with Asperger's Syndrome and ASPD have in common are that those with either condition are often intelligent and gifted in some ways. You can't tell someone has Asperger's Syndrome merely by looking at them and you can't tell that someone is a ASPD merely by looking at them. Symptoms of both only appear when you get to know that person or when you have dealings with them. Neither a ASPD nor someone with Asperger's Syndrome is out of touch with reality.

Both can make comments which upset other people, though with a Psychopath it is often calculated to be upsetting and hurtful, or they may not care one way or the other that they have upset someone's feelings. Someone with Autism or Asperger's Syndrome will say such things because they don't understand the invisible but complex rules governing social interaction that Neuro-Typicals take for granted.

Both lack sense of empathy and remorse although ASPD are emotionally numb but on the other hand AS are unable to express their feelings according to the societal fashion.

Differences between Psychopaths and People With Asperger's Syndrome**Innocence vs cunning**

A clear distinction is present that Aspergers are very innocent people and not cunning and manipulative like Antisocial personalities. People with AS are not manipulative. They are too rigid in their thinking to be opportunistic. They find it hard to be something they are not and don't possess social intelligence. They are so innocent that if they are found in forensic settings that are due to the manipulation/exploitation of other criminal personalities.

Many ASPD typically get kicks and enjoyment out of doing things such as attaching bangers to tails of Dogs or Cats or torturing animals or bullying younger children. When they describe the event, they can get sexually or emotionally aroused by reliving the moment. This type of behaviour would be unpleasant to most people with Asperger's Syndrome, who are usually law abiding and if they ever do commit crimes, it is because someone has tricked them into it or have said they would be friends with the person with AS if they do it, or in some cases, to gain revenge on someone who has committed an offence against them.

For instance, once an antisocial used an Asperger to trap children from park for sexual abuse and in response that anti social used to give him some thing to eat or small amount of money. When police arrested both of them, they labeled both as Antisocial Personalities. But once labeled as psychopath, all of their innocent acts are perceived as frauds and deceitful behaviours. So, need of an accurate diagnosis is very essential.

In fact, the crime of AS would be almost comical, if it wasn't so serious, to watch their bungling, inept responses when they get caught, and how they would react in a Police station. This would contrast with the responses of a ASPD if caught, who would often display no emotion and would rationalize or justify their actions, although again, they have been known to fake mental illness if in extremely severe trouble or when they know they have been cornered and there is little chance of getting away with something.

Pathological lying

As compared to pathological liars, Aspergers can not lie. Even they do not understand the typical language of jokes.

Poly drug use

In Aspergers use of multiple drugs is found. But unlike Anti social, they don't use drugs for thrill seeking but they learn drug use as a rule to avoid worries and problems. AS are isolated because of their poor social skills and narrow interests. They may approach other people, but make normal conversation impossible by inappropriate or eccentric behavior, or by wanting only to talk about their singular interest. Drug use is found as a rule to escape from such worries. They easily quit drug use once they are convinced that it is illegal and against rules.

Obsessive interests

One quality to distinguish Aspergers from Antisocial is their obsessive interest like radio listening, enjoying fire or collecting things of some specific colour etc.

Usually AS do not commit **multiple type of crimes**.

Treatment of Asperger's Syndrome and Anti Social Personality Disorder

Treatment of Asperger's syndrome is not possible because in my opinion it is not a disorder. They are born different with superior qualities and intelligence and Allah have sent them to become good scientists. They follow "**rule governed behaviour**" and science is to find the hidden rules about universe. AS want to know everything about their topic of interest and their conversations with others will be about little else. Their expertise, high level of vocabulary, and formal speech patterns make them professors.

- ☐ **Aspergers vs ASPD, BPD, PD in general**
- ☐ **Naiveté vs cunning**
- ☐ **Misunderstanding vs malice**
- ☐ **Lack of remorse common**
- ☐ **Lack of empathy common**

RISK ASSESSMENT**Objective**

- ☐ **To understand the use of violence reduction scale for the assessment of recidivism.**
- ☐ **To understand the static and dynamic factors of VRS**

When people come into contact with the criminal justice system, they pass through several stages of processing. At each stage, an individual's risk of re-offending is assessed by criminal justice workers. Risk assessments are performed by justice professionals on a daily basis: pre-trial, before sentencing, when determining security level in custody, prior to release, and after breaches or critical incidents occur (Hart, 1995). These assessments can be either formal or informal in nature.

Risk assessment is fundamental to the criminal justice process because it is a means for distinguishing between offenders who are likely to re-offend and those who are at a lower risk for recidivism.

Violence reduction scale

Risk assessment and prediction have become an important part of forensic practice for many psychologists and non-psychologist practitioners. The VRS (Wong & Gordon, 1999- 2003; Wong & Gordon, 2006) is designed to integrate the assessment of risk, need, responsivity and treatment change into a single tool. It assesses the client's level of violence risk, identifies treatment targets linked to violence, and assesses the clients' readiness for change and their post-treatment improvements on the treatment targets. Treatment improvement or is designed based on the risk, need and responsivity principles. It is intended for use by scientists/practitioners to assess and predict the risk of violence, to measure changes in risk after treatment, and to make treatment decisions.

VRS addresses two types of factors:

- **Static Risk Factors**
- **Dynamic Risk Factors**

Static factors refer towards the things that can not change like the child hood history of criminal.

Dynamic factors refer towards the changeable factors like if a person is taking heroine as a drug, once he decided to quit and quitted the addiction so risk factor is eliminated.

PCL-V receives the criticism that it only gives the estimation of severity of the problem and does not address the treatment. VRS eliminate the criticism by emphasizing the dynamic factors. So, to work on changing aspects and if things got change, risk factor minimizes.

The VRS uses 6 Static and 20 Dynamic variables .The VRS Static and Dynamic variables are rated on a 4-point scale (0, 1, 2 or 3) based on a careful review of file information and a semi-structured interview. The VRS static variables can predict general and violent recidivism, but remain unchanged with treatment. Higher ratings on the **static variables** indicate worse "track records" of dysfunctional and anti-social behavior.

The **Dynamic variables**, such as interpersonal aggression and criminal attitudes, are changeable risk predictors; they can be used as treatment targets and can measure changes in risk. Higher ratings (2 or 3) of Dynamic variables indicate that the variables in question are closely linked to violence and, therefore, are appropriate targets for treatment.

The **sum of the ratings** of the Static and Dynamic variables reflects the client's level of violence risk; the higher the score, the higher the risk. In selecting clients for treatment, those with higher VRS scores should be appropriate candidates for higher intensity intervention.

Now let's begin with the description of static factors of VRS.

Static Factors

Few Static Factors are listed below:

- ☐ **Current Age**
- ☐ **Age at first violent conviction**
- ☐ **Number of young offender convictions**
- ☐ **Violence throughout lifespan**
- ☐ **Stability of Family upbringing**

How these factors are scored while using VRS?

Current Age

There are lesser chances that an old man would commit violence. So if the person is 45 years or above score of 0 is given.

Current Age	Score
45 or above	0
40-44	1
30-39	2
Below 30	3

Age at first violent conviction

First case in court that resulted in some kind of conviction also determine future violence risks. Researches have shown that if the first offence was committed at the young age there are more future risks of violence. So, high score is given to the age below 15.

Age at first violent conviction	Score
30 or above	0
20-29	1
15-19	2
Below 15	3

Number of young offender convictions

In this category frequency of convictions at the young age are scored to determine future risks.

Number of young offender convictions	Score
No convictions	0
1 conviction	1
2 convictions	2
3 or more	3

Violence throughout lifespan

If a person is not habitual of violence and only committed a single crime there could be many reasons and motives for that particular offence, such individuals are at low risk for further violence. But if the violence is the pattern of the some one's life then there are more chances that he will commit violence after releasing from prison. So a score of 3 is awarded to such people.

Violence throughout lifespan	Score
Generally no violence	0
1 crime	1
2 or more crimes but do not fit in any pattern	2
Violence is the pattern of life	3

Prior Release Failure or Escapes from jail

In similar way prior release failures and efforts to escape from prison are rated as 0,1,2,3.

Stability of Family upbringing

If person is brought up with good parenting, 0 scores are given.

Dynamic Factors

Dynamic factors have been found to predict recidivism as well as, or better than, static factors and are found more helpful in treatment. These factors are also measured during process of therapy. It is knowledge of dynamic factors that is necessary in order to assess changes in an offender's risk level. Dynamic factors from VRS are listed below. These factors are also scored in the same manner as the static factors are scored.

Stability of Family upbringing	Score
Good upbringing	0
Quarrels of parents in childhood but resolved later in life	1
Through out tension in family, unresolved and constant stress	2
Separation of parents and very upsetting environment (e.g. living with father and mistreatment of step mother)	3

1. **Violent Lifestyle** (like having frequent quarrels with other co prisoners can also determine future risks)
2. **Criminal Personality** (if test scores determine that person has any personality disorder they are more likely to re-offend)
3. **Criminal attitude**
4. **Work Ethic** (this factor is very good predictor as the individual who has non serious attitude towards work is more risky then the person who is seriously and devotedly accomplishing the work)
5. **Criminal Peers** (if person keeps bad company there is more risk of future violence and if the person has company of good people then he is more likely to spend a non violent life afterwards)
6. **Interpersonal Aggression**
7. **Emotional Control**
8. **Violence during institutionalization**
9. **Weapon use**
10. **Insight into violence** (If one admits that one has committed some thing wrong and have insight of his crime then less chances of future violence)
11. **Mental Disorder** (although mentally ill people do not commit crimes but some time their severity of mental disorder can also predict the future behaviour)
12. **Substance Abuse** (substance abusers are at very high risk of future recidivism. Because one can commit several type of crimes either to get drugs or under influence of those drugs)
13. **Stability of relationship with significant other**
14. **Community Support** (the degree of support from family, neighbors and relatives is also measured and can predict the risk of recidivism)
15. **Released to high risk situation**
16. **Violence cycle**
17. **Impulsivity**
18. **Cognitive Distortion**
19. **Compliance with community supervision**
20. **Security Level of anticipated release institution**

TREATMENT OF VIOLENT BEHAVIOR / PERSONALITY PSYCHODYNAMIC PSYCHOTHERAPY

OBJECTIVES:

- ☐ To get an insight about the stages of change
- ☐ To understand the use of violence reduction scale, integrating the risk assessment and change measurement together for therapeutic purposes
- ☐ To understand that while using VRS, How we actually measure change
- ☐ To find the answer that how psychodynamic model works for the treatment of violent criminals

Topics from previous lectures

Stages of Change

The Trans-theoretical Model of Change or the **Stage of Change Model** was developed by **Prochaska et al, 1992**, it addresses the issue of treatment readiness, treatment change and the need to match treatment delivery to client readiness. The model postulates that individuals who modify their problem behaviours progress through a series of five stages:

1. **Pre-contemplation**
2. **Contemplation**
3. **Preparation**
4. **Action**
5. **Maintenance**

Pre-contemplation

Is marked by absence of any desire to change. Criminals in the pre-contemplation stage have neither insight nor intention to change in the foreseeable future. They are often in denial and blame external factors. Do not consider crime as something bad. Like a chain smoker denying the adverse effects of smoking on health.

Contemplation

Those in the contemplation stage are fence-sitters; they acknowledge their problems but have shown no relevant behavioural change: 'all talk, no walk'. But at least in this stage they have started thinking about the change. Like a smoker has started thinking about quitting the smoking, although no behavioural step is taken yet.

Preparation

Those in the preparation stage combine intentions to change with relevant behavioural changes to address problems. However, changes tend to be recent and/or quite unstable. (e.g. cutting down the number of cigarettes)

Action

Those in the action stage actively modify their behaviours, attitudes and environment to address their problems; overt behavioural changes are made, commitments followed through and energies expended to change. (a smoker has completely quit the smoking but only three to six months have passed so we can not say that he will maintain his behaviour)

Maintenance

In the maintenance stage, the desired behaviour is maintained over a long period of time like one year or more. Relapse prevention techniques are used to consolidate, strengthen and generalize the gains made in the action stage.

Treatment is a process of change. The primary goal of correctional treatment is to bring about positive changes in criminogenic needs leading to risk reduction. Treatment changes must be assessed objectively and systematically to determine the amount of risk reduced. Assessment and treatment must be closely integrated: assessments of the clients' risk, need and responsivity should inform treatment providers of *who* to treat (risk principle), *what* to treat and *how* to deliver treatment, in particular to treatment-resistant clients. Clinicians who provide correctional treatment require the appropriate tools to assess risk, needs, responsivity and treatment readiness, and to measure treatment change.

The VRS was developed by **Wong & Gordon, 2006** and is designed to **integrate the assessment of risk, and treatment change into a single tool**. It assesses the clients' level of violence risk, identifies treatment targets linked to violence, assesses the clients' readiness for change and their post-treatment improvements on the treatment targets. Treatment improvement or lack thereof is linked to quantitative changes in violence risk.

Qualities of Violence reduction scale

The VRS allows the practitioner to exercise reasonable clinical discretion while maintaining structure and scientific rigor. This scale is one of the best, as it integrates the idea of risk assessment and change measurement together for therapeutic purposes.

- ☐ It provides a **quantitative measure of the risk** of violent recidivism of forensic clients, in particular, those who are to be released from an institution to the community
- ☐ It **uses both static and dynamic variables** that are empirically or theoretically linked to violence to assess and predict violence.
- ☐ Identifies **treatment targets** linked to violence; dynamic variables that receive high ratings (rated 2 or 3) are considered relevant treatment targets.
- ☐ It uses the well established Transtheoretical Model of Change to **assess change as a function of treatment** linking changes in treatment to changes in risk.
- ☐ It identifies the **client's stages of change (treatment readiness)** which tells the service deliverer what therapeutic approach to take that would maximize treatment efficacy.
- ☐ It allows service deliverers to assess **pre- and post-treatment risk levels**.

How Do We Actually Measure Change?

- ☐ **Move from one stage to the other is measured as a decrease of one point**
- ☐ **Total change in dynamic factor is added together.**
- ☐ **Sum of the all change points is taken as measure of change.**

In addition, according to the Transtheoretical Model of Change, the client's ideal behaviours at each stage of change should be matched with appropriate intervention: the responsivity principle. As such, assessment of the client's stage of change also identifies the most appropriate therapeutic approach to take. A brief summary of therapist tasks that correspond to each stage of change follows:

Pre-contemplation

The therapist should: focus on developing a working alliance, enhancing motivation for change and engagement in treatment; raise doubts and create dissonance regarding the client's current functioning

and his hopes of achieving future goals; use cost-benefit analyses to highlight the cost of criminal behaviour.

Contemplation

The therapist should: tip decisional balance; evoke reasons to change in order to reduce dissonance; strengthen the client's confidence to effect change (i.e. increase self-efficacy).

Preparation

The therapist should assist the client in: determining the best course of action to change; setting and achieving shorter-term behavioural goals that are planned, observable, measurable and relevant; highlighting successes and emphasizing change potential.

Action

This is the main skill-teaching and skill-building phase of treatment. The therapist should assist the client in strengthening skills through over practice and reinforce client's self-efficacy in problem-solving and achieving treatment goals.

Maintenance

The therapist should: assist and encourage the client to practice and generalize learned skills to new and challenging situations by providing access to such situations; identify strategies and interventions to prevent lapses and relapses. Obviously, strengthening and reinforcing the client's self-efficacy is important whenever the client takes steps to make changes, regardless of the stage of change.

How to treat a violent personality?

Gordon & Wong, 2000 developed a program with the Integration of assessment and treatment of violence-prone offenders. A risk reduction focused correctional treatment program for violence prone forensic clients.

We have discussed different psychological models of violence. Now we will discuss that how these approaches can help in treating a violent, criminogenic personality.

Psychodynamic model

Psychodynamics provides a unique opportunity for therapist and patient to discover and to explore the violence, both conscious and unconscious. We have discussed in detail the basic concepts of this model; now will view the application of those concepts into forensic psychology.

Freudian assessment

Using a psychodynamic approach, clinician may assess through **HTP**. As discussed earlier, individual is asked to draw a house, tree and person and then those drawings are interpreted. No special equipment is required for this test.

House drawing represents family

Tree drawing tells about the ego strength and growth potential.

While drawing of **person** depicts the self esteem and ego strength.

Two qualities /benefits of using this test are that:

1. **It not only allows assessing the personality.**
2. **But also permit to begin communication in a meaningful way.**

HTP is a very good test to start a therapeutic relationship, because it permits a window into the soul of the person. On one hand therapist is communicating with criminal so working toward making a rapport on the other hand by interpreting the drawings treatment targets are identified like if the ego is too much strong are weak, steps are taken to balance them.

The primary use of the HTP, however, is related to the qualitative scoring scheme in which the test administrator subjectively analyzes the drawings and the responses to questions in a way that assesses the test taker's personality. For example, a very small house might indicate rejection of one's home life. A tree that has a slender trunk but has large expansive branches might indicate a need for satisfaction. A drawing of a person that has a lot of detail in the face might indicate a need to present oneself in an acceptable social light.

Other methods of interpretation focus on the function of various parts in each of the drawings. In the house drawing, the roof might represent one's intellectual side, the walls might represent the test taker's degree of ego strength, and the doors and windows might represent the individual's relation to the outside world. In the tree drawing, the branches might indicate the test taker's relation to the outside world and the trunk might indicate inner strength.

One crucial thing for consideration is the **cultural differences** in interpretation of HTP, a chimney on roof with smoke may indicate warmth and satisfaction in England but the same drawing has totally different indication in our culture, smoke can points to the aggressive and violent environment of family.

Common sense is more important then the HTP manual in forensic settings.

While heeding a psychodynamic approach, a clinician will also explore the following phenomena and will estimate the severity of problem. We are not going to dwell on description of these concepts as we have already discussed in detail.

Psychosexual stages (how individual developed and what was the surrounding environment and family attitude toward child)

Fixations at different stages

Oedipal conflict (relationships with father , mother are analyzed)

The role of defense mechanisms (which defense mechanism is person using more frequently like blaming others all the time, or rationalizing e.t.c)

Personality factors (presence of any personality disorder is identified as individuals with PD are comparatively difficult to treat)

Starting therapy

In psychodynamic methods, focuses on the depth and breadth of the clinical experience itself: entering into the inner world of patients and their object relationships, meeting and facing feelings as they emerge within transference and the countertransference. No relationship starts with out transference and counter transference. A therapist needs to be alert and attentive to resolve the transference counter transference issues.

Transference

Transference is the client's unconscious redirection/projection of feelings for one significant to the therapist. (Perceiving therapist as father or mother)

Counter Transference

From a psychodynamic perspective, countertransference is an inevitable part of all patient-therapist contact. In its broadest sense it means the therapist's emotional response, which stems both from the specific relationship with the particular patient and from the character and disposition of the therapists personal life. Conscious countertransference can usually be controlled and may shed useful light on aspects of the patient's personality and ways of relating. Clearly, it remains an essential task for the clinician to meticulously observe the inner feelings after every session and discuss under supervision to crystallize the vision.

Therapeutic relationships

Once the therapist has resolved the all transference and countertransference issue and fantasy relationship evaporates, the real therapeutic relationship emerges.

Techniques**Following techniques are used:**

Free association (client is asked to express what ever comes in mind with out any censor)

Dream interpretation (earlier dreams are considered as current state of mind and later dreams in therapeutic process are considered as a change that has occurred as a result of therapy)

Re-parenting

Is the emotional support from therapist (will discuss in detail in next lesson)

JUNGIAN THERAPEUTIC MODEL**Objective**

- ☐ To understand the re-parenting technique of neo-Freudians
- ☐ To get an idea that how a therapist with Humanistic approach incites in forensic settings
- ☐ To explore that how art therapy can help to treat offenders

Topic from previous lecture**Psychodynamic therapy****Psychodynamic Techniques**

- ☐ Free association
- ☐ Dream Analysis
- ☐ Re-parenting

Re-parenting

Re-parenting methods are a subtext of both Attachment Therapy and Therapeutic Parenting. And many practitioners treat a criminal of any age as an infant. The therapist becomes the **patient's surrogate parent** to make up for the terrible job her real parents did. They provide emotional support, love and care to the wounded inner child of a criminal.

Limits of re-parenting

At the same time Inner child support and reparenting has its own limits, for one hour the surrogate parent will provide the support but like father/mother has to go for their jobs and daily chores, a clinician "Terminate of session".

Through this reparenting the traumatic and abusive experiences of childhood are corrected and this phenomenon is called **Corrective emotional experiences**.

Formulation vs Interpretation

It is not necessary from clinician's side to interpret the all issues of transference, counter transference, dreams and then discuss with the client rather some time many individuals do not possess enough intelligence, education and aptitude to understand the interpretations. So, clinician bears the responsibility to understand the interpretations and situation then use common sense to formulate the therapeutic process accordingly.

Point to remember! Assessment and therapeutic process work in continuum. While drawing house, tree or person the discussions that take place, results in transference/counter transference and then real therapeutic relationship emerges.

Jungian Therapeutic Model

It should be noted that diverse mixtures of components of various models can be found in forensic settings, and sometimes such mixtures or admixtures are called "multimodal" programs, like assessment is being made by estimating the ego strengths and at the same time archetype constellation is being measured (which archetype is dominant in personality).

Jungian Analysis**Is done with the help of followings:**

- ☐ Examining archetypal constellations
- ☐ Personality types Extrovert-Introvert
- ☐ Assessing Functions
 - ☐ Sensation
 - ☐ Feeling

- ☐ Thinking
- ☐ Intuition

Archetypal Constellations

Archetypal dominance is assessed, and if it is found that shadow is dominant, help from hero is sought and appeal is made to that archetype. In some cases Hero archetype is dominant (very self less and fighting for societal causes. Robin Hood is a perfect example for Hero archetype) in this situation the persona archetype is developed to make a non violent personality.

Personality Typologies

A clinician using Jungian approach may also take into consideration the personality type of the person. And then treatment targets are set accordingly.

Active Imagination

This method is based on that we all talk to ourselves, but we sometimes do that as part of a negative cycle of worry, blame, or guilt. Active imagination personifies the "parts" of us that are talking -- with the presupposition of creating more clarity or even resolution that might not be possible in real situation. Anything might stimulate active imagination. You might be seeking clarity on a key decision, or you might be puzzled by an emotional reaction you've had about a dream. While using to treat offenders, they are asking to actively imagine the situation that triggers disturbance and then solve problem in imagination.

Art Therapy

Carl Jung introduced the process of drawing or art making in his treatments. According to the American Art Therapy Association, art therapy is based on the belief that the creative process involved in making art is on a basic level healing and life-enhancing. Art can be used to assess the criminogenic personality along with many other techniques. Like if a person draws lines by gravely pressing the paper, it indicated his intense feelings and anger. On contrary side if a person draws very light almost invisible lines, it shows low self esteem. For instance I asked a client to draw her favorite animal. She drew a lion I could not found any kind of lion in that drawing rather it was a picture of human body on limbs and complete human features. Then after probing her it was explored that she had inability to express anger. As discussed earlier unexpressed anger can built rage and can erupt like a volcano .it is essential to **express anger in nice way**. After wards she was given treatment with emphasis on how to express anger in suitable way.

Use and selection of different colours used in drawings can also help in understanding psychological states.

GROUP THERAPY FOR OFFENDERS**Objective:**

- ☐ **To know that how group therapy works**
- ☐ **When, where and with whom is GT more beneficial**
- ☐ **To understand that how different approaches work in group settings**
- ☐ **To get an insight about the disadvantages of GT**
- ☐ **To intimate with the benefits of GT for therapist**

How Group Therapy (GT) Works?

“A form of psychotherapy where there are multiple patients led by one or more therapists”

The presence of two or more therapists is important in Forensic settings because:

- ☐ **To manage a group of people , who are violent and aggressive**
- ☐ **Another purpose is the supervision, unlike GT, situations involving individual therapy usually supervisor is out of the room.**
- ☐ **Presence of another therapist facilitate the therapeutic process and can provide *Feed Back***

Group therapy is very diverse. There are two general ways of categorizing group therapy, by the time limits set on the duration of the group, and by the focus of the group and the way group members are selected. Psychologists with different theoretical training will use group therapy for many different types of psychological problems and concerns like:

- ☐ **Substance Misuse Treatment**
- ☐ **Anger Managements**
- ☐ **Thinking and Problem Solving**
- ☐ **Sex Offender Treatment**
- ☐ **Music Therapy**
- ☐ **Art Therapy**

When, where and with whom?

When, where and with whom is group therapy effective? A crucial thing to remember is that GT is not alternative of Individual therapy, just to economize the therapy. A forensic psychologist must foresee the real need of GT. Is GT is more effective for that particular individual or not? For instance if an offender or an individual with Asperger's syndrome, who hate the presence of other people around, so imagine if a therapist gathers a group of such people what will be the result, absolutely hoax and banging situation!

Behind the prescription of GT there must be a solid reason. Usually in Forensic settings, groups are established when incarcerated individuals are ready for group interaction and half of the treatment is already done.

Learning in Groups

As discussed earlier different approaches significantly differ from each other. While working with groups basic concern does not alter, the only difference is that here the gravity of therapeutic process is not only the treatment and behaviour of one individual. Now let's understand that how different approaches work in group scenario.

Psychodynamic Groups

Psychodynamic groups are based on the same principles as individual dynamic therapy and aim to help people with past difficulties, relationships and trauma as well as current problems. They aim to do this with the help of the whole group of up to eight people plus one or two facilitators.

Groups are based on the principle that groups themselves are helpful, supportive and enabling to people and that the whole group can be involved in change and understanding. Group therapists believe that everyone attending a group has strengths and can contribute.

Offenders and ASPD are incompatible to their original group and legal system; it means that an individual is like a single piece of the jigsaw, without much meaning on its own. On joining a therapy group the individual tries to reconstruct the original jigsaw of his family, shaping the other people to fit.

In Individual psychodynamic therapy (IPT), therapist analyze transference, counter transference and general behavior and assumes that client have similar behavioral pattern with other relations in non therapeutic conditions. (relationship with siblings, parents and family). In GT family replicate other group members (six or more people like siblings fighting to grasp the attention of parents) If all such problems are solved then a healthy relationships emerges as a result and healthy societal manners are adopted by the group members.

Humanistic Groups

HGT takes an entirely different point of view from psychodynamic approach, according to humanistic view in offender's group therapy; we have a bunch of people learning to grow together. Therapist cultivates the environment of respect and acceptance. It is made cleared therapist set a rule at the start of GT that irrespective of the whole crimes and wrong deeds, group has to give respect and acceptance to each other. Now imagine a group of offenders who have been indulged in different kinds of crimes through out the life (may have involved in violent activity, rape, murder, child molestation and so on) so according to the preset rule they are not suppose to frown while listening to others rather have to nod. In this way the atmosphere of respect and acceptance is elicited.

When criminals share the darkest and ugliest parts of their criminal lives, the therapist and other group members are not just listening with attention but also irrespective to all their deeds, giving them regard as a human being. In this atmosphere criminal learn to regard, accept and honor other people and a healthy interaction emerges.

Cognitive Behaviour Therapy Based Groups

A minimum educational level is required for this therapy because clients and therapists work together, once a therapeutic alliance has been formed, to identify and understand problems in terms of the relationship between thoughts, feelings and behaviour. The approach usually focuses on difficulties in the here and now, and relies on the therapist and client developing a shared view of the individual's problem. This then leads to identification of personalized, usually time-limited therapy goals and strategies which are continually monitored and evaluated.

Social Skills Groups

These group therapies are conduct in class room like situations. Social-skills training helped reduce suspiciousness and facilitate healthy interaction among inmates and staff as well. In which people are trained social skills like how to say "no" with out fighting with others.

Assertiveness training

A polite but assertive 'no' to excessive requests from others is taught to enable offenders to promote balance in life with out fighting. Assertive communication can also help in handle difficult family, friends and co-workers more easily, reducing drama, violence and stress.

Anger management skills are also taught in this group training
Better ways to handle frustration/anger

- ☐ **Counting to 10 before reacting**
- ☐ **Distracting oneself to a pleasurable task**
- ☐ **Learning an internal dialog to cool oneself down and reflect upon the best course of action**

Acceptable ways to resolve conflict are also part of social skill trainings, like

- ☐ **Using words instead of physical contact**
- ☐ **Seeking the assistance of the teacher or conflict resolution tea**

Psycho-education Groups

These groups are also based on class room format, people are taught about their emotions, difficulties and their remedies. This type of psychoeducation is a some times family-based treatment modality that typically begins by attempting to form a collaborative relationship between the therapeutic team and family members. In general, psychoeducation efforts are designed to teach family members about a given mental disorder, its course, prognosis, medications, and management. At times, such education is provided to individual families, whereas at other times it is offered in a multi-family workshop.

Disadvantages of Group therapies in forensic settings

Along with many advantages, major disadvantages of GT include:

- ☐ **Much gain is not available if offender is not willing/ready for group therapy**
- ☐ **GT is absolutely not recommendable for individuals with Asperger's syndrome, as they hate company of others.**
- ☐ **GT is not beneficial with the group of severe mental disorders.**

Group Therapy of Therapists

Can we run groups of therapists, staff and doctors e.t.c? Personally I found it very beneficial as a group discussion takes place with usually a senior and experienced therapist. Therapist gets strength, feed back and suggestions from such groups. A person who is continuously working with offenders who have been involved in devilish nature of crimes and as a human being it is really difficult to work with them maintaining an unbiased positive attitude. So in such condition analysis of counter transference and discussion can be very helpful. Techniques of art therapy are used to understand the internal mental and unconscious processes of therapist for better understanding. **Psychodynamic is the best approach for therapy of therapist**, no matter from which perspective therapist is.

PSYCHOTHERAPIES IN FORENSIC SETTINGS**Objectives**

- ☐ **To explore the effective psychotherapies, used frequently in forensic area**
- ☐ **To understand the basic assumptions and application of systemic intervention in group settings**
- ☐ **To find out the use and effectiveness of family therapy**
- ☐ **To unveil the basic assumptions, and application of Narrative therapy**

Systemic Interventions Therapy

SIT considers the importance of system in which an individual is living. No one can live in a vacuum. Although In Individual Therapy, not minimizing the importance of society but focus is on one individual. SI occupies the idea that no single being can form the whole system. Man is a part of society; any offender is not solely responsible for the criminal acts.

SIT is an intensive family- and community-based treatment that addresses the multiple determinants of serious antisocial behavior. The multisystemic approach views individuals as being nested within a complex network of interconnected systems that encompass individual, family, and extra familial (peer, school, neighborhood) factors. Intervention may be necessary in any one or a combination of these systems.

SIT considers human relationship dynamics to help people change dysfunctional or unhealthy aspects of human relationship systems. It postulates that if one representative of a human system can recognize and change dysfunctional patterns, other members of that human system can also change.

For instance a man leaving in indigent condition with wife working as maid for house holds of other people. Both face the cruel and inhuman behaviours of their employers with insufficient working conditions (working out side in hot summer), man had a row with co worker and injured him badly. many times childhood, past experiences are not that much important in violence than the current system and conditions. SIT occupies the idea that one individual is not separate from system so, transform the system for violence and crime reduction.

1. First of all SIT **Analyze the system, in which person is living.**
2. **Working with staff** (working conditions, salary, temperature, degree of consistent humiliation from employer is analyzed) if person is already incarcerated then prison staff can be trained accordingly. There is a crucial need to transform our jail system, as this place has become den of crimes. The real aim of jail was to educate the criminals so when they come out of jail would live with enough skills and earnings. But perversely prisons have become the first places like where:
 - ☐ **Offenders use drugs first time**
 - ☐ **Homosexuality**
 - ☐ **People learn to make contacts with other gangs and become serial murderers, terrorist and so on.**

So if we know that a problem exists then why do not try to change prison system? SI approach knows the reality that the whole jail system would not change over night into university. So SI advocates a gradual and step by step approach.

To employ SI ideas two things are important:

- a. **You should belong to that group in some way in which changes are required**

b. Spend a lot of time in listening and responding to the problems with consistency.
Training and education at following levels are targeted in Systemic intervention approach

3. Running staff training groups

Trainings to senior officers, decision makers can help in gradual change.

4. Educating managers

5. Workshops for relatives/friends

6. Using groups as pivots

Family Therapy

Another name of systemic intervention is family therapy and therapist usually meets several members of the family at the same time. This has the advantage of making differences between the ways family members perceive mutual relations as well as interaction patterns in the session apparent both for the therapist and the family. These patterns frequently mirror habitual interaction patterns at home, even though the therapist is now incorporated into the family system. Therapy interventions usually focus on relationship patterns rather than on analyzing impulses of the unconscious mind or early childhood trauma of individuals as a Freudian therapist would do. The transference and counter transference is meticulously analyzed.

- ☐ **The whole family becomes the client.**
- ☐ **Interaction is observed.**
- ☐ **Therapy is also provided**
- ☐ **Family is asked to maintain a life history book of family, so as a result the whole family works together and many times solutions become easier because of mutual interaction and understanding.**

Narrative Therapy

NT is developed by Michael White who intensively worked with severe offenders/criminals. Michael believes that we live in our stories and make small scripts through out the life.

'Narrative therapy is premised on the idea that the lives and the relationships of persons are shaped by:

- ☐ **The knowledge and stories that communities of persons negotiate and engage in to give meaning to their experiences**
- ☐ **Certain practices of self and of relationship that make up ways of life associated with these knowledge and stories.**
- ☐ **Most criminals have negative stories so living an unlawful, unethical, inhuman life.**

A narrative therapy assists persons to resolve problems by:

- ☐ **Encouraging persons to re-author their own lives according to alternative and preferred stories of identity, and according to preferred ways of life.**
- ☐ **Enabling them to separate their lives and relationships from those knowledge and stories that they judge to be depriving**
- ☐ **Assisting them to challenge the ways of life that they find quashing.**

How to rewrite the life stories?

Therapists try to re author the client's stories with the help of:

a. Questions

b. Compliments

This is not as easy as it seems, but therapist tries to enhance the positivity of a criminal and every person experiences create many different stories in their life. These stories may be separate from each other, but often they occur at the same time or even overlap. It is even possible that the same event creates many different stories in a person's life. No single story can summarize a person's life, and so many stories and examination of these stories is required to help understand the person telling them. Narrative therapy finds ways of developing insight into the stories of the client's life. A therapist using narrative therapy is interested in the history of their client. They are searching for an in depth account of the problems that are affecting the client's life. Narrative therapy is sometimes identified as having the client "re-authoring" or "re-storying" their experiences. These descriptions emphasize that the stories of people's lives are pivotal to an understanding of the individual.

Phases of narrative therapy

The basic assumption of NT is that people are the experts of their own lives. When they examine themselves they view their problems as separate from themselves. Within Narrative therapy, people's beliefs, skills, principles, and knowledge will assist them in reducing the severity of their problems in their lives.

Therapists can assist their clients in telling their story by acting like an **"investigative reporter"**. The person who is telling the story is intimately aware of the story they are about to tell to the therapist.

Opening space questions

Asking the client about the time when he/she was happy. Therapist tries to explore the glittering, bright and shiny period of life. There must be an era, a phase when stars were shining in the lives of those criminals, now habitual of viewing the world in the darkness of crime. So before problematic area we can find the opening space for our new positive, non-criminal, healthy story. This approach is contritely to other approaches as we are all the time focusing on childhood traumas, abuse, and other bad experiences of criminal's life.

The therapist, as an investigative reporter, has many options for questions in the effort of exposing the successes the client has accomplished against their problems. These questions can open an examination of how the problem has influenced the person's life and what aspects of the problem keep the client from having a productive non-criminal life. The therapist can also examine the characters in the client's story to determine which are helping the booster, those who are assisting the problem, and what are their plans in the story. (e.g who were the best friends in childhood and how the offender used to play and enjoy with them, description of favorite teacher, favorite birthday gift e.t.c)but remember in narrative therapy focus is on positive events and experiences and negative experiences are deemphasized.

Therapists have many options for questions that are helpful in discovering successes that the client has achieved. The therapist can help the client identify the aspects of their life that are unaffected by their current problem and discover why they are safe. The therapist can also look into client's issues and find what skills and knowledge they currently possess to combat the problem and establish new ways to strengthen these skills. Identifying the client's desires for a better life can also give insights on successes that has had over their problem, as well as views on how they would like their story to turn out

Developing stories questions

With all exploratory and investigative questions new stories are developed gradually, you will be surprised to find so many good things in violent, bad, evil minded offenders, anti social personalities and murderers. This therapy is no more mechanist rather artistic and humanistic.

Meanings and values questions

New meanings and values and vision of world is created through exploring and stressing on positive events and rewriting the story.

PSYCHOTHERAPIES IN FORENSIC SETTINGS**Objectives**

- ☐ **To understand the basic assumptions of Solution focused Therapy**
- ☐ **To know about use of miracle questions in Solution Focused Therapy**

Topic from previous lecture**Narrative Therapy**

Michael White theorized that we all are living out our stories and a criminal's story is full of aggression and violence. Therapist's work is to develop a connection in happy and positive events to rewrite more healthy non violent life story. Along with questions, compliments are used to boost the self esteem of client in NT. putting all happy, creative and positive events together, formulating a story client can be proud of.

Techniques:**Therapist's letter to client**

Therapist writes a letter to client telling him "firstly I was only aware of your bad and criminal activities, now after meeting you I have come to explore many new ripe and good qualities in your personality like you honor ladies e.t.c". But remember all complements should be genuine and true in nature.

Client is asked to arrange/maintain a **Life story book**, definitely a positive one.

Solution Focused Therapy

Solution Focused Therapy a radical, revolutionary development that was initiated in a very crucial time while working with drug abusers. SFT is one of a family of approaches, known as systems therapies. Solution focused brief therapy (SFT) is a type of talking therapy that is based upon social constructionist philosophy.

It focuses on what clients want to achieve through therapy rather than on the problems that made them criminals or drug abusers. The approach does not focus on the past, but instead, focuses on the present and future. The therapist uses respectful curiosity to invite the client to envision their preferred future and then therapist and client start attending to any moves towards it whether these are small increments or large changes. To support this, questions are asked about the client's story, strengths and resources, and about exceptions to the problem.

Solution focused therapists believe that change is constant. By helping people identify the things that they wish to have change in their life and also to attend to those things that are currently happening that they wish to continue happening, SFT therapists help their clients to construct a concrete vision of a *preferred future* for themselves. The SFT therapist then helps the client to identify times in their current life that are closer to this future, and examines what is different on these occasions. By bringing these small successes to their awareness, and helping them to repeat these successful things they do when the problem is not there or less severe, the therapists helps the client move towards the preferred future they have identified.

Solution focus is enhanced through miracle and scale questions.

Questions**The Miracle Question**

The miracle question is a method of questioning that a therapist uses to aid the client to envision how the future will be different when the problem is no longer present. Also, this may help to establish goals.

A traditional version of the miracle question would go like this:

"Suppose our meeting is over, you go home, do whatever you planned to do for the rest of the day. And then, some time in the evening, you get tired and go to sleep. And in the middle of the night, when you are fast asleep, a miracle happens and all the problems that brought you here today are solved just like that. But since the miracle happened over night nobody is telling you that the miracle happened. When you wake up the next morning, how are you going to start discovering that the miracle happened? ... What else are you going to notice? What else?"

Or a question for client with sleep disturbance would go like this "what was the last night when you slept a sound and undisturbed sleeping? What so special happened in the day that led to peaceful sleep?"

Client may answer "I woke up early in the morning that day, had proper breakfast, and then exercised in evening e.t.c" in this situation client itself is suggesting the solution. Then therapist might ask him what do you say if you start exercise daily?

There are many different versions of the miracle question depending on the context and the client.

In a specific situation with anger problem, the therapist may ask,

"If you woke up tomorrow, and a miracle happened so that you no longer easily lost your temper, what would you see differently?" What would the first signs be that the miracle occurred?"

The client (a child) may respond by saying,

"I would not get upset when somebody calls me names."

The counselor wants the client to develop positive goals, or what they will do, rather than what they will not do--to better ensure success. So, the counselor may ask the client, "What will you be doing instead when someone calls you names?"

Remember in SFT therapist is neither suggesting nor taking a position of expert, basic assumption is that clients are experts in their problems and solution, therapist works as facilitator. Use of questions and compliments is also frequent. Therapist asks very carefully worded questions, avoiding fantasy and dream rather stressing on action oriented steps.

Advantages of Solution focused and Narrative therapies

These therapies are infact effective and when we look at the states of different therapies while working with offenders, my own preference skewed towards these therapies because:

- ☐ **Effective problem solution**
- ☐ **Forward looking and realistic**
- ☐ **Provide a ray of hope**
- ☐ **Helpful and have curative nature**
- ☐ **Does not hang to give advice and lecture**
- ☐ **Very effective for offenders in short time**
- ☐ **Economical**

PSYCHOTHERAPIES IN FORENSIC SETTINGS

Objectives

- ☐ To understand the use of scale questions in Solution Focused Therapy
- ☐ To familiarize with some other common techniques, used in Forensic settings
- ☐ To understand the importance and application of humanistic therapy with offenders
- ☐ To have a look at the limitations of humanistic therapy

Scaling Questions

One of the most useful concept for a solution-focused therapy is the 0 to 10 scale, where 10 equals the achievement of all goals (perfect situation) and zero is the worst possible scenario/ disaster. The client is asked to identify his or her current position and the point of sufficient satisfaction. Within this framework it is possible to define ultimate objectives, what the client is already doing to achieve them

and what the next step might be

lower down the scale, and to describe a preferred future (e.g. "where on the scale would be good enough? What would a day at that point on the scale look like?").

Scaling questions are used to identify useful

POINTS ON SCALE	SITUATION	WHAT TO EXPLORE
10	The perfect solution	the miracle question as a mean to encourage creative thinking
7	A good but realistic outcome	A realistic description of the client getting on with his/her life with without the problem without winterfeeding much.
3	Where the client is now	client's current state, every thing that client is doing and that has helped him to reach this point
0	The disastrous /worst situation	better not to go into details

differences for the client and may help to establish goals as well. It typically ranges from "the worst the problem has ever been" (zero or one) to "the best things could ever possibly be" (ten). The client is asked to rate their current position on the scale, and questions are then used to help the client identify resources (e.g. "what's stopping you from slipping one point

0 ----- 10

Moving onwards using scales

Complements are used and client is encouraged by saying that you have already achieved a good position only few steps are back. And typically a client gets cured with in 3 to 4 sessions.

Humanistic kind of therapies

Solution focused therapy and narrative therapy belong to the same tree of humanistic approach. But while working with in legal settings, psychologists need to have a whole range of psychological techniques at their disposal. That can be used from time to time with particular client.

Some Common Techniques

Motivational Interviewing

If we encounter an offender, who is totally unwilling and unmotivated to change, a technique is devised to deal with such situations known as **motivational interviewing**. In many cases it works beautifully

and effectively. The central idea is the stages of change; a person is motivated through interviewing from one stage to other stage of change.

Stages of change

1. **Pre-contemplation**
2. **Contemplation**
3. **Preparation**
4. **Action**
5. **Maintenance**

Avoiding reactance

The basic concept working behind is that reactance can strengthen the undesired behaviours and thoughts. According to reactance theory, offenders will respond negatively to messages that generate a perceived effort to change and will dig deeper to hold onto their vice. They will defend their right to and will justify their entitlement to small vices. So better option for a therapist is to give suggestion but do not stress and move forward quickly without leaving chance for reactance.

Extension

This technique is borrowed from boxing. In this technique therapist move in the same direction in which the client is moving to imbalance the client – also known as rolling with resistance. e.g. client is consistently complaining about husband's behaviour and therapist can understand well that her complaints are not genuine. So therapist, using this technique can ask that client "yes you are right your husband is really bad, have you ever considered divorce". In this situation **extension technique** is used to imbalance the client by rolling and moving along or even some times ahead resistance.

Exploring contradictions

Therapist finds and points out the contradictions in goals and actions. Like chain smokers can have a goal to maintain a healthy life style. Therapist can help him to understand the contradictions in his behaviour that is smoking and his goal that is maintaining the healthy life style.

Externalization

Externalization or **name and shame the culprit** technique is usually used with children but in Forensic settings offenders are asked to draw paint color the externalized object like uncontrollable/impulsive anger and other emotions. In this situation offender is not considered responsible for his specific behaviour rather problematic behaviour is considered an external object. If an offender has anger problem then therapist using this technique might ask him to draw and colour his anger. Anger is treated as an externalized object rather than a part of personality.

The basic objective of studying all these techniques and therapies is to understand that how can we work people who are in the life of crime and how to get them out. We will study this in our Pakistani muslim context.

Humanistic Therapy

Narrative therapy and solution focused therapy borrows ideas from humanistic therapy. We have discussed the humanistic model earlier so now we will not dwell in details. Now we will see that how humanistic therapy works in forensic settings. The basic assumption is that no matter whether the therapist is following humanistic approach or not but he/she must have these qualities and all therapists must begin here.

Because humanistic concepts:

- ☐ **Are Pre-requisite for all kind of therapies**
- ☐ **Helps build rapport**
- ☐ **Helps builds respect for client**
- ☐ **Helps to earn client's trust**

Basic humanistic concepts are:

1. Empathy

The therapist tries to appreciate the client's situation from the client's point of view, showing an emotional understanding of and sensitivity to the client's feelings throughout the therapy session.

2. Unconditional positive regard

Unconditional positive regard means that the therapist accepts the client totally for who he or she is without evaluating or censoring, and without disapproving of particular feelings, actions, or characteristics. The therapist communicates this attitude to the client by a willingness to listen without interrupting, judging, or giving advice. This attitude of positive regard creates a non threatening context in which the client feels free to explore and share painful, hostile, defensive, or abnormal feelings without worrying about personal rejection by the therapist.

3. Reflection for understanding

Reflection occurs when the therapist repeats fragments of what the client has said with little change, conveying to the client a nonjudgmental understanding of his/her statements.

4. Questions for clarification

Clarification occurs when the therapist abstracts the core or the essence of a set of remarks by the client. Questions are asked to know/ explore more. Two benefits of such questions are:

- 1. That therapist had understood what client was trying to tell**
- 2. That therapist is interested to know more**

5. Reflection for insight

Reflection is also used to provide a better insight of client's thoughts and emotions. e.g one client says that his cousin has created the all problem of his life counselor may reply "it means that you have hate for your cousin"

Limitations

No doubt humanistic therapy is very effective and has imminent importance but while working in legal settings it has few drawbacks as well.

- ☐ It is really difficult for therapist to give positive regards and respect to a person who has committed a lot of hideous crimes like child molestation, rape and murder e.t.c
- ☐ Only this therapy may not accomplish the all requirements so we need some other techniques and therapies too.

PSYCHOTHERAPY IN FORENSIC SETTINGS AND SPECIAL CHALLENGES**Objectives**

- ☐ **To understand the importance of limit setting in forensic settings**
- ☐ **To address the issue of confidentiality in legal setting**

The equal balance of boundaries limits and rights of therapists in both forensic and non forensic psychotherapy is important. But importance becomes more vital because a forensic psychotherapist is not just a therapist who works with "difficult" cases. Trainees need to be familiar with all aspects of forensic practice to understand the complex and often difficult environments in which they (and their colleagues) have to work. They need to have a clear and practical understanding of what it is their forensic psychologist colleagues have to do, so their input can be integrated with other aspects of planning treatment. Equally, forensic psychotherapy is more than just talking to forensic patients.

Balancing empathy with limit setting

While working in forensic /legal settings a therapist encounter the challenge of limit setting and they ought to remember a word of caution that respect should be two way process. An offender who is habitual of breaking limits and exploiting other people will definitely try to exploit and will move beyond set limits. Usually zeal of humanistic therapists ignores the importance of these limits. But a **Balance of empathy, positive regard, compliments, positivity with boundaries, ethical conduct and firmness is the core idea of therapeutic alliance.**

Issue of limit setting has crucial elemental importance in therapeutic process. Therapist has to observe and create the balance between empathy and limit settings with firmness and consistency. Respect, dignity and safety of therapist are equally important.

What do we mean by boundaries?

Boundaries can be time related, space related and other psychological limits also include in this category. And breeching code of conduct is neither beneficial for therapeutic process nor for the client as in forensic setting a therapist is basically trying to help offenders learn and respect boundaries and rules, by violating limits a therapist is not helping in right direction and creating disruption in therapeutic process, infact teaching and reinforcing the breakage of boundaries. Boundaries can be following types:

- ☐ **Temporal boundaries**
- ☐ **Physical boundaries**
- ☐ **Psychological boundaries**

Professional way of boundary setting

A forensic therapist can enforce limits in following ways:

- ☐ **Not granting extra time, ending session with in time and not extending the session.**
- ☐ **Not promising privileges like extra TV watching time e.t.c**
- ☐ **Not seeing out of turn or taking a client in extra slot**
- ☐ **Not visiting outside professional locations,** like if a client asks to meet in Mc Donald' or try to talk in corridors. Some time it is not safe to view clients outside the professional/forensic setting.

Safety concerns

What forensic patients have done and are capable of doing must never be forgotten. However, in secure environments the availability of nursing staff or guards to maintain a watchful presence,

together with physical security aids such as emergency buttons and personal alarms, protect forensic psychotherapists when seeing patients. In non-secure environments, the task of the forensic psychotherapist can be made more difficult when there is poor-quality or ambiguous information about the patient's behaviour between therapy sessions. In these settings, the forensic psychotherapist must more frequently assess whether the total treatment available has been enough to prevent destructive acting out.

For **Therapist's safety**, therapist needs to have control over therapy room and seating arrangements should not block the way out. Particularly client should not be placed in between outside door and therapist.

Safety of client is also very important, like a client tells that he/she is going to commit suicide. Facing such situation what a therapist should do? How to respect the issue of confidentiality?

How to maintain Confidentiality in forensic settings

Forensic psychotherapists are often involved in multi-disciplinary, interagency and medico-legal work as well as working in settings such as prisons, where they have dual obligations both to their patients and to their employing authority. Such situations can give rise to conflict with respect to confidentiality.

To address confidentiality is more important in forensic settings than non forensic settings, because therapist frequently encounter the clients claiming to possess the weapons with intentions to kill the co-prisoners. Many times therapist faces the dilemma of **client's safety and confidentiality** (planning for suicide) **or society's safety and confidentiality** (plan of some violent act like murder) e.g a client has a plan to murder his co prisoner, in this situation **therapist has two challenges:**

- ❑ **Therapist is to use the therapeutic space and convince the client for not practicing that hideous job and handover the weapon to the prison staff.**
- ❑ **And even after that if therapist is doubtful then it is his responsibility to break the confidentiality because this is a serious threat to some one's life.**

Take another example of a child who has been abused by his uncle, now considering the matter of confidentiality a therapist will not break the trust of that child but rather will try to boost the confidence and self esteem of child to inform his parents about the hideous activities of his uncle. Although at first it is quite difficult for the child, so child is convinced to resist the forlorn stay with uncle. So in short breaking confidentiality should be the last resort to any problem.

Observing boundaries

It is therapist's duty to observe the boundaries and create a balance.

1. Not a good idea to use client's services – outside of professional relationship like fixing a car engine. By doing this therapist is creating another new boundary and may not be able to enforce other limits.
2. Therapist should not establish any friendship with client.
3. No gifts should be taken from clients. Infact this boundary should be cleared to client at the start of the therapeutic relationship.

4. Dual relationships

Therapist should avoid following types of relationships with clients:

5. Any sexual relationship whether it is marital or out of this context. Therapist should understand their own boundaries and limits and this rule is also applied to x-clients. Research evidences supports the notion that because of the **phenomenon of Transference** (Parent like relationship) a client who enters sexual relationships whether in marriage or out of it, have effects that are usually experienced by victims of incest.

6. No business dealings

In limit setting a forensic therapist is suppose to:

- ☐ **Impose and enforce boundaries for clients.**
- ☐ **Setting boundaries for self**
- ☐ **Making those boundaries clear to the client as adherent to therapeutic process.**

FORENSIC PSYCHOTHERAPY**Objectives**

- ☐ To know about the forensic psychotherapy
- ☐ To learn about the basic and important features of forensic psychotherapy
- ☐ To understand the importance of working systematically and getting institutional support for the success of FPT

Forensic Psychotherapy FPT

Forensic psychotherapy is an emerging exciting new development in psychology particularly developed only for psycho-legal types of problems. Can't we call all other therapies use in forensic setting forensic psychotherapy? There is a difference because all other therapies are developed as generic therapies and are still used in non forensic settings.

Many other therapies are also used in forensic settings, but those therapies are used in non forensic settings too. FPT is solely design to use with the forensic population with legal concerns, although many techniques are borrowed from other psychotherapies like psychoanalysis, humanistic approach e.t.c.

Main features of forensic psychotherapy are as follows:**Balancing act**

As discussed earlier that creating a balance in between empathy and firmness and positive regard and professional limits and boundaries is the crux of therapeutic relationships.

Exploring therapeutic alliance

Exploring the client's behavioral pattern towards therapist in counseling process. In group therapy interaction with other group members is also explored to determine the degree of change and to focus on targeted areas. Childhood experiences are also explored.

Providing a whole range of experiences

In forensic settings, therapist has to work with a wide range of clients like:

1. One who have been living in slumps, on streets and had not experienced love, sympathy, affection and comfort in life.
2. On the contrary hand there is offenders who were spoiled and developed narcissistic personalities with excessive money and facilities but with overindulgent and affectionless parenting.
3. Third types of offenders are those who can not develop trust for any one because they have been a victim of child sexual abuse or incest.

Although range of people is quite wide but their experiences are very limited and narrow. One can think that the offenders who are brought up in slumps or street born can not be short handed of different flavors of experiences but many of them have not experienced the real happiness and mirth. They have lived an emotionally deprived life, and can not experience different types of emotions. A therapist provides them a whole range of experiences through:

- ☐ Exploring emotional life in safe environment
- ☐ Art therapy
- ☐ Music therapy
- ☐ Drama therapy
- ☐ Fantasy and Imagery Exercise
- ☐ Relationship problems are solved

☐ **Home works assignments****Exploring emotional life in safe environment**

Forensic psychotherapists need to think about their patients—how and why they committed their offences, and why they present complex management problems to colleagues. Therapist allows talking freely about **childhood relationships** with father, mother, siblings and other family members. Discussions take place about the bullying experiences in school years. Then adolescence emotional experiences are also explored like many young boys or girls are sexually exploited by older aged man or women and consequences of such experiences can be dangerous. Discussion of such experience in safe environment is a totally new experience for clients then therapist exposes them to new experiences like expressing emotions through drawings and paintings.

At therapy

Art is used to explore personalities; in FPT art is not used as a tool to assess personality rather for the exploration of personality.

Music Therapy

Music therapy is the clinical and evidence-based use of music interventions to accomplish therapeutic goals by a qualified professional who has completed an approved music therapy program. **Every** session has some theme and clients are allowed to beat drums or play any other instrument with the help of trained musician.

Specific goals of music therapy in forensic settings may include the following:

- 1. Increase self-awareness**
- 2. Improve reality testing and problem-solving skills**
- 3. Improve respect for others, including peers and authority**
- 4. Develop healthy verbal and non-verbal communication skills**
- 5. Decrease impulsivity through practical techniques**
- 6. Accept responsibility for thoughts and feelings**
- 7. Learn relaxation and coping skills**
- 8. Improve physical conditioning**
- 9. Develop effective leisure skills**
- 10. Explore feelings and make positive changes in mood states**

Drama Therapy

The use of dramatic process and theater as a therapeutic intervention began with Psychodrama, developed by Moreno. DT is intentional use of theater techniques to facilitate personal growth and providing an offender a variety of experiences that they usually could not experience in their lives. Drama therapy is an expressive therapy Drama therapy exists in many forms and can be applicable to individuals, couples, families, and various groups.

Often, drama therapy is utilized to help a client:

- ☐ **Experience a wide range of experiences and emotions**
- ☐ **Solve a problem**
- ☐ **Achieve a catharsis**
- ☐ **Delve into truths about self**
- ☐ **Understand the meaning of personally resonate images**
- ☐ **Explore and transform unhealthy patterns of interaction**

Drama therapy is extremely varied in its use, based on the practitioner, the setting and the client from fully-fledged performances to **empty chair (talking to fictitious personality), role-play, and role reversals**. Such techniques are borrowed from creative arts. We use psychodrama with those clients that really need to experience other emotions.

Now take an example of a depressed incarcerated man, who was convicted and sentenced for ten years. Spending one day in prison is difficult and he has to stay there for eight more years, how as a forensic therapist you can evoke hope in him. In such situations **Fantasy Exercise** is very effective, in which client is asked to close eyes accompany by deep breathing and imagine that he is a superman, who can fly over the sky but live as a disguised prisoner and when ever wants can **fly** and help needy people.

By practicing such **imagery exercises** two concerns can be touched:

1. **Developing positive feelings like prisoner is very powerful and eliminating depression.**
2. **At the same time developing the feeling to use that power for needy people so creating altruism in an offender.**

Relationship problems are solved

Offender is persuaded to give gifts to wife so relationships problems are solved and a healthy support is created for therapeutic process. Researches support the notion that drug addiction is a reaction to negative relationships. And addiction is a core reason of many crimes.

Therapeutic Structure

Patients may be treated in individual therapy, in group therapy or through mixing individual with group therapies.

Working systemically

Although forensic psychotherapy is psychodynamic based, which is individual oriented therapy but the importance of system is also realized in FTP. The idea is not to upset many people and attract people in your side. Like working with collaboration with prison guards, frequent contact is maintained. With out cooperation of all concerned people work of a forensic therapist is almost impossible as he will stay with all positive attitude just during therapy session but client has to spent all other time with other prison staff and if their behaviour is inhuman and humiliating then the positive regard and empathy of therapist would not effect or contribute the healing process.

Building alliances with staff

In process of working systematically forensic therapist working in a prison setting try to persuade the **prison staff** to join training groups to learn the strategies to deal with job related stress. These groups are intestinally entitled as training group because usually joining a group for psychotherapy is considered stigma. Training groups are formed and psychological principals are taught to the prison staff so they also strengthen the healing and helping process. Work in this dimension is very important.

Forensic psychologist has to deal with many difficult challenges and need to be very careful even in selection of words while interacting with system. They have to work very politely and diplomatically to create alliances. Alliances are not only established with prison staff but also with other key individuals through regular meetings other than group meetings. Like **Alliances with home ministry, interior ministry, policy makers and decision makers** are essential to reform the prison environment so; vicious cycle of violence can be breached.

But the importance of balancing limits is equally important here. The professional responsibility of a psychologist is to **call a spade a spade**. So in consideration of alliances making they ought not neglect their basic purpose of challenging and confronting the maltreatment.

Pinpointing the people who are creating the and to clear them the metaphor of change gradually obstacle is equally important.

Getting institutional support

A forensic psychotherapist can not work in a vacuum and one man army is not the idea so like minded people are founded and alliances are established. Institutional support is sought to strengthen the changes that have occurred and cultivate the future successes.

VIOLENCE REDUCTION PROGRAM

Objectives

- ☐ To learn about the targeted population and challenges while working with such clients.
- ☐ To know about the main features of Violence Reduction Program

Violence Reduction Program

Program Objectives

The primary objectives of the Violence Reduction Program (VRP) are to decrease the frequency and intensity of violent behaviors, to decrease or eliminate the antisocial beliefs and attitudes that support the use of aggression and violence, and to assist the program participants to acquire appropriate interpersonal skills that are effective in reducing the risk of recidivism, in particular, violent recidivism.

Target Population

The VRP was developed by **Wong & Gordon** designed to address the treatment needs of **high-risk violent offenders**, in particular those who are non-compliant, lacking in motivation, resistant to treatment, and have a history of institutional misconduct. VRP was typically developed for the offenders who are considered untreatable and fall in personality disorder category. The program designers recognize that this sub-group of violent offenders is highly **heterogeneous with respect to their criminogenic needs** and responsivity. For example, the offenders may have a combination of criminogenic needs such as substance use, criminal peers, antisocial/anti-authority attitudes, cognitive distortions, impulsively, lack of social support, aggressive acting out behaviors and so on.

In addition, they may have responsivity issues such as lack of motivation, mental health issues such as anxiety and depression, educational deficiencies, psychopathic personality features etc. The program design, although structured and goal oriented, is flexible enough to accommodate the heterogeneity of criminogenic needs and responsivity in this client group. Basic concern of VRP is to Change dynamic factors. **While working in prison setting a therapist has to face following challenges:**

1. Extremely difficult client group
2. Unwillingness
3. Lack of motivation
4. Lack of trust
5. Lack of rapport
6. No relationship skills/abilities

Unwillingness

In forensic settings courts or other institutional pressures may require psychological treatment. Therapists typically have viewed unwillingness to enter treatment as a unitary concept, in which clients fall somewhere along a single dimension that ranges from highly willing and eager to highly unwilling to engage in treatment. Therapist tries to improve their willingness to participate in this healing process. Here again the concept of **stages of change** is important as client moves in the continuum of these stages. If the person is in pre-contemplation stage the therapist try to help him to move into contemplation, preparation and then into action and maintenance stage.

Lack of motivation

Clients often do not experience the problem for which they were referred as being a problem for them. They believe that the behaviour that concerns others is quite reasonable and that the law has been unfair and punitive. An example is persons who use violence instrumentally to get what they want. Their violent behaviour is not mediated by anger and is adaptive, in that it generally serves to get them what they want.

The behaviour may be normative in the environment in which they live (e.g., in prison) and within their subculture outside prison. Their problem is that they have been caught. Clients who become angry and then behave aggressively or violently may also enjoy their anger and the sense of energy and power that it gives them, and believe that it is a useful and legitimate way to manage their lives.

Lack of trust

The therapeutic relationship in the forensic setting is typically not a dyad but a triad, involving the therapist, the client and criminal justice system or by the treating team. The goals of treatment may have been set by the court or releasing authorities rather than by the client and therapist is paid for services by court. Mistrust is found in clients as therapist is not working to help them rather working for the court.

Sometimes clients may fear that therapy will be controlling, and that the therapist will try to dominate them. As a consequence they often fight against what they perceive as an imposition on their freedom in a setting in which they have few other sources of self-efficacy and mastery than the maintenance of the private self.

Lack of rapport

Therapist has to work very extensively and hardly to build up a rapport with such clients.

No relationship skills/abilities

Another challenge is that such clients usually lack in relationship skills and abilities.

- ☐ To deal with all such challenges a therapist who enters or want to employ VRP must have clinical background with having grip over a wide range of psychotherapy.
- ☐ Therapist must have some experience of forensic setting along with sound experience in clinical training and experience.

Salient features of VRP

The major idea put forward is that correctional programs should target the criminogenic risk/need areas. More specifically, programs should target that risk/need areas that are “Dynamic” (i.e. changeable) as opposed to “Static” (unchangeable).

Stages of change were used by Wong and Gordon. **“Application of stages of change on Violence Reduction Scale is called Violence Reduction Program.**

Dynamic Factors

Emotional Control

Emotional control is very important feature, training to control emotions like anger is provided during VRP through **role playing, coping statements and anger management skills.**

Clients also have the issue of **less experienced emotions** like happiness, or even anxiety and depression so instead of feeling the real emotion they only experience anger. Absolute emotional control is not possible but efforts can help controlling behaviour, in case if anger is not controlled but consequences of that emotion in form of behaviour can be controlled. The idea is behind that we are not responsible for the thoughts but responsible for behaviour and even no court in the world can punish just for thinking any thing.

Violence during institutionalization

If we succeed in controlling one's aggression and violence in here and now, if we can help one person to change and control his violence. We will succeed in keeping him away out side of the prison. Change in violent behaviour is brought through reinforcements like smoking is a luxury in prisons and if client shows non violent behaviour through out the day; he can be given an additional (or depending on situation) cigarette on that day.

Weapon use

In the same way client can be persuaded through reinforcements for having no weapon with him in prison.

Insight into violence

There are two types of violence one is **instrumental violence** and other is **emotional violence**. Understanding one's own violence as insights builds reduces the risk of future violence.

A major task of treatment is to enable patients to develop an awareness of their mind and its **functions**. Through treatment, they can acquire an awareness of who they are, what they have done and the **impact** of this on their own minds and the minds of others. In providing patients with an understanding of **their** own mind, the forensic psychotherapist aims to increase patients' capacity to contain unpalatable thoughts and emotional states rather than impulsively acting on them. Benefits for the patients **may** include a more realistic perception of their self-worth, a firmer sense of identity and a decrease in psychotic and paranoid anxieties. Patients' capacity to make and sustain more-mature **interpersonal** relationships may also improve as their view of the external world becomes more realistic and less distorted by the configuration of their internal world.

Mental Disorder

Usually psychotics are not violent but a person having criminal history and having severe depression can kill other co-prisoner or can show other kinds of violence under effect of his mental disorder. So mental disorders are treated using medications and psychotherapies.

Substance Abuse

Substance abuse is a fundamental problem and requires a program on it's on. What ever we eat have different impact on our brain and ultimately to our thoughts and behaviour. This is a very important dynamic factor usually it is initiated in bad company to reduce painful emotional states and for soothing if a person is very violent and addict, until or unless he does not quit this addiction no other improvements are possible because first of all he will commit crime to get those drugs and then will commit violence and offences under the influence of that crime so no training of emotional control or other behavioral controls is workable or effective under such conditions.

The client is given the chance to find other coping strategies to deal with emotional pains rather than using drugs. Drug addiction is one of the most difficult dynamic factors to treat. Comparatively non drug addicts have far more chances to improve as a result of VRP.

Stability of relationship with significant other

It means relationship with wife or husband or a person who is very close. As we have also discussed earlier that addiction is a reaction to negative relationships. So working to solve relationship problems can help in two ways:

- a. If a person has already good relationship then this can be used to strengthen the healing process because for motivation and improvements this relationship is very important.
- b. And if the relationship problems exist then the therapist try to solve them not just for motivation but also for community support as well.

Violent Lifestyle

Violent life style is not only monitored in prisons but also out side the prison world. So VRP is very effective because it helps in staying away from old violent life style in non prison settings.

Criminal Personality

Criminogenic personalities are considered, diagnosed and treated accordingly by using the wide range of techniques and therapies.

Remember all dynamic factors are interrelated, improvement in one factor have effect on other factors as well.

VIOLENCE REDUCTION PROGRAM

Objective

- ☐ **To know about the salient features of violent reduction program**

We have been talking that how to help people get a new way. Prisons are reformatory institutions but we know the fact that no such interventions and structures are present there. So for this purpose Wong and Gordon developed the VRP in Canada and now this program is also being employed in many other countries as well. Let's get back to the salient features of VRP.

Criminal attitude

First of all there is a need to separate attitude from criminal personality, although there is no crystal clear difference in attitude and personality because if attitude improves as a result personality does too. But criminal attitude is changeable so targeted in VRP.

Work Ethic

Work ethics and aggression are closely correlated. As we all know that people lacking in work ethics moves towards crime. What is work ethics? Work ethics is to work honestly and with quality.

Developing work ethic is an important step in intervention. Clients are reinforced if they show interest in work and show quality, as quality is also essential feature of work ethic. Client is persuaded to work whole heartedly, keeping quality so offender is ready to work outside the prison. In our cultural and religious context offenders can be told that work is also prayer.

Low quality_____ Termination of Job_____ back to theft. Robbery, substance abuse.

Criminal Peers

Living in prisons an offender would definitely encounter the company of other criminals but therapist stresses to live in company of peers who are also interested in change and want to abide the life of crimes. And this change can be easily assessed by getting the reports from prison staff.

Interpersonal Aggression

How interpersonal aggressions differ from violence? If interpersonal relationships suffer from aggression, shouting and abusive language and a therapist have succeeded in creating changing in interpersonal aggression the treatment is forwarding in the right direction.

Community Support

Therapist try to create community support for offender, as we have already discussed that Client has to go back to the community and if community is supportive future violence are reduced. And if this support is not possible then client is persuaded to live in a community that is supportive. Like if after release, start living in a community where substances are frequently sold and used then there are more chances of relapse and all other related crimes and problems. Prior to release, therapist incorporate the family of offender in the treatment and they are taught and encouraged to recognize and avoid the issues that can cause offender to land again in prison.

Released to high risk situation

A person who is released to high risk situation has more chances to re-offend like a person who has killed the 6 members of a family and effected family has warned that they will kill him at his release. And there are chances if he is released in high risk situation either he will become a prey or will murder some other people to save his life. So on first place high risk release is to be avoided or release is kept secret and fictitious names are awarded and identities are changes so person can settle in outside the prison.

Violence Cycle

Violence is a vicious cycle, all factors are interconnected. To break this cycle therapist make the client to realize that he has been trapped in this cycle and how to come out of this.

Impulsivity

Impulsivity means behaving with out thinking. Impulsivity is also reactive. Clients are taught that how to control impulsivity by placing their favorite things in front of them and asking them to control their impulses. Impulse control is important but astonishingly simple to treat.

Cognitive Distortion

Cognitive distortion means wrong thoughts that are being considered right and these thoughts are many times reasons for violent behaviors. Like if you get late to your office and your Boss scolds you. You start thinking now this is the end of the world and until or unless I do not react I can not maintain dignity in the eyes of my colleagues' e.t.c.

Some time cognitive distortions are governing us and are very common in our culture. And if do not lead to violence can lead to depression. So use of knowledge and sensible thinking is very important.

Compliance with community supervision

As per parole if offender does not visit the psychologist, social worker or report police station then there are more chances that client will re-offend. In such situations community and family support is sought.

Security level of anticipated release institution

This phenomenon is not important and applicable in our country. With the multi-disciplinary team, the forensic psychotherapist needs to differentiate between the patient who has made significant psychological progress and could move to a less-secure environment, the patient whose level of illness remains severe and the one who falsely believes himself or herself to be better and engages in either a conscious deception or an unconscious pseudo-compliance ought not to be moves in less secure level.

VICTIM SUPPORT**Objective**

- ☐ **To know about who are victims and their types**
- ☐ **To learn about the victim support**
- ☐ **To understand the main features of Post Traumatic Stress Disorder**
- ☐ **To get familiar with Support and Cathartic therapies**

Victims of violence

First we have been discussing how to help offenders and violent criminals but now will be throwing little light on the serious issue of victim support.

Who are victims?

Victims are, by definition, those people who have been harmed or "scarred" physically and/or psychologically by crimes against them or their property. It also makes sense to include "co-victims" of various sorts in this definition because the impact or "touch" of victimization is wide-reaching -- and includes family survivors, friends and acquaintances, co-workers, classmates, neighborhoods, communities, regions, and sometimes whole nations. It also makes sense to include helpers of victims as victims themselves.

Types of victims

- ☐ **Victims of rape and sexual assault**
- ☐ **Victims of violence**
- ☐ **Survivors of murderous assaults**
- ☐ **Survivors of robberies**
- ☐ **Hijack survivors**
- ☐ **Others**

Victim support (whom and why?)

Victims react differently to the same kind of crime, is based on their **pre-morbid personality**. Like a victim of mobile snatching can react completely differently to the same street crime. One can think as if end of the world and other can thank Allah for not having a big loss.

In general, violent crime such as rape, aggravated assault, homicide and alcohol-related vehicular homicide produce more crime-related psychological distress than property crimes like burglary. Also, victims' appraisals of how dangerous the crime was are related to crime related psychological trauma. In particular, a belief that one might have been seriously injured or killed in a crime is a more powerful predictor of distress than objective factors such as physical injury, force and use of a weapon.

Prior history of most mental disorders did not increase risk of developing PTSD after experiencing a stressful, violent crime. However, a history of major depression did increase the risk that PTSD would develop, but only if the crime was highly stressful. This suggests that victims with PTSD or depression may be particularly vulnerable to crime-related psychological trauma, but also confirms the important role played by the stressful nature of the crime itself.

All crime victims have the following common reactions:

- ☐ **Anger -- it is not unusual to be angry at police, criminal justice, or society (Greenberg & Ruback 1992)**

- ☐ **Depression** -- low mood, low appetite/weight loss, sleep problems, energy changes, self-blame/guilt, worthlessness/ hopelessness, difficulty concentrating and thoughts of death (APA 1994)
- ☐ **Anxiety** -- fear/distress/worry, psychosomatic symptoms (sweating, shaking, difficulty breathing, nausea, chest pain, dizziness), behavior change (avoidance, rituals), and behaviors to reduce distress (APA 1994)
- ☐ **Post Traumatic Stress Disorder** : typical response of victim to crime is PTSD, previously known as “shell shock” and this term emerged in war situations.

Main features of PTSD

1. Anxiety and Fear
2. Depression
3. Obsessions, after they have been victimized
4. Flashbacks
5. Unexplained Aggression and Anger
6. Dissociation
7. Low self-esteem

Self-esteem or self-worth is a person's self-image at an emotional level; circumventing reason and logic. After going through the experience of hideous crimes like rape, robbery, murder survivors, one develops a very low esteem.

Therapy for Crime-Related Psychological Trauma

There are dozens of different psychotherapies, but relatively few are designed specifically for use with crime victims and have had their efficacy evaluated. Most of the research on efficacy of treatment for crime-related psychological trauma has been conducted with adult victims of rape rather than with child victims or with adult victims of other types of crimes. However, much of what has been learned from research on treatment of rape victims is probably applicable to treatment of other crime victims as well.

Supportive Therapy

As discussed earlier, this is an umbrella term and many other therapies come under this but the basic purpose is to deal with PTSD and other psychological problems of victims.

Techniques used to provide support

Empathy

Empathy is appreciation of victim's problems and feelings without experiencing the same emotional reaction. To be distinguished from sympathy, that is usually non-objective and non-critical.

Emotional Support

Also known as **holding, like a mother holds child**. An emotional support that is provided to prop up the healing process.

Cathartic Therapies

These therapies allow the victim to release and express their pent up emotions, feelings. This is accomplished through:

1. **Allowing clients to talk freely with out interruption and judgment but keep in mind this is not easy at the start of the therapy and particularly in the case of deep traumas.**

2. Victims are helped to release and express their emotions through Art and music therapies.

Art therapy

Victims are allowed to draw, paint and colour, whatever they feel in response to that particular crime experience. And as therapy proceeds and client becomes stronger and stronger he is asked to re-visit the trauma and they try to paint and colour that trauma. But this is to do with great care and usually used in very few cases.

Music therapy

What Is Music Therapy?

“Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

As we have discussed music therapy with offender here we use music therapy to help victim to deal with the psychological problems that have aroused as the result of crime. Music therapy can be vital in helping heal the pain of traumatised victims.

How Does Music Therapy Help victims?

Music therapy has been shown to have a significant effect on an individual's relaxation, respiration rate, self-reported pain reduction, and behaviorally observed and self-reported anxiety levels. A coordinated program of music and music therapy interventions in response to crisis or trauma, designed and implemented by a qualified music therapist, provides opportunities for:

- ☐ **Non-verbal outlets for emotions associated with traumatic experiences**
- ☐ **Anxiety and stress reduction**
- ☐ **Positive changes in mood and emotional states**
- ☐ **Active and positive participant involvement in treatment**
- ☐ **Enhanced feelings of control, confidence, and empowerment**
- ☐ **Positive physiological changes, such as lower blood pressure, reduced heart rate, and relaxed muscle tension**
- ☐ **Including understanding and coping with anxiety and helplessness**
- ☐ **Building confidence and sense of security**
- ☐ **And providing a safe or neutral environment for relaxation**

Music therapy is used in two ways

- a. **A soothing music is played** and victim is asked to relax and some times client is asked to re-visit the trauma through imagery to reduce the bad effect in relaxed and safe environment.
- b. Some Instruments are placed in front of clients and they are **allowed to play** them and provide an outlet to problematic emotions.

Drama Therapy

Drama therapy can be effectively used to relieve the trauma through drama and role playing. Client can explore the whole range of experiences playing different kinds of roles. **Comedy dramas** are also used to weaken colour of traumatic experiences.

Externalization

Externalization means to put something outside of its original borders, especially to put a human feeling outside of the human body and naming and then painting that feeling.

We will use this differently while working with victims, so they are asked to draw their PTSD, draw a picture of pathology externalize them and name it. Naming is predominantly important as by naming we are confining a separate psychological space for the problem.

VICTIM SUPPORT

Objectives

- ☐ To introduce with different ranges of supportive therapies
- ☐ To acquaint with the use of Eidetic therapy for victim support
- ☐ To know about the different use of narrative therapy

Supportive Therapies

Debriefing

Another technique used to provide support to victims is debriefing or psychological debriefing that is semi-structured conversation with an individual who has experienced a stressful or traumatic event. In most cases, the purpose of debriefing is to reduce any possibility of psychological harm by informing people about their experience or allowing them to talk about it.

Desensitization

It is human psychology that avoidance of situation wires in persistence of problem, **desensitization** is a process for reducing the harmful psychological effects of traumas. It also occurs when an emotional response is repeatedly evoked in situations in which the psychological problems that is associated with the traumatic event of crime proves irrelevant or unnecessary.

Eidetic Therapy

Eidetic Image Therapy is an innovative approach to psychotherapy that uses a special type of mental image called eidetic to get problem areas quickly and generate insight and growth.

The eidetic is a powerful personal image that's seen in the mind like a movie or film strip. According to Dr. Ahsan Akhtar we all have the ability of *eidetic imagery*. Every image has some bodily energy linked. It contains a detailed record of all important life experiences and is neurologically stored in the brain for future reference. When recalled, the eidetic recreates a vivid experience of events and conflicts with all of the basic elements intact: the visual picture of the event, the physical and emotional feelings associated with it and the meaning or significance it contains.

Through a step by step process, Eidetic Therapy enables you to see significant life experiences from different points of view, examine them from an enhanced perspective, and allow the solutions that resolve longstanding problems to become clear.

Imagery is an important tool in the Dr. Akhtar Ahsan's rapportire of eidetic therapy. So how do we come to know that which image is causing the problem. This problem is solved by the use of eidetic parent test, as most of childhood traumas create problems for us. But when we use this therapy for victim support, revisit of the traumatic event that is bothering the client is not a difficult at all. But to revisit the trauma is not appropriate in first few sessions so most of the time in victim support this is avoided rather than client is asked to revisit the positive events from childhood.

Kinesthetic imagery

Kinesthetic imagery is another important dimension of eidetic therapy, imagery of touch and feeling in terms of temperature (chill or hot imagery). This is highly effective in forensic settings as victim is not required to visualize the trauma rather has to focus on the physical sensations in terms of temperature during that traumatic experience (were you feeling hot or cold?). and Dr. Akkhtar Ahsan reports that people report in very deep surface.

So now the question is what intervention technique is adopted? Therapist helps in changing the temperature of that kinesthetic image. Like therapist would ask client to close eyes and focus on the

temperature and then try to reverse the polarity. If a client reports he was feeling very cold almost frozen while robber placed his gun on my forehead. Therapist might ask him imagine that you are sitting in front of heater and room is becoming warm and comfortable. Eidetic therapy is found to be very effective and creative therapy.

Psychodynamic Therapy

We have discussed this in detail already in which we do not only make interpretation but also hold the victim in a very safe environment.

Cognitive Behavior Therapy

Clients wrong believe are challenged in a very empathetic way by making positive compliments and praise. Like usually victim has the wrong believe of why me? Therapist challenge such believes and inquires about evidences but with great care and tactics. They are told that they are not alone even they are better than many other victims who have suffered even bitter traumas.

Narrative Therapy

We have talked much about this therapy in the context of criminals or those who have constant problem with law or violent people with negative developed stories but in victim support we have people who generally have positive stories but a specific incident of crime have changed their perception. Some time victim has a very positive and creative life before that particular trauma but then developed PTSD. And start having perceptions what ever I do bad things happen at the end. Narrative therapist would sit down with him/her and firstly try to understand the negative story concocted. Story that narrates success in beginning and then disaster, achievement in start and then adversity.

While working with offenders narrative therapist encounters the state where his clients has nothing positive in life so help them to re-author their scripts but in victim support therapy **re-sequence the successes in the beginning and disaster at the end into hardship in the start and accomplishments at the end**, With the help of complements and questions.

Self-Esteem problems

Victims of more hideous crimes like rape e.t.c, experience the immense lack in self worth/self evaluation and self esteem.

Male victims and female victims differ in problems like if a man is raped his “manhood” is badly effected by this trauma so self esteem squash badly.

Female victims can encounter adverse family reactions if married husband can divorce and if unmarried can receive obscurity in getting married and even if get married can have ambivalent feelings with her for through out the life.

Whether victims of violence or rape self esteem boosting therapies are essential elements

Self-Esteem & Therapy

How to boost self-esteem?

In identity national, social, cultural, familial and self identity is involved, like ethnic identities Lahori or Peshawiri. But self esteem comes through achievements.

- **Fulfillment comes through achievement**
- **Achievement comes through action**
- **Action comes from motivation**

Self esteem lowers in response to hideous crimes and humiliation involved

Skills training and achievement based programs can help boost self-esteem.

-**Activities** are designed with great care to help victim and when client achieves success in doing those activities, boost in self esteem is a result.

-**Questions** are asked to provide an opportunity of catharsis

-**Compliments** are used for encouragements.

SUBSTANCE MISUSE TREATMENT PROGRAM**Objectives:**

- ☐ **To learn the differential diagnosis of drug addict and ASPD**
- ☐ **To know about the controversial and few other important drugs**

As a result addicts exhibits many anti-social traits like:

- ☐ **Lying**
- ☐ **Stealing**
- ☐ **Conning, Manipulation/ Cheating**
- ☐ **Irresponsibility**
- ☐ **Violence and aggression**
- ☐ **Lack of victim empathy**
- ☐ **Bad company**

Differential diagnosis

For making differential diagnosis, we need to understand that stealing, lying, irresponsibility and aggression is different because addicts do lie but **addicts' lying** is not compulsive and pathological they lie in order to get money for drugs and so are purposeful. Like wise manipulation, stealing and bad company is also to get drugs. Addicts can exhibit violence and aggression under the influence and effect of drugs. People with ASPD have flat emotional experience so lack victim empathy; addicts also **show lack of victim empathy** but usually they do this because of withdrawal symptoms or under the influence of drug, an emotional numbness have empowered them and they are unable to feel empathy for victim.

But differential diagnosis is not that much easy as it appears to be because one of main characteristics of ASPD is the drug addiction and they use poly drugs for thrill seeking. Here one delicate concept to remember that all ASPD are drug addicts but it is not necessary that all addicts have ASPD.

The education about the effects of different drugs is very important in order to understand the treatment programs. Because few drugs are highly addictive, having devastating bodily effects and are strongly linked with crimes rate and other drugs are rarely linked with crimes like people using "Ganja" you will never find him committing any crime.

Drugs are widely divided into two categories:

1. **Uppers or stimulants** (like tea, coffee)
2. **Downers or depressants** (use of such drugs slows down the bodily functions and person feels happy and cheerful)

Use of many drugs like heroin becomes life style so change is requiring a crucial medical and psychological treatment. And lot of will, behavioral and emotional power along with community support is essential. So role of psychologists is vital in helping an addict to live a normal life.

Few of important drugs are listed below:

1. **Marijuana**
2. **Heroin**
3. **Cocaine**
4. **Unconventional drugs**
5. **LSD and other Pills**
6. **Alcohol**

Marijuana

- ☐ **Marijuana: the controversial drug**
- ☐ **Many studies insist it is harmful**
- ☐ **Many others reject such claims**
- ☐ **Legal drug in many countries and many states in the United States**
- ☐ **Less harmful than alcohol**
- ☐ **Medicinal use such as in cancer patients**

This drug provides a gateway to all other more lethal drugs, the belief a lower classed drug can lead to the use subsequent abuse of "harder", more dangerous drugs. Some believe tobacco, alcohol, and marijuana are gateway drugs.

Heroin and cocaine

- ☐ **Highly addictive**
- ☐ **Tolerance increases exponentially**
- ☐ **Distort the perceptual system**
- ☐ **Impair conscious control**
- ☐ **Could lead to dangerous behavior**

Many crimes like stealing, manipulation, lying, violence and aggression are done because of the withdrawal symptoms or under the influence of drug.

Unconventional drugs

These substances are not usually prepared for addiction purposes but their mis use can be also addictive and can have devastating effects on nervous system like:

- ☐ **Glue sniffing (common in street children)**
- ☐ **Solvent abuse**
- ☐ **Spirit, petrol, cleaning agents etc**
- ☐ **Highly poisonous**
- ☐ **Impact nervous system**

LSD and other Pills

- ☐ **Many legal and illegal pills**
- ☐ **Legal pills such as tranquilizers are addictive**
- ☐ **Illegal pills such as Ecstasy**
- ☐ **People have died as a result**

Many pills that are legal and use under the care of doctor is for a certain period of time is acceptable but people misuse them as addiction agents and even such drugs can have extremely lethal effects.

SEX OFFENDER TREATMENT PROGRAM

(Additional material about an important and sensitive area on forensic psychology)

Objectives

- ☐ To understand the Sex offender treatment program
- ☐ To know about the Risk assessment of sex offenders
- ☐ To learn about the different types of sex offenders

This is a very sensitive but very important topic in forensic psychology Sex offending, in all its varieties, is a topic where it is important to remain emotionally detached and open minded. As for as, violence related crimes are concerned, many people adopt criminal life due to many personal/situational factors. And psychological treatment is only offered to those who have developed the criminal life style

and are dangerous but more hazardous types of criminals are sex offenders and seriously need psychological treatment.

Types of Sexual Offences

In our Pakistani frame work sex is only acceptable in the realm of marriage and any other kind is illegal. But from where we are getting the forensic psychology is west and **adultery** is not considered illegal there but in Pakistan adultery is also illegal but as being forensic psychologist we need to know that people involve in this practice do not need any psychological treatment.

1. Incest

Is that crime in which usually victim is female and perpetrator is male, with whom marriage is not allowed in Islam like step father, uncle or father e.t.c

2. Rape

Is legally defined in Pakistan as an adult male sexually violating an adult female and in west the same charges are applied for a male victim and male perpetrator.

3. Sodomy

This offence has come from British law, and sodomy is legally defined as male sexually assaulting another male. In Forensic psychology we can talk about the treatment of habitual of sodomy.

4. Penetration with a foreign object

Perpetrators, who are not sexually capable, can use foreign object for penetration.

5. Oral Copulation

The perpetrator forces the victim to have oral sex and again it is a punishable offence.

6. Sexual Assault

Why this is different from rape because it can take many forms from hideous crime of rape to inappropriate touching. Such cases do not come into courts in Pakistan but can have a deep psychological trauma on victim and in west females are more likely to involve police in these kinds of issues and police is more likely to arrests that person.

7. Sexual Battery

Some body assaulting other but also violently, in west even many wives can accuse their husbands for sexual batteries. So on the basis of sexual battery a wife can get divorce on these grounds.

8. Sexually assaulting an animal

A person having sexual preference for animals can seek treatment from psychologists.

9. Sexual Homicide

Sexual homicide is a much more serious crime and a very tricky area because not all homicides are accompanied by the sexual activity e.g. a women is raped and then murdered and this is called a homicide but on the other hand is a serial killer who have killed six or seven or even more than this prostitutes. And clarifying himself by saying that I am purifying and glorifying the world and being a pious man it is my duty. As we know from our religion that taking state's law in hands is not permissible. And In our psychological reference if a person is indulged in these kinds of activities, a psychologist would assume he is sexually motivated and this is another form of sexual perversion and expression and must be treated. But it is a case of murder that is punishable by death so question of treatment does not arise.

10. Indecent exposure/ exhibitionism

It is legally defined as if a man indecently exposes himself to a female or to a child is considered a crime and in west urinating in public place is also considered indecent exposure and a crime but in Pakistan it is a common practice.

11. Voyeuristic Activity

Peeping other people with out their knowledge when they are in toilet or changing clothes or naked.

12. Lewd acts with a child are another illegal offence.**13. Molest Children****14. Invitation to sexual touching**

15. **Unlawful sexual activity with a minor**, having relationship with some one who is legally below age. Here there is a mismatch in shariat and law as in shariat marriage below 18 years of age is permissible. But again this issue does not come under the category of treatment that a forensic psychologist has to offer.

16. Attempted sexual offences**17. Crimes related to child pornography****18. Pimping****19. Offering prostitution services****20. Seeking/ hiring prostitutes****21. Consenting sex in public locations**

All these types are considered illegal in our country.

Sex Offenders: Assessment and Treatment**Risk Assessment**

In terms of future risk of sexual offences, we will discuss :

- ☐ Static 99, Hanson & Thornton 1999
- ☐ Penile Plethysmography (PPG)

Risk Assessment**Static 99, Hanson & Thornton 1999**

This tool was designed to assess the long-term potential for sexual recidivism among adult male sex offenders. And it assesses future risk just on the basis of static factors. categories that are incorporated in this tool and it's scoring is given below:

Prior sex offences charges none = 0

1 to 2 charges = 1
3 –to 5 charges = 2
6 + =3

Convictions none = 0

1 = 1
2 – 3 = 2
4 + = 3

Prior sentencing dates

3 or less = 0
4 + = 1

Non-contact sex offences

No = 0
yes = 1

Index non-sexual violence**No = 0****yes = 1****Prior non-sexual violence****No = 0****yes = 1****Unrelated victims****No = 0****yes = 1****Stranger victims****No = 0****yes = 1****Male victims****No = 0****yes = 1****Young offenders****25 + = 0****18 - 24 = 1****Single, ever-married or lived 2 years = 0****No partners = 1**

All scores are added up to view the total score of an offender and future risk is determined.

Viewing the items of this scale we come to know that:

- ☐ Statistically speaking, non contact sexual offenders are more likely to re-offend because they have deep rooted psychological problems.
- ☐ Some one who has violent tendency and have committed some sexual offence is at high future risk, because violence and sexual offences are strongly correlated.
- ☐ If a person is involved in family and convicted, research supports that there are less chances that he will re-offend. On the other hand a person is going to other peoples house and then committing a crime has more hardened criminal personality, difficult to treat and has higher future risk to re-offend.
- ☐ If a person is victimizing a stranger there are more chances that he will re-offend.
- ☐ Sexual preferences for male are difficult to treat
- ☐ Younger offenders have more chances to re-offend

SUBSTANCE MISUSE TREATMENT PROGRAM**Objectives**

- ☐ **To understand the relationship of alcohol and crimes**
- ☐ **To know about the basic psychological techniques used for substance misuse treatment**

Alcohol

Alcohol is known as “Ummul- khabais” because of our religious teachings in our culture this drug is banned and illegal along with other drugs and not only alcohol but all other drugs are also not acceptable because of the clear instructions about this drug. Alcohol is a compelling central nervous system depressant; with a range of effects Alcohol has a multiple devastating effect on the body, nervous system and liver. Initially, alcohol generally produces feelings of relaxation and jollity, but further consumption can lead to blurred vision and coordination problems. A huge number of crimes/ violence and road side accidents are largely due to alcohol consumption.

Poly drug use

- ☐ **Mixing drugs**
- ☐ **Poly drug use is highly dangerous**
- ☐ **Drinking followed by drug use**
- ☐ **Drug use followed by drinking**
- ☐ **One drug after another**
- ☐ **Extremely dangerous**
- ☐ **Can affect more than just the nervous system**

Treatment

Usually substance misuse treatment is very intensive and requires lot of energy from both therapist and struggling client who is trying to quit the lethal lifestyle. Here again the concept of stages of change is employed as these stages are also highly linked with the degree of prognosis. As if a person is self referred, indicates the motivation to quit drugs and also pointing that person is in **preparation** phase as he has taken a step towards quitting the drugs.

Person is helped to move from one stage to next stage and usually people who approached the maintenance stage do not relapse. But many people relapse while moving in action and preparation stages.

Stages of Change

- ☐ **Pre-contemplation**
- ☐ **Contemplation**
- ☐ **Preparation**
- ☐ **Action**
- ☐ **Maintenance**

Treatment

Educational programmes for young offenders need to adopt a broad educational approach to over the wide range of substances used. At the same time, it should be acknowledged that much of their recreational drug use is determined by social settings and drug-using peer groups, and may only be successfully addressed by changes in lifestyle or environment. A concentration on drug use in isolation is unlikely to be successful. Programmes focusing on positive alternatives to drug taking are welcomed. Addicts are being provided the genuine information about the destructive effects of different drugs.

Learned and educated people are asked to list down the benefits like momentary pleasure and feeling of relaxation and other harmful effects. Then they are asked to analyze them all meticulously. Through such activities insight is evoked.

Different kind of therapies and activities are used to help people in quitting the drug.

- ☐ **Group treatment vs individual**
- ☐ **Relaxation training**
- ☐ **Mindfulness**
- ☐ **Examining costs and benefits**
- ☐ **Enhancing motivation**
- ☐ **Thinking about a drug free future**
- ☐ **People narrate life stories**
- ☐ **Participants are encouraged to support each other**
- ☐ **Facilitator is also educator**
- ☐ **Clarifying misconceptions**

Group activities

- ☐ **Listening to others**
- ☐ **Sharing experiences**
- ☐ **Role plays and drama**
- ☐ **Music**
- ☐ **Insight and awareness about consequences**
- ☐ **Impulse control**
- ☐ **The New Me**

SEX OFFENDER TREATMENT PROGRAM

(Additional material about an important and sensitive area on forensic psychology)

We as psychologists are concerned with the treatment of **sexual deviances** defined as any sexual preference, interest, or obsession out of the ordinary and/or problematic. Deviant sex is often manifested as part of various psychological problems. It is the responsibility of the therapist to treat the sexually deviated/problematic people but can help only if they are motivated for the treatment. And if they do not want a therapist can not help them.

Homosexuality

We have a deeply segregated society, boy's schools, girl's schools, boy's or girl's "mudrasas". As a result child form sexual relationships with same sex in these institutions and it is more likely to happen than we believe. Some people treat this as a stage and when they cross this stage, lead a normal life. But some times it can take another direction and it becomes their preference and some of them are unable to develop attraction for opposite gender and cause a lot of problem in family many of them go along with this and do get married and have children but maintain a series of affairs with other men on side. All this ruin their marriages and increase the danger of HIV.

Types

One who have been indulged in homosexuality but have preference for opposite gender

One who could not develop preference heterosexual relationships

In such cases certain roles are adopted and one play dominant role and other play submissive role.

Researches show that man having submissive roles experience more difficulties in adjustment to normal life.

Pedophiles

Persons having sexual interests toward children.

Treatment for Pedophiles and homosexuals

Such treatment programs encompasses following important things:

- ☐ Training people in non deviant sexual arousal by the use of pornographic material
- ☐ Client is supposed to maintain a diary stating true sexual fantasies.
- ☐ -Temptation in environment is removed.

Relapse Prevention Program

-Consists of 4 principals

- ☐ Have to be aware of consequences.
- ☐ Surf the urge
- ☐ In their shoes
- ☐ New me

Penile plethysmography

- ☐ The patient is seated in a chair
- ☐ His penis connected to a monitor via ring around the shaft
- ☐ He is shown deviant and non-deviant sexual stimuli
- ☐ His erection is measured in response to these stimuli

Problems with PPG

- ☐ Awkward
- ☐ Inhumane
- ☐ Most clients get no erection
- ☐ Some normal clients can get erection to non-deviant stimuli due to novelty
- ☐ Unreliable
- ☐ May even be invalid

Types of sex offenders

- ☐ Sexual misbehavior that is illegal but the parties are consenting or no victim is involved: prostitution, pimping, consenting sex in public spaces, pornography
- ☐ Sexual acts with children, non-consenting adults
- ☐ Non-contact sex: exhibitionism & voyeurism
- ☐ Sex with animals & dead bodies

Sex offender Treatment Program

- ☐ Victim Empathy is evoked in offenders
- ☐ Consequences of action are being realized
- ☐ Treating deviance and pornographic material is used to treat the deviance behavior

Problems with SOTP

- ☐ Naïve
- ☐ Mostly therapists are women
- ☐ Clients are men
- ☐ Recall leads to arousal
- ☐ Clients use recall to excite themselves

Treatment Methodology

- Teaching rights
- Religious teachings

EXPERT WITNESS**Objectives:**

- ☐ To know about the role of psychologists as an expert witness
- ☐ To learn the report writing for courts as an expert witness.

Expert witness

“A witness with specialized knowledge of a particular subject who is called to testify about an event even though they were not present when the event occurred.”

As expert witnesses, forensic psychologists typically are asked whether they were able to reach an opinion “to a reasonable degree of psychological certainty.” qualified psychologists have been permitted to offer expert witness testimony on a wide range of psycho legal issues in both civil and criminal courts.

Forensic psychologists often testify as experts in court. There are numerous ways that a forensic psychologist can assist the many kinds of courts at law (civil, criminal, family, probate and juvenile) few of most important kinds of assessment are listed below:

- ☐ **Insanity Pleas**
- ☐ **Violence Risk**
- ☐ **Sexual Offence Risk**
- ☐ **Child Custody Hearings**

Insanity Pleas

Insanity evaluations are competency evaluations and sanity evaluations. Sanity evaluations are also called "criminal responsibility" or mental state at the time of the offense evaluations. Duty to assess that whether who committed the crime was sane at the time when he /she committed the crime or not.

Violence Risk

Prior release of a dangerous criminal, in the same way a psychologist is called to assess the future violence risk, and present a report in court.

Sexual Offence Risk

Services of psychologists are also sought to assess the future risk of sexual offences.

Child Custody Hearings

Child custody cases also involve psychologists as an expert witness. In the case of divorce the issue of child custody arises and separations that take place in Pakistani families settled in Britain are bitter one, mother accusing father as very violent and wild and father blaming mother as having some mental disorder like mental retardation e.t.c. So in such cases the help of psychologists is sought either by the lawyer of father / mother or by court.

In a civil case of child custody, the parent deemed more likely to fulfill the best interests and needs of the child is awarded custody, and the other parent may be permitted only limited or supervised visitation or no contact at all.

Psychologist has to assess that who can fulfill the child's emotional and supportive needs. usually three types of assessment are done by the psychologists in such cases:

- 1. Assessment of father**
- 2. Assessment of mother**
- 3. Assessment of child**

4. In some cases the whole family is assessed

And for all these kinds of assessments clinical psychologists are involved and court prefer clinical psychologists that is why one of my previous lectures I mentioned that the preferred route to become a forensic psychologist is to become a clinical psychologist.

Psychologist assess the stable job of father, financial conditions mental status, presence of personality disorders, assessment of cognitive abilities, violence tendencies and over all frame work to determine who can be the best in interests of child.

In terms of evaluating mother, issues are addressed like whether mother will re-marry or not and if yes then step father is also evaluated and his feelings and behavior about child is also determined.

What a psychologist has to do as an expert witness?

- 1. Assessment**
- 2. Writing court report**

We have discussed in detail that how psychologists assess people by using checklists, personality inventories and projective tests. Now let's discuss writing court reports.

Writing Court Reports as Expert Witness

Font page will address following features:

- ☐ **In the XYZ Court like (Civil, high, supreme or family court e.t.c)**
- ☐ **Between**
- ☐ **Claimant and Defendant (name of claimant and defendant)**
- ☐ **Report regarding ABC (like report of child custody case)**
- ☐ **Prepared at the request of:**
 - **Instructing lawyers (defense lawyer of prosecution lawyer)**

Contents

- 1. Summary of conclusions**
- 2. Instructions**
- 3. Issues**
- 4. Brief Curriculum Vitae**
- 5. Documentation**
- 6. Chronology/ Case abstract**
- 7. Technical Background**
- 8. Opinion**
- 9. Literature/ References**
- 10. Expert's declaration**
- 11. Statement of Truth**
- Appendices**

Summary of Conclusion

Usually in other documents summary of conclusion is presented at the end but in report of expert witness it is listed in the beginning because the court does not have enough time to read the whole, detailed report.

Summary of conclusion includes:

- ☐ List the main facts derived from the evidence dealt with in the report.
- ☐ And opinions arrived at.
- ☐ And answers to questions posed by the court/lawyers.

Instructions

Substance of all instructions given by the court or worthy judge that is received by the expert, whether written or oral should be clearly mentioned in **instruction** and an expert is strictly restricted to follow those instructions. Do not give your opinion the court has not asked you to do.

Issues

Main issues are to be listed here like personality disorder or mental retardation of any of the parents.

- ☐ The issues to be addressed should be clearly set out.
- ☐ These need to be well-defined.
- ☐ These could have arisen in the preliminary findings.

Brief Curriculum Vitae of expert witness

- ☐ Name of expert and affiliation
- ☐ Qualifications
- ☐ Relevant experience:
- ☐ Competence to act as an expert witness.
- ☐ In relation to the specific issues at hand.
- ☐ Identity of any assistants who helped with the report.

Documentation

- ☐ A full list must be provided of all documents that are consulted by psychologist as an expert witness.
- ☐ And material on which the report is based.

Chronology

- ☐ Factual items of the evidence.
- ☐ No opinion is to be included here.
- ☐ Outline of details of history of the case.

Technical Background

- ☐ All terms should be defined clearly.
- ☐ An explanation of the technical issues.
- ☐ Details should be clearly presented.
- ☐ Paragraphs should be of reasonable length.

- ☐ All technical terms should be clearly defined or explained.
- ☐ Details of any tests conducted should be set out

Opinion

- ☐ Expert should express his position clearly. like child should stay with mother)
- ☐ Unambiguously
- ☐ The facts used to arrive at the opinion should also be listed here.
- ☐ The reasons given for the opinion should be explicit.
- ☐ Alternative opinions should be addressed here.

References

A numbered list of all items of technical literature relied on is listed in this section of report.

Expert's declaration

The expert declares that **“I understand that my overriding duty is to the court, both in preparing reports and in giving oral evidence. I have complied and will continue to comply with that duty”**

Statement of Truth

Also provide the statement of truth with signatures as it is legal requirement of submitting the reports to court **“I confirm that insofar as the facts stated in my report are within my own knowledge I have made clear which they are and I believe them to be true, and the opinions I have expressed represent my true and complete professional opinion”**

☐ Signature

Date

COUNTER TERRORISM

Objectives:

- ☐ Understanding of real origin of terrorism
- ☐ To know about the famous terrorists movements
- ☐ To understand the role of psychologists and counter terrorism
- ☐ To get an insight about the role of psychologists in the use of war propaganda and brain washing

What is Terrorism?

Terrorism is defined by the US Department of Defense as "the unlawful use of -- or threatened use of -- force or violence against individuals or property to coerce or intimidate governments or societies, often to achieve political, religious, or ideological objectives."

The word terrorism is used in many historical, political contexts. Terrorism has been around as a major trouble to governments as long as recorded history but in this lecture we will address modern kind of terrorism, **modern terrorism originates in communist struggle and freedom fighting**. As terrorism was systematically used in communism and freedom fighting particularly in the countries of colonial occupation like Britain, France and Italy e.t.c

There are people who believe in wild struggle and fighting to win or get freedom. They confirm the idea to overthrow the power so terrorism is elemental in such movements. In such situations violence and aggression and terrorism gets a logical, rational and philosophical support and is not seen as a dirty word. They support the idea to weaken the enemy or government with terrorist activities.

On contrary few leaders believe in peaceful struggle as Quaid-e Azam Muhammad Ali Jinnah was a firm believer of peaceful struggle for freedom.

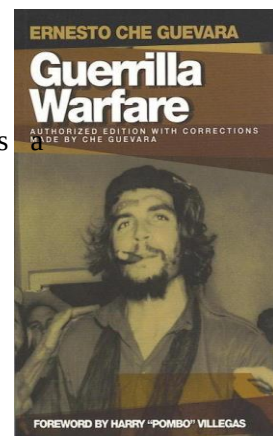
Famous Terrorist Movements

Few of famous movements involving terrorism include:

- ☐ Guerrilla Warfare
- ☐ Red Brigades (Italy 1970s)
- ☐ Irish Republic Army
- ☐ PLO
- ☐ ANC - African National Congress

Guerrilla Warfare

Mao Zedong is considered founders of Guerrilla warfare who was communist and guerilla warfare was used during the Chinese civil war. Basic tactics are based on use of violence and aggression for the attainment goal and even a Book entitled "guerrilla war fare" written by **Che Guevara** (an American-Latin leader) was published addressing the tactics of defeating the enemy with the help of terrorist activities. Terror is used to focus international attention on the guerrilla cause, killing of opposition leaders, shake down cash from targets, frighten the general population, create economic losses, and keep followers and possible defector in line.



of

Red Brigades (Italy 1970s)

Brigate Rosse in Italian, were a terrorist group located in Italy and active during the 1970s. Red Brigades sought to create a revolutionary state through armed struggle and to separate Italy from the Western Alliance (NATO). Suicidal bombing attacks, systematic assassination, plane high jacking and killings were very common and they murdered many important persons.

Irish Republic Army

The IRA fought a guerrilla war against the government military in Ireland from 1919 to July 1921 and as mentioned earlier it was a wild struggle incorporating all terrorist activities.

PLO

The Palestinian Liberation Organization also approved the use of violence, aggression and exclusively "armed struggle" against **Israeli occupation**.

ANC - African National Congress

The **African National Congress** (ANC) has been South Africa's governing party, usually people know the ANC leadership concluded that the methods of non-violence but in fact they also used the violent tactics and Nelson Mandela was convicted for 20 years.

Misconceptions

A famed misconception in west is that "Jihad" and terrorism are closely linked. Muslims are viewed as most suitable suicide bomber because of the concept of "Shahadat".

- ☐ **Modern Jihad in Chechnya**
- ☐ **Modern Jihad in Afghanistan**

We need to understand Jihad in its real context as it was launched by Hazrat Muhammad PBUH in "Gazwat". That was the legitimate "Jihad" and had clear frame of work and instructions. In Islam, a war is not for oppressing or subjugating civilians; it is waged for the cause of Allah and weak people and there is a clear code of conduct like no women, children and old people will be harmed or injured, poison will not be mixed in wells. We have to make a clear distinction in Jihad and terrorism as these two entities do not go together. As long as the issues of suicidal attacks are concerned this concept is not unique to Islam as we have discussed that suicidal attacks were very common in Red Brigade, American–Latin guerrilla warfare and Irish Republic Army.

Suicidal attacks have no connection with religion; martyrdom is not the case. Usually suicidal bombings are a political ploy and trick.

Algerian struggle against French colonial rule

Was a violent socialist struggle led by Ahmad bin Billah. It was purely a secular movement but many people gave their lives but it was not "jihad"

Vietnam Struggle

Vietnam struggle against American occupation was a communist and purely Buddhist movement. Formal and conventional warfare was fought and too much violence and terrorism was involved that American Army had to run away from the Vietnam and were extremely exhausted by the terrorist attacks. But that was not Jihad as suicidal bombing was frequently practiced.

Counter Terrorism and roles of psychologists

"Counter-terrorism means the exercises, practices, techniques, tactics and strategies that are adopted in order to fight terrorism".

How to counter terrorism?

But now the question arises that **how can Psychologists help in counter terrorism?** How to encounter terrorism we must know the causes and ground on which a terrorists and their activities role. Psychologists can be extremely helpful in determining the alarming increase in terrorism including Pakistan.

1. So psychologists are very helpful and frequently involved in Assessment

2. Are involved in finding measures to encounter terrorism

3. Investigation

Another important duty of psychologist is investigation. Because propaganda and indoctrination stays at the core of terrorism, understanding their profile and functions increases the ability to counter terrorism more effectively. Psychologists are involved in finding the truth we must look in to the doctrine of brain washing they have been through and what made a person to become a terrorist. What privileges and incentives are promised to the families of suicidal bomb attackers? Answers of all such questions are essential to understand the doctrine of brain washing. Then some one could be able to debrief them. Here understanding of one thing is very important that process of investigation is to be done for the attainment of information that is to be supportive in counter/reduction of terrorism.

Israelis are known as experts for counter terrorism but they apply torturous methods and disintegrate, humiliate, denigrate, intimidate Philistines. They are terrifying but their inhumane techniques do not help in gaining information.

If we want to acquire valuable information, the best way is the human treatment. And psychologist **challenge their believes**, create uncertainty about certainty like telling them that you are going to kill your own brothers and human ways of investigations are 100% more effective than the torturous ways that only ends up with firming the existing believes.

Psychologist's strategies to combat terrorism

1. Challenging the believes of terrorists

2. **Reducing media coverage to terrorist activities** by taking media in confidence as spreading terror in civilians is usually one of the basic intentions of terrorist's activities.
3. **Not negotiating with terrorist**, but in some case negotiations are unavoidable like incidences of plane high jacking.
4. In such cases the need of most appropriate people arises who can negotiate effectively, again psychologists are involved in **training expert negotiators** because psychologists do have an edge of understanding the psyche of terrorists through trainings and experiences.
5. **Providing counseling** to the victims of terrorist's acts and effected families. Like in 1980s services of psychologists were sought in Pakistan history while a plane was high jacked and few passengers were assassinated in front of all other high jacked passenger. They were extremely traumatized, so were provided individual as well as group counseling and very effective remedies were recommended by the psychologist and that had a very substitute and positive effect on victims.

Psychologists & Propaganda war

"War of hearts and minds of people" Wars are not only fought with dangerous weapons but wars are won on the basis of many psychological tactics and propagandas and psychologists have several positive and negative roles to play.

- ☐ **Psychologists work as media managers because they know the principals of communication and information's are passed with out offending media and government.**

- ☐ **Psychologists work for damage control**
- ☐ **Psychologists as policy makers**
- ☐ **Eventually the politicians have a decisive role**
- ☐ **Psychologists can't undo wrongs**

Psychologists and Brain Washing

Dorland's Medical Dictionary defines brainwashing (also known as thought reform or re-education) as **"any systematic effort aimed at instilling certain attitudes and beliefs in a person against his will, usually beliefs in conflict with his prior beliefs and knowledge."**

Brain washing is historically used in wars and understanding of brain washing doctrine is substantive for counter terrorism.

Japanese and the WWII in the Far East

Early Japanese anti-American propaganda was used during WWII. Philippine public was co-operating with American military. Japanese disguised their own planes and painted as if were the planes of American Air force and throw down the leaf let near by American troops in community of Philippines addressing American solders to stay away from Philippines women as they had dangerous sexual diseases, were loose character and easy. And just after few days Japan defeated the US military in Philippines just because of the psychological war.

Chinese communists and the Korean war prisoners

The most precise brain washing was used by Chinese during Korean War, China got involved and large numbers of American solders were arrested and a large group of intelligence-officers, psychiatrists, and psychologists received assignments to debrief United Nations soldiers. Astonishingly, when American solders went back they were all communists.

One other important historic name is Dr. Joseph Goebbels , known as master of propaganda and brain washing who used many effective psychological tactics in German during WWII.

Key Points

- ☐ **Suicide attacks are not unique to Islam**
 - ☐ **Red Brigade and IRA have used suicide bombings**
 - ☐ **Psychologists have a vital role to play in Counter terrorism**
 - ☐ **Investigation should focus on exploring indoctrination & Brain washing**
 - ☐ **Challenging beliefs and creating uncertainty is more effective than torture**
- Or intimidation**
- ☐ **Reducing media coverage to terrorists is also helpful in counter terrorism**
 - ☐ **Not negotiating with terrorists**
 - ☐ **Negotiations during hostage taking**
 - ☐ **Psychologists as expert negotiators**
 - ☐ **Counseling to ex-hostages**
 - ☐ **Counseling for victims of terrorism and their relatives**
 - ☐ **Psychologists can help in policy making but Eventually the politicians have a decisive role and psychologists can't undo wrongs**

SUMMING UP FORENSIC PSYCHOLOGY**Objective**

- ☐ **To review the all main topics that we have learned so far.**

Summing up

In this lecture we will look back to revise that what we have learned hitherto. First of all we looked at the breadth and definition of Forensic psychology.

“Forensic Psychology is reflected by any application of psychological knowledge or methods to a task faced by the legal system”.

Then we touched the area of police psychology, Application of psychology is immensely important in police department as being the single law enforcement agency. We need police psychologists for the:

- ☐ **Assessment**
- ☐ **Selection and recruitment**
- ☐ **Training**
- ☐ **Support and Counseling**
- ☐ **Helping in investigations**

We also dwell in much depth about the psychology of violence and perspective of different psychological models like:

- ☐ **Freudian Model**

How inflated egos can resort to violence and what defense mechanisms can be the cause of any crime.

- ☐ **Jungian Model**

While learning about Jungian model we had a discussion about the inflated archetypes and resulted violence and aggression.

- ☐ **Humanistic Model**
- ☐ **Behaviorist model**

Crimnogenic personalities

Childhood abuse and trauma can develop a person into crimmogenic personality. Following personality disorders are strongly linked with the violence and legal issues:

- ☐ **Personality Disorders**
- ☐ **Antisocial Personality**
- ☐ **Narcissistic Personality**
- ☐ **Paranoid Personality**
- ☐ **Borderline Personality**

Anti social personality disorder is considered to be directly linked with the exertion of aggression and violence. Although Borderline personality directly does not practice any violence but becomes an easy prey and legal issues like prostitution, suicides rise on the surface.

Risk Assessment

Another area that requires psychologist's service is future risk assessment, prior release risk assessment is done with the help of two types of instruments:

- ☐ **Static Instruments:**
PCL-R, Static 99
- ☐ **Dynamic Instruments:**
VRS, HCR-20

Static factors refer towards the unchangeable things that like the child hood trauma and abuse of criminal.

Dynamic factors refer towards the changeable factors like if a person is taking heroine as a drug or keeping weapons, once he decided to quit and quitted the addiction so risk factor is eliminated.

Problems with Risk Assessment

We also touched the controversial issue of unpredictable nature of human beings and implication of statistical tools for predicting future risk.

- ☐ Subjective
- ☐ Statistical

Forensic treatment

In the realm of treatment we learned about the therapies like **narrative therapy**

Narrative Therapy

- ☐ Proved useful with prisoners
- ☐ People live out stories
- ☐ Prisoners have negative stories
- ☐ Therapist collects positive events
- ☐ Weaves them into a positive story
- ☐ Questions are the most important technique

Along with NT we also dwell into details of Solution focused Therapy, Art Therapy, Drama Therapy, Role Play, Empty Chair, Role Reversal and many other techniques.

Expert Witness

Another duty of a Forensic psychologist is to write reports for courts as an expert witness. We learned the method of report writing and few elemental things like:

- ☐ You work for the courts and not for lawyers
- ☐ Use as much objective evidence as possible
- ☐ Opinion should be based on factual evidence

We also splurge two lectures understanding the problem and treatment of substance misuse.

Point to ponder! In Pakistan Forensic Psychology is a new emerging field, there is a crucial need to hire psychologist in police department and other civil and criminal courts and settings.

References:

- Wrightsmann, L. S. (2001). *Forensic psychology*. Belmont, CA:
- Bartol, C. & Bartol, A. (2004). *Introduction to Forensic Psychology*. Thousand Oaks, CA: Sage.
- Handbook of Psychology, Volume 11. Forensic psychology / edited by Alan M. Goldstein and published by John Wiley & Sons, Inc.
- <http://faculty.ncwc.edu/toconnor/psy/psylect01.htm>
- <http://www.homeoffice.gov.uk/rds/pdfs2/dpr8.pdf>
- <http://careerfocus.bmj.com/cgi/content/full/323/7316/S2-7316>
- <http://bjp.rcpsych.org/cgi/content/full/190/49/s66>
- http://mentalhelp.net/poc/view_doc.php?type=doc&id=629&cn=8
- http://www.swin.edu.au/victims/resources/assessment/personality/psychopathy_checklist.html
- <http://www.tara4bpd.org/bpd.html>
- <http://www.islamcan.com/99names/index.shtml>
- <http://www.islamweb.net.qa/ver2/archive/article.php?lang=E&id=17525>
- <http://www.athealth.com/Practitioner/ceduc/parentingstyles.htmlv>
- <http://www.criminology.fsu.edu/crimtheory/bandura.htm>
- <http://www.juliantrubin.com/bigten/skinnerbox.html>

<http://chiron.valdosta.edu/whuitt/col/behsys/classcnd.html>
<http://www.paralumun.com/dreamjung.htm>
<http://www.kheper.net/topics/Jung/typology.html>
<http://www.victorianweb.org/science/freud/develop.html>
http://www.psichi.org/pubs/articles/article_58.asp <http://faculty.ncwc.edu/toconnor/428/sampprof.htm>
<http://faculty.ncwc.edu/toconnor/psy/psylect03.htm>
<http://faculty.ncwc.edu/toconnor/psy/psylect04.htm>
<http://faculty.ncwc.edu/toconnor/psy/psylect06.htm>
<http://faculty.ncwc.edu/toconnor/428/428lect16.htm>
<http://www.heavybadge.com/efstress.htm>
<http://faculty.ncwc.edu/toconnor/417/417lect09.htm>
http://speakout.com/activism/issue_briefs/1165b-1.html
<http://www.apadiv31.org/Coop/ForensicPsychology.pdf>
<http://www.johnhoward.ab.ca/PUB/C21.htm>
http://www.crimelibrary.com/notorious_murders/famous/sheppard2/class_4.html
<http://www.crimeandclues.com/92feb003.html>
http://www.wcupa.edu/ACADEMICS/sch_cas.psy/Career_Paths/Forensic/Career08.htm
http://en.wikipedia.org/wiki/False_confession
<http://faculty.ncwc.edu/toconnor/315/315lect01.htm>
<http://www.criminalprofiling.ch/introduction.html>
<http://www.serialkillercalendar.com/killerextrascrimescenes.html>