



Stalking

***An occupational hazard for health
and mental health clinicians.***

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scio Charity Number SCO44905

Crimes Associated with Stalking

Ex partner/ Domestic abuse

Rape

Community/racial hatred

Revenge

Sex Trafficking

Extortion

Bullying

Honour Based Violence

Sexual exploitation

Identity Theft

Human trafficking

Child Abuse & Abduction

Scottish Crime & Justice Survey 2017/18

1:10 adults (11.1%)

Female: 11.6.%

Male: 10.5 %



Only 10% reported the most recent
incident to the police

Scotland

“*Offence of Stalking*” Sec 39 Criminal Justice & Licensing (Scot) Act 2010.

England & Wales

“ Offence of Stalking” Protection of Freedoms Act 2012

Europe

Sec 34 Council of Europe’s Convention on Preventing and Combating Violence Against Women and Domestic Violence 2011

Defining Stalking

“Two or more behaviours directed towards a victim which cause, are intended to cause, or where the perpetrator’s behaviour is reckless as to whether it causes, the victim to suffer fear and alarm”

Critical Elements to the Legislation

COURSE OF CONDUCT

FEAR & ALARM

MENS REA (the intention or knowledge of wrong doing)

**25-35% stalkers
commit acts of
violence against
their victims**

Meloy, J. Reid, ed. (1998), *The Psychology of Stalking: Clinical and Forensic Perspectives*, San Diego, CA: Academic Press.

**1/3 involve physical violence toward the
object of pursuit (Spitzberg,2006)**

Victim Impact

- 83%** Increased anxiety/arousal
- 75%** Chronic sleep disturbance
- 55%** Experienced symptoms of PTSD
- 50%** Appetite disturbance
- 50%** Excessive tiredness, weakness, headaches
- 38%** Numbing, feeling of detachment
- 25%** Self harming behaviours
- 25%** Contemplation of suicide
- 94%** Major changes in their social and work lives
- 53%** Changed or ceased employment
- 39%** Moved house
- 33%** Family and friends had also been stalked
- 20%** Work colleagues had also been stalked
- 34%** Said their personality had changed forever.

“During my darkest times, I research suicide. I can tell you all about the options around suicide. I can tell you all about the effects of vodka and sleeping tablets. I can tell you the affects of paracetamol and night nurse and the pain they inflict on the inner organs. I can tell you about the levels of alcohol needed to numb the senses. I can tell you that when you get to this stage, it is a dark and lonely place and you have no one to talk to”.

Domains of Risk

VIOLENCE

- Physical harm to primary victim or secondary target

Persistence

- Psychological, Social and financial impact.

RECURRENCE

- The likelihood the stalker will resume the behaviour

Risks to the
Stalker

Typologies Based on Motivational Factors.

- **Rejected (instrumental or spontaneous/reactive)**
- **The intimacy seeker**
- **Resentful**
- **The incompetent suitor**
- **Predator**

Risk Factors

Empathy and compassion

Transference

Working through transference

Stalking-induced countertransference

Projection and projective identification

Confrontational aspects of therapy

Boundaries

Naivety: the client is incapable or would consider engaging in criminal

Terminating the relationship

Poorly managed interactions

Rupture in the relationship

Practitioner tolerance for anti social behaviour.

Minimise & intellectualise stalking associated behaviours within a t

Questions?

