

Violence and Therapy

PPS Trust
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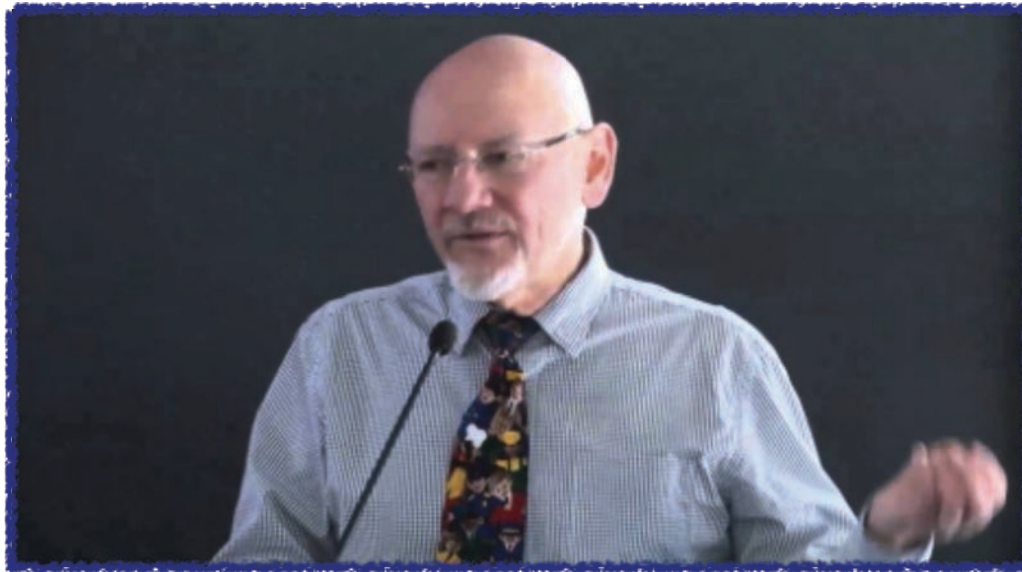
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James Garbarino

Listening to Killers (2015)

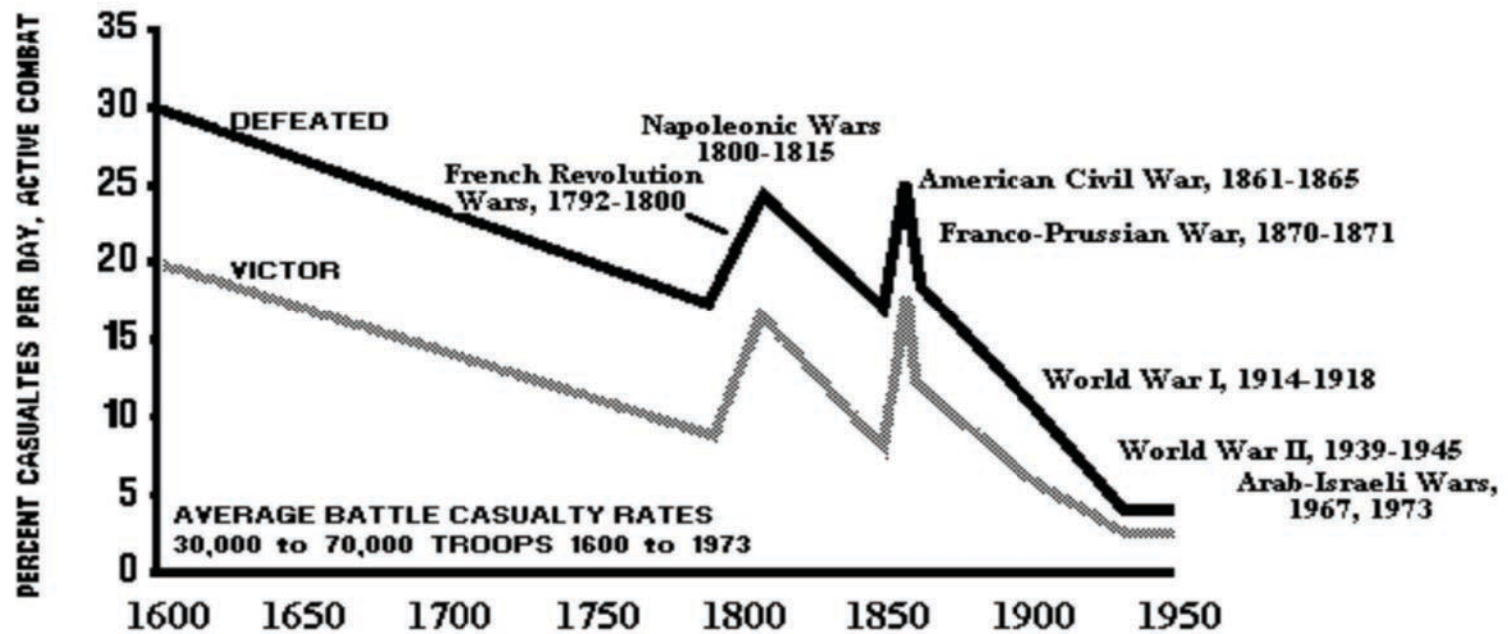




Violent behaviour has been selected through evolution

Genetic predisposition for violent behaviour

Almost all of our ancestors had to survive violent encounters



Source: T.N. Dupuy, *The Evolution of Weapons and Warfare* (New York: Bobbs-Merrill, 1980). p. 314.

Table 1. Casualties - Lethality - Dispersion Over Time

Violence is in Decline

- We are living in the most peaceful time in our species existence
- Violence has decreased over millennia, decades and years
- “Capital punishment seen an example of how low our behaviour can sink rather than an example of how high our standards have climbed”



Attachment as an Inhibitor for Violence

attachment leads to relationships
which leads to a reduction in reliance
on survival fight flight responses or
behaviours

What puts us at risk of becoming violent?

Temporarily lose the capacity to mentalise

Depersonalise or dehumanise

Does this man look like he cares about what you are feeling?



need to be visible to people
psychologically

James Garbarino

“most killers are best understood as untreated traumatised children who inhabit and control the minds, hearts and bodies of adult men”

“gross violations of the rights of children often lead to the most violent inhumane actions of adults”

(Garbarino, 2015)

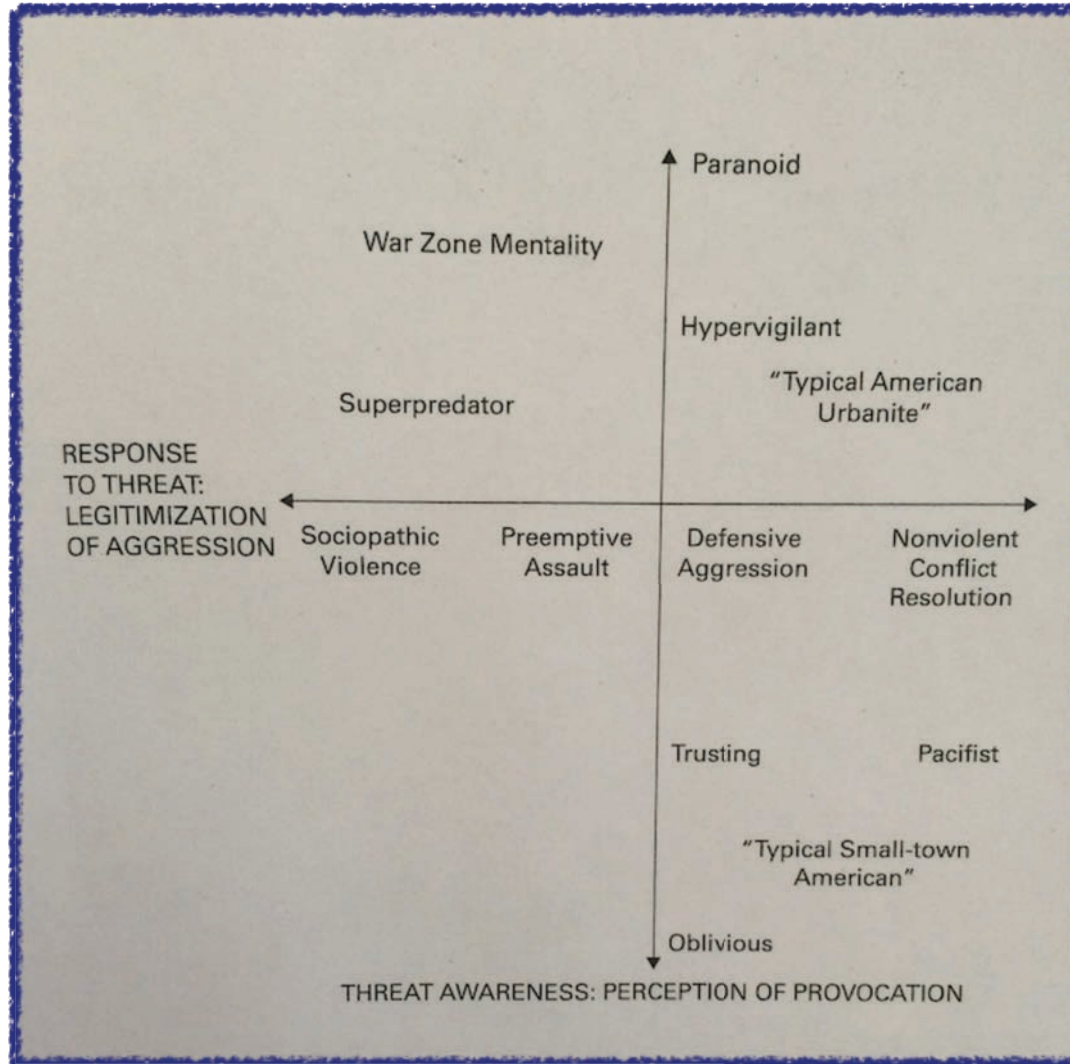
Developmental Analysis of Extreme Violent Behaviour

- Accumulation of risk factors (ACE scores)
- Warzone Mentality (Fight Flight Psychology)
 - High sensitivity to threat plus high levels of modelling and reinforcement of aggression and violence
- Dissociation
- Attachment

Accumulation of Risk Factors

- Adversive Childhood Experience Scores (Felitti et al, 1998)
 - 10 items during the first 18 years of life that are highly predictive of serious health and mental health problems in later life
 - 35% 0/10, 2% >5, 1/1000 scores of 9 or 10/10
- Trauma (Solomon and Hyde)
 - 3 levels or types of trauma

Warzone Mentality



Dissociation



Attachment

- Rejection Sensitivity (Geraldine Downy)
 - Hyper sensitivity to perceptions of, suggestions of, possibilities of rejection
 - Pre-emptive attacks/aggression, maintenance of aggression in the absence of threat
 - Violence in reaction to shaming, disrespecting experiences
 - Garbarino case example

Anger and Aggression

- Anger is a normal healthy emotion
- Attribution of intentionality leads to escalation into aggression and violence
- Reflecting on sequence leading up to violence allows an appreciation of making alternative choices
- Melissa Institute

Treating Violent People

- Making Therapy Safe
- Mentalising/ 'mindsight'
- Respectful to clients, no judgement, be real
- Overtly demonstrate empathic function
- Identifying the psychological journey towards the violent actions
- Learn and practice alternatives to violent

Making Therapy Safe

- Therapy is a non violent encounter
- Goals and Ground Rules
- How to manage in non

Mentalisation

“so when she said to you ‘you didn't clean up the kitchen’, you thought ‘she’s at me again, she doesn't care, she's trying to control me, ill show her who is in control’ ”

The therapist has the patients mind in their mind, and the patient watches this, the therapist making it as visible as possible

Make the empathic function obvious:

You will see me, seeing you

Identifying the Psychological Journey Towards the Violent Behaviour

- Perceived provocation, a trigger event (he sat on my jacket)
- Attribution: (he knew I was going to see him doing that, he is disrespecting me)
- Feeling of being victimised :(he's crushing my stuff and doesn't give a s***)
- De humanise the other person: name calling (the little m***** f*****)
- Justified in violent behaviour (“if someone f**** with your stuff they should know better whats going to

Case Example

Integration of behavioural,
psychodynamic, humanistic
approaches

Behavioural Approach

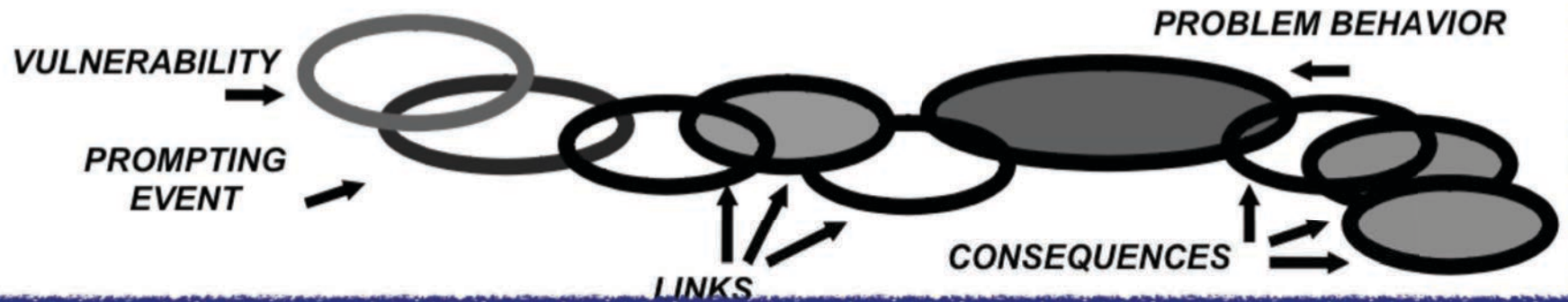
- Explicit focus on the details of violent behaviour
- Explicit goal of reducing violent behaviour
- Explicit goal of understanding the development of his violent behaviour
- Explicit focus on developing alternative behavioural approach when experiencing violent impulses/anger
- If not violent how would you like to be?

Chain Analysis of Violent Event

Chain Analysis of Problem Behavior

Page 1

Name: _____ Date Filled Out: _____ Date of Problem Behavior: _____



Behavior Therapy Diary Card		Initials	ID#	Filled out in session? Y N	How often did you fill out this side? Daily _____ 2-3x _____ Once _____	Date Started
	Anger	Aggressive Impulse	Shouting	Physical posturing/gesturing	Physical aggression/contact/ violent behaviour	
	0-5 and describe	0-5 and describe	0-5 and describe	0-5 and describe	0-5 and describe	
Mon						
Tues						
Wed						
Thu r						
Fri						
Sat						
Sun						

Chain Analysis of Problem Behavior

Name: _____

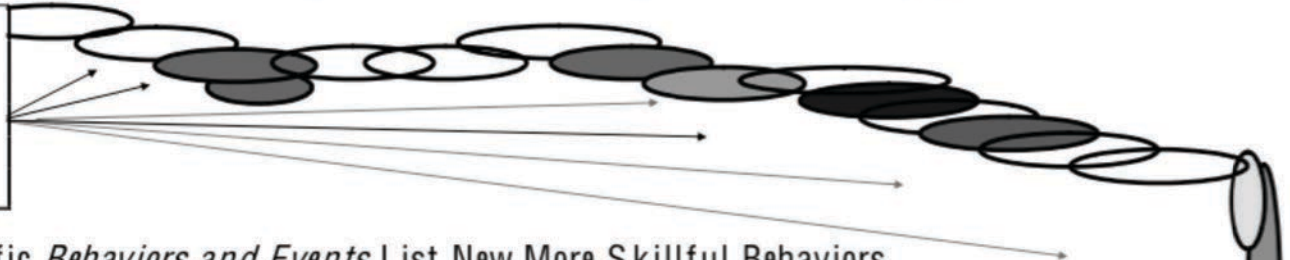
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LINKS OF BEHAVIOR (Actions; Body sensations; Cognitions; Feelings) and EVENTS

Possible Types of Links

- A=Actions
- B=Body sensations
- C=Cognitions
- E=Events
- F=Feelings



LINKS List Actual Specific Behaviors and Events List New More Skillful Behaviors

1 st	MAN LOOKED AT ME WALKING OUT OF THE SHOP	
2 nd	C: WHAT THE **** ARE YOU LOOKING AT	
3 rd	F: ANGER, HATRED, ANXIETY, FEAR	
4 th	A: STOPPED WALKING AND STARED AT HIM (HE STARES BACK)	
5 th	C: HES GOING TO START SOMETHING (ANTICIPATION OF VIOLENT BEHAVIOUR)	
6 th	F/B: EXCITMENT/AROUSAL/HEART RATE INCREASING	
7 th	A: TENSING MUSCLES, CLENCHING TEETH, TIGHTENING FISTS, WALKED TOWARDS MAN AND STANDS CLOSE TO HIM STARING IN FACE	
8 th	A: SAYS IN THREATENING TONE 'PROBLEM BOSS', (HE RESPONDS F*** YOU)	
9 th	PUNCHES MAN IN FACE AND PUSHES HIM THROUGH PLATE GLASS WINDOW	

Outcomes

- Violent behaviour has decreased in intensity and frequency
- Towards the end of therapy we were working exclusively at the lower end of the scale (anger, aggression, verbal and postural behaviours)
- He has developed a basic, non judgemental and realistic understanding of the genesis of his violent behaviour
- Understanding the survival function made it easier for

Summary

- Violent behaviour is in most of us from birth
- We are socialised out of violent behaviour
- Violent behaviour in adulthood can frequently be understood by looking at an individual's childhood