Expanding the area of what is possible
In Track & Field Distance Running  & Competent Self-Care in medicine and psychology

understanding serial rapist, killer, child molester

A major part of TheETG mission is to expand the area of what is possible in competent self-care in medicine and psychology. TheETG’s primary method of achieving that is to proliferate applied science based information by way of – free- packets containing plain language info for "the average joe" seeking to move themselves or others forward in these areas. The mail problem TheETG packets attempt to address......

“....takes an average of 17 years to translate 14% of original research into benefit.....average of 9 years for interventions recommended as evidence-based practices to be fully adopted.”

M.Tinkle, et al
Dissemination and Implementation
Nursing Research and Practice…Volume 2013

Competent Self-Care: Medicine……..The best medicine comes with no risk-versus-benefit equations to contemplate, no daily violations of "first, do no harm", no whac-a-mole medicine being practiced to medicate each health issue as it pops up. To be a good doctor one must -first- be a good physiologist. And in order to have a fully functioning health care system available to all human beings in America its core must be comprised of competent self-care and good physiologists.

Competent Self-Care: Psychology……..So-called "mental health professionals" should practice more mental health and less pharmacology. The goal of applied psychology is to empower people to achieve self-mastery. This should be the goal of competent self-care and all psychologists. Parenting…..dysfunction moves from the parents, into the home, into the kids, into the streets, into the norm. Personal growth toward being a fully functional human being can move from the parents, into the home, into the kids, into the streets, into the norm.

You may copy any and all contents of this packet, with exception and exclusion of using such copies for purposes of producing revenue, profit, or any direct or indirect compensation.
“The most dangerous place in America for a child is the American family”
[John Bradshaw]

----- We know its likely that in our society, few rapists didn’t have some significant childhood “issues”.

----- We know its likely that in our society, few men/women who engage in physical and/or emotional abuse of children didn’t have some significant childhood “issues”.

----- We know its likely that in our society, few men/women who engage in spousal abuse didn’t have some significant childhood “issues”.

----- We know its likely that in our society, few child molesters were not molested as children.

Thus, collectively these are largely situations where;
--- a group of people in our society is in some way shape or form involving others in their problems and/or where one generation of adults is passing on their problems to the next generation [ie. kids who may become the next group of rapists, domestic violence perpetrators, child molesters, etc, etc].

This suggests that we could at some point as a country, choose to collectively and aggressively step in and effectively resolve this situation.

At some point, given what we know, we will have to ask adults and teenagers [in a highly public way] to look at themselves and their own personal history on this planet.

The questions will have to be asked...

Does that history include some sort of abuse, and if the answer is yes;
--- are you unwilling to take it out on somebody else
--- are you unwilling to pass it on to somebody else
--- are you unwilling to create and/or pass on unnecessary trauma in the life of somebody else
--- are you willing to heal and regenerate from your wounds
“The most dangerous place for a child in America is the American family.”

[John Bradshaw, Bradshaw On Home Coming]
An abused child....gone unhelped, is likely to become an adult, who is in someway, an abuser.....who will have a child.....who, gone unhelped, is likely to become an adult, who is in someway, an abuser.....who will have a child.....who, gone unhelped..................
"......attributes violent and abusive behaviors displayed by adults to learning through direct or vicarious prior exposure to such behaviors during youth."

S. Chandler  
Rate Of Prior Verbal, Physical, Sexual Abuse Among College Students  
Research Quarterly For Exercise & Sport......Volume 69 #1......March 1998

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"......violent abusive behaviors are learned from prior exposure.......Intervention efforts should target parents and guardians of young children as well as young adults contemplating having children."

S. Chandler, J. Ramsey  
Rate Of Prior Verbal, Physical, Sexual Abuse Among College Students  
Research Quarterly For Exercise & Sport......Volume 69 #1......March 1998

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"Adolescents maltreated early in life.......had levels of aggression, anxiety/depression, dissociation, post-traumatic stress disorder symptoms, social problems, thought problems, and social withdrawal that were.......higher than those of their non-maltreated counterparts."

"......maltreatment predicts adolescent psychological and behavioral problems, beyond the effects of other factors associated with maltreatment. Undetected early physical maltreatment in community populations represents a major problem worthy of prevention."

J.E.Landsford, et al.  
A 12 Year Prospective Study Of The Long-Term Effects Of Early Child Physical Maltreatment On Psychological Behavioral And Academic Problems In Adolescence  
Archives Of Pediatrics & Adolescent Medicine......Volume 156......2002......page 824-830
"Psycho-path/Socio-path Behavior

Psychological Programming ——
We are psychological and physiological products of how we are treated, how we treat ourselves, and how we treat others. We know that 1 - 5 year olds who are not consistently shown kindness and love, will become self-destructive to some relative degree. In extreme cases they will become "psychopaths-sociopaths", destructive towards themselves and others, if left un-helped.

Kids who are hurting will "eventually" hurt themselves and/or others. This may not occur till late adolescent or early adulthood, but it will happen at some point if things are not changed.

"Normal" Behavior

Insecure Attachment

Emotional Problems

Verbal & Emotional Abuse – Emotionally Violent environment

Physical & Sexual Abuse

Serial Killer/Serial Rapist/etc....
Mechanisms Of
"Psycho-path/Socio-path
Behavior

Psychological Programming ---- Children go through stages of psychological growth. There are specific things a child needs to get from the people on whom he/she is dependent, in order to move from one development stage to the next. The four major developmental dependency needs are; unconditional love, attention, affection, and appreciation. Parents who never got their dependency needs met when they were children tend to be inconsistent or unable to provide them for their kids. Long term exposure to this type of environment results in relatively consistent shaming experiences, and a self-image of being flawed, defective, and inadequate. These problems manifest themselves in the lowering of one's "comfort zone"...in that the child becomes "used to" being treated poorly. Being treated poorly is the norm from his/her perspective, and is considered by them to be normal. Being treated well falls outside his/her "comfort zone", and is therefore something that will be rejected, unless or until their comfort zone is changed. A Comfort Zone is set by the image your child has developed of him/herself, formed primarily by the family environment and life experiences he/she had between the ages of 1 - 16 years old. All the things a child has heard about him/herself the most and has accepted as truth during this time period, contribute to that image. The intensity frequency, and consistency of criticism and punishment experienced from parents and care givers causes long term damaging effects, and a lowering of one's comfort zone.

We are psychological and physiological products of how we are treated, how we treat ourselves, and how we treat others. We know that 1 - 5 year olds who are not consistently shown kindness and love, will become self-destructive to some relative degree. In extreme cases they will become "psychopaths-sociopaths", destructive towards themselves and others, if left un-helped.

Kids who are hurting will “eventually” hurt themselves and/or others. This may not occur till late adolescent or early adulthood, but it will happen at some point if things are not changed.

In parenting and care giving, nothing is free......someone will pay for their failure.

Children are products of how they are treated. How they are treated by parents and family environment affects how they see themselves......and how they will treat themselves and others. If they have no respect for their own lives, they will have no respect for the lives of others. Their hatred of themselves can, and probably will, be easily projected onto others.

“In the case of the man we are considering, the irrationality to which he was exposed as a child was not the expression of intentional cruelty or ill-will. It was simply the “normal” manner of functioning, on the part of his parents, which most adults take for granted.

It was not the trauma of a single moment or episode, but a accumulation of blows delivered to a victim who was not yet able to know he was a victim, or of what.

Now as an adult, he has learned to “accept” human irrationality. “Acceptance”, in this context, does not mean the knowledge that a great many men behave irrationally and that he must be prepared to meet this problem; it means he accepts irrationality as the normal and natural, he ceases to regard it as an aberration, he does not condemn it.”

Nathaniel Branden
Psychology Of Self-Esteem
Positive functioning in Life

competence
functional
independent
interdependent
effectiveness
powerful person
productive relationships

incompetence
dysfunction
dependent
compulsive
ineffective
self-sabotage
relationship sabotage

Establishment of the upper limit of your Comfort Zone

Level of esteem you have for yourself
self-esteem

Image you have of yourself
self-image

Perceived Competence Self-Efficacy
perceived level of competence and effectiveness as a person

positive support from environment

positive outcomes of exploratory behavior, and problem solving experiences

positive outcomes in friendships & romantic relationships

Dependency Needs
unconditional affection
attention
praise

Life Skills
Mastery Oriented
Logic Oriented
Solution Oriented

Character Strengths
integrity to behaviors of value
unconditional kindness
forgiveness
"To assume responsibility for choosing the values that guide one's life, the principles by which to act, the goals in which to seek happiness—to make such judgements alone, relying solely upon one's own reason and understanding—is to practice the ultimate form of intellectual independence, the one most dreaded by the overwhelming majority..."

Nathaniel Brandon, Psychology Of Self-Esteem

"Competence at introspecting and identifying one's own mental processes has to be acquired; it has to be learned. Most people have not formed the habit of seeking to account to themselves for the reasons of their beliefs, emotions and desires; consequently, when they do attempt it, they frequently fail—and do not persevere."

Nathaniel Brandon, Psychology Of Self-Esteem

"Nothing is given automatically. Neither knowledge, nor self-confidence, nor inner serenity, nor the right way to use your mind. Every value you need or want has to be discovered, learned, and acquired."

Ayn Rand, Philosophy: Who Needs It

Implement the process of purposely programming yourself with the beliefs, philosophy, values, and self-image that you want guiding your behavior patterns and determining your quality of life.

Elite Training Group, Training To Live Training For Life Packet (Human Psychology)
Kids who are hurting will hurt themselves & others

May a finger poke in the eye of every parent who does not "see" the hurt they have passed on to their own children.

If you won't, or can't show unconditional attention, affection, praise, and kindness to your kids...give them to someone who will. In parenting, nothing is free......someone will pay for your failure. There is nothing one can experience during childhood, that allows an excuse to perpetuate dysfunction as an adult (a parent), and pass it on to one's kids.

The result of self-improvement is a higher love for oneself. Self-improvement provides more things about yourself to love. Parents must implement the process of purposely programming themselves with the beliefs, philosophy, and values they want guiding their behavior patterns and determining the quality of their kid's childhood.

That which was in your great grand parents was passed to your grandparents, which was passed to your parents, which was passed to you. Get right with yourself so you can do right by your kids.

You are not the worst things your parents have ever said to you, about you. You are not required to be the negative things they said to you most frequently. As an adult now, you are no longer your environment. You have the responsibility at this point in your life to "re-parent" yourself. The process of truly becoming a mature person is to overcome the experiences that have taken power from you, convinced you that you are less than you are.

Develop a strong sense of "I".

When confronted with a negative truth about ourselves, it is not for us to take the position that change is not an option. It is for us to take the position that change....is the “only” option. When confronted with themselves, many people will run away, or push others away, rather than choose to change. This is an act of self/relationship-sabattage, in an attempt to maintain the boundaries of one’s comfort zone. Two assumptions that can be made about life in the context of Human Psychology:

1. The purpose of life is not to see how many “inner-child” personal problems we can choose to deny or do nothing about as adults.
2. The purpose of life is not to see how many limitations we can set or accept for ourselves.
Children are products of how they are treated.  

How you treat them does matter!  

How they are treated by their parents and their family environment affects how they see themselves.  

How they are treated affects how they will treat themselves, and how they will treat others.  

Emotionally wounded parents raise up emotionally wounded kids.