

IN THE TRAUMAS OF THE NARCISED STALKER

Integrated approach between systemic relationship therapy and EMDR

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The term stalking represents a form of aggression carried out by a persecutor who breaks in a repetitive, unwanted and destructive way into the private life of another individual, causing the latter serious physical or psychological consequences (Maran, 2010). With the term stalking we refer, therefore, to a series of attitudes held by an individual who afflicts another person, persecuting it and generating states of anxiety and fear, which can compromise his daily life. Also known as "harassing molester syndrome", this phenomenon is characterized by three fundamental aspects, namely the presence of a "persecutor" (or molester), a victim and a relationship between the two, characterized by the exercise of control by the stalker , which determines an emotional state of intense anxiety and fear in the victim. In this work we will deal with the figure of the persecutor. The stalker in general manifests an evident problematic in the emotional-emotional, relational and communicative area that does not always correspond to a precise psychopathological framework; starting from the assumption that the stalker is characterized in literature by the need for narcissistic affection with the victim, with the pathological objective of reiterating an affective relationship with the victim. Every sign of closeness or confidentiality expressed by the victim is re-read as a clear expression of the desire for contact and emotional closeness, which therefore justifies approach behaviors. The "predator" is the one that is usually moved by the desire to have a sexual contact with the victim, directly proportional to the fear reactions of the latter. Over the years many other classifications have been proposed, but the most important is the one devised by Mullen and Purcell (2000). They considered a sample of 145 clinical evaluations of stalking cases, with a multi-axial approach.

The first axis concerns the motivation of the stalker and the context in which it acts. It is indeed important to be able to grasp the function of the stalker's behavior, both in terms of needs and desires that it seeks to satisfy, and in terms of understanding gratifications as a reinforcing element, which can perpetuate persecutory behavior. It is also essential to understand the context in which this behavior manifests itself, in order to better understand the objectives and strategies of the stalker.

The second axis concerns the nature of the pre-existing relationship with the victims of stalking. It includes the analysis of relationships with previous partners, their professional contacts, relationships with friends and acquaintances.

The third axis includes the psychiatric diagnosis, in which two areas are distinguished:

- The psychotic group, which includes pathologies such as schizophrenia, delusional disorders, affective psychoses and organic psychoses;
- Non-psychotic disorders, including personality disorders, anxiety disorders and mood disorders.

In an article published in the Journal of Criminal Justice (Patton, Nobles, Fox, 2010), a relationship emerges between stalking and attachment theory. Specifically, a relationship was found between some stalker behaviors and cluster B personality disorders (Samson RA, Samson LA, 2010, Evans TM, Reid Meloy J., 2011). It is therefore possible to investigate how the attachment patterns of the child with the mother proposed by Bowlby (1969, 1973) are associated with the personality characteristics of the stalker. For example, in the study by Patton, Nobles and Fox (2010), an attempt was made to determine which dysfunctional attachment could be associated with these behaviors. The results showed that insecure-ambivalent-anxious attachment was significantly associated with stalking behaviors. Individuals who exhibit attachment patterns of this type are characterized by anxiety in relationships and tend to carry out behaviors associated with jealousy and anger towards the partner; furthermore, they impose intrusive, harassing and persecutory behavior towards the former partner.

We will analyze the single case, a man, 38 years old, 16 years old, an only child, separated immediately for betrayal by his wife, with a child. Insecure-anxious attachment, inability to manage anger and sexual drives, previous stories of addiction to alcohol and cocaine. 7 years ago due to an accident caused by the patient dies his girlfriend, and after one month his partner dies from an overdose.

Materials and methods: therapeutic method integrated with systemic relational materials, and numerous emdr sessions, psychoeducation. There is work related to the emdr session on the patient's parental attachment, as it seems to be a very important predisposing factor for this case.

Results: The expected results from the following integrated treatment concern the awareness and acquisition of a different attachment style from the previous one, the modification and a sufficient stability will lead him to have a different attitude in the therapy, creating that link of basic therapeutic alliance be able to continue the treatment.