

The psychology of rapists

The slide features several decorative circles in a light olive green color. One circle is empty and positioned behind the first part of the title. Two other circles are solid and positioned behind the second and third parts of the title. In the lower right, the name and profession are placed over a circle that is partially filled and partially empty.

Zoe Lodrick
Psychotherapist



This presentation will cover:

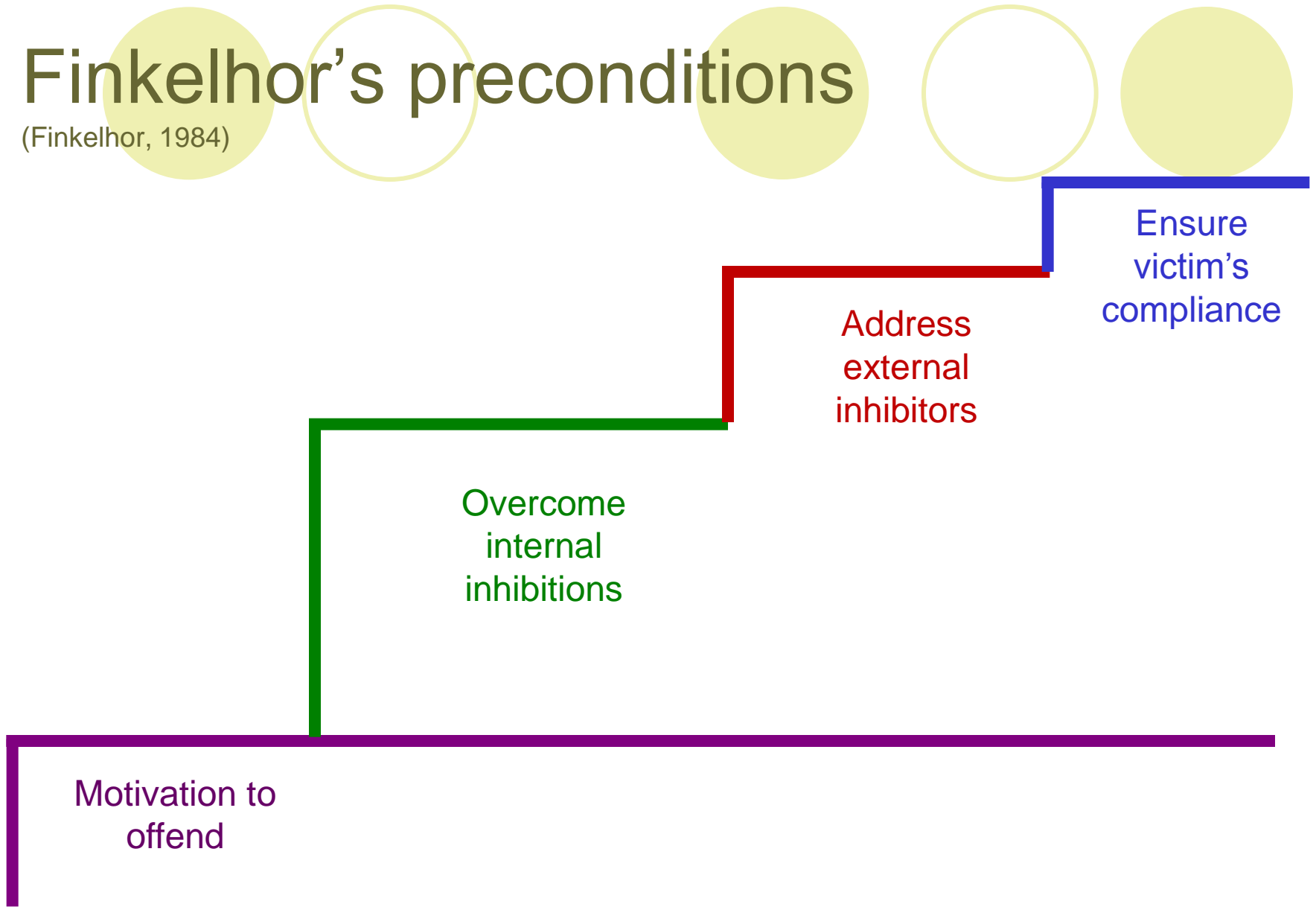
- The steps to sexual offending.
- Overcoming inhibitors to offending.
- Typology of offenders.
- Offending as 'courtship disorder'.



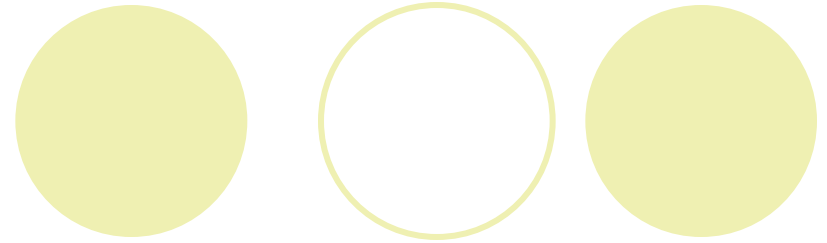
**Four steps to
offending.....**

Finkelhor's preconditions

(Finkelhor, 1984)



Put very simply:



The individual wants to offend



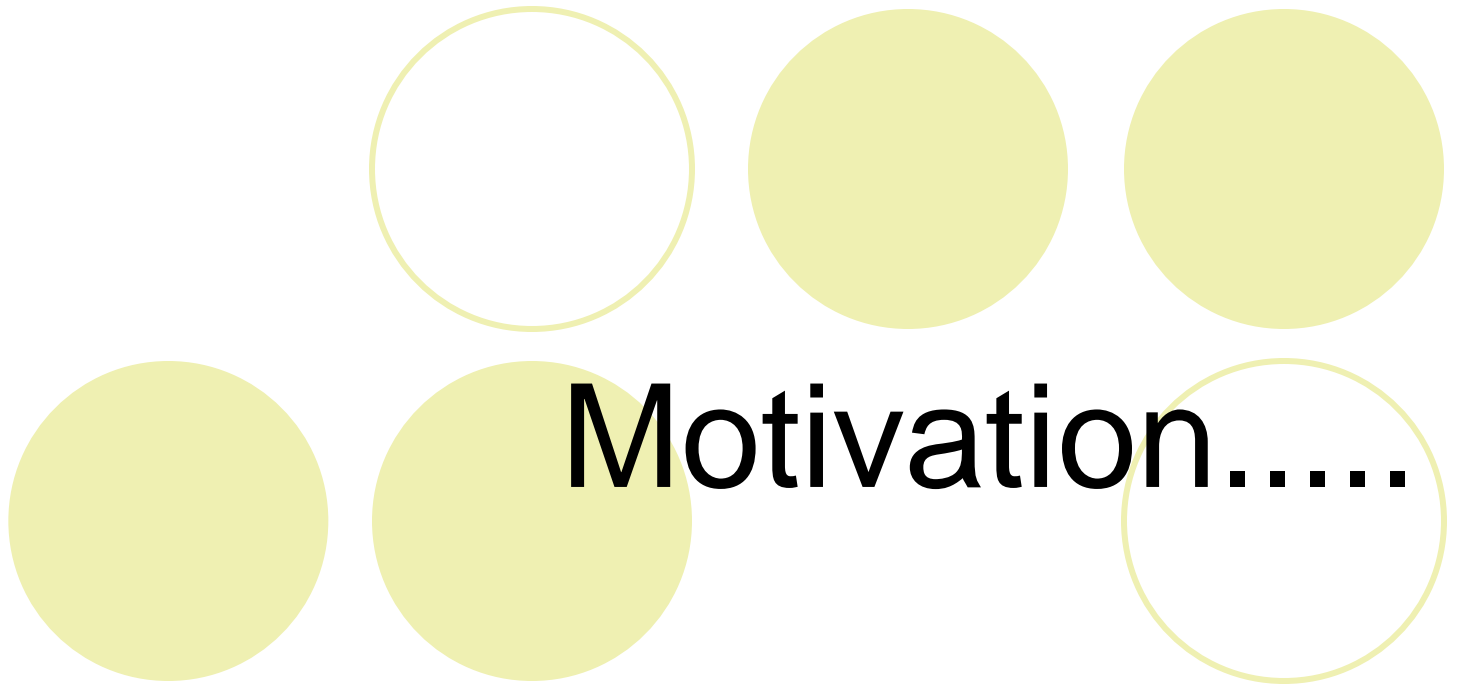
They find a way to square that with their conscience



They create an opportunity



They deal with any victim resistance and make every effort to 'get away with it'.....

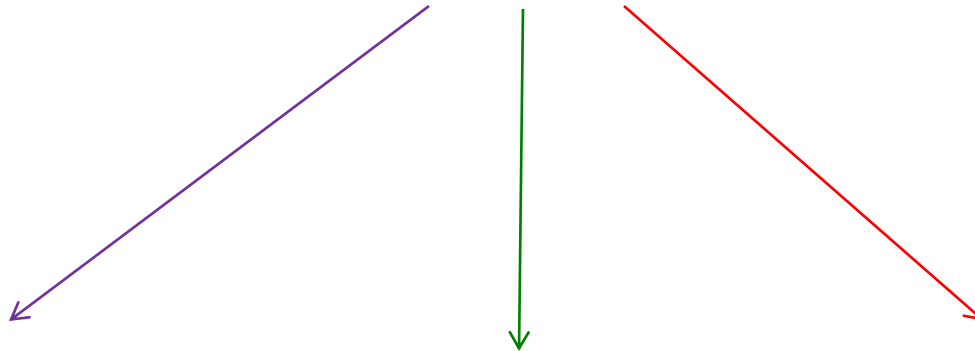


Motivation.....

Motivation:



Three Basic Theories



BIOLOGICAL

Sex / reproduction is a basic human drive; and rape seen as a mating strategy for relatively unsuccessful males.

PSYCHOLOGICAL

Sexual aggression is believed to be learned behaviour.

SOCIOLOGICAL

Rape is considered an inevitable product of patriarchal (male dominated) society.



Internal inhibitors.....



Internal inhibitors may include:

- Conscience
- Moral objection
- Timidity
- Empathy
- Ambivalence
- Social incompetence
- Physical debility

Ways to overcome them may include:

- Alcohol / drug use
- Fantasy (especially if accompanied by masturbation)
- Use of pornography
- Anger / rage / paranoia
- Normalisation through 'banter' with friends
- Cognitive distortions ("wonky thinking")



Cognitive distortions.....

Rapists' schemas

(Polaschek & Ward, 2002)

~~Sadistically Driven~~

I am superior to other people and they should appreciate my want / need to assert my entitlement over them.

Women are sex objects in a constant state of receptiveness.

Schemas

Women are unknowable / dangerous; they do not communicate in a direct manner.

My sex drive is uncontrollable; if a woman turns me on I will be powerless to stop.

The world is dangerous and other people are threatening. Need to 'get in there first' and/or 'get even'. *This is a non-sexual schema that generates interpersonal aggression.....*



Creating opportunity.....

External inhibitors

Environment selection – considering potential inhibitors



Consider how / when victim(s) might enter the 'field'



Victim selection – vulnerability / accessibility / desirability



Consider any potential objection / opposition from others



Victim contact strategy

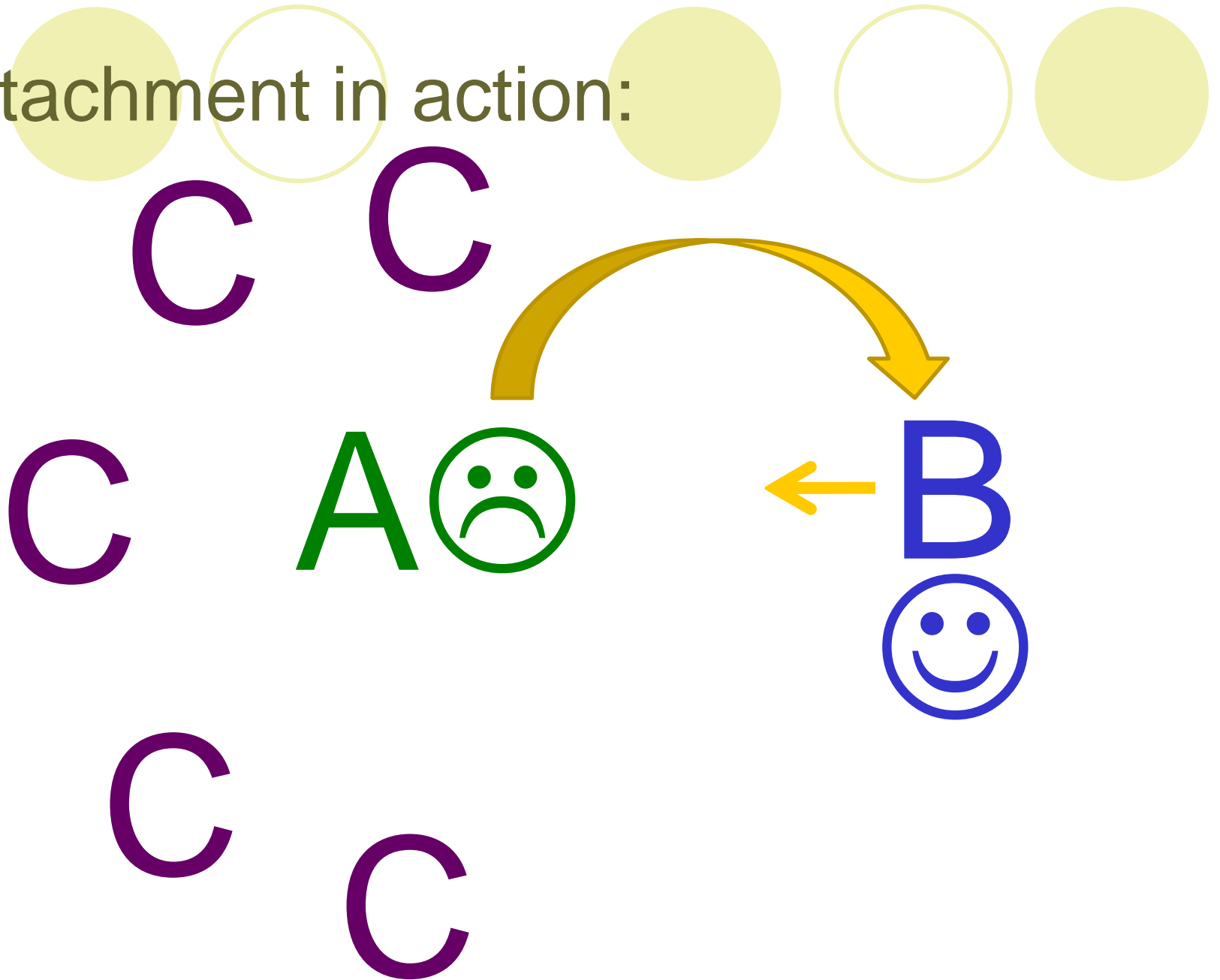


**Overcoming victim
resistance.....**

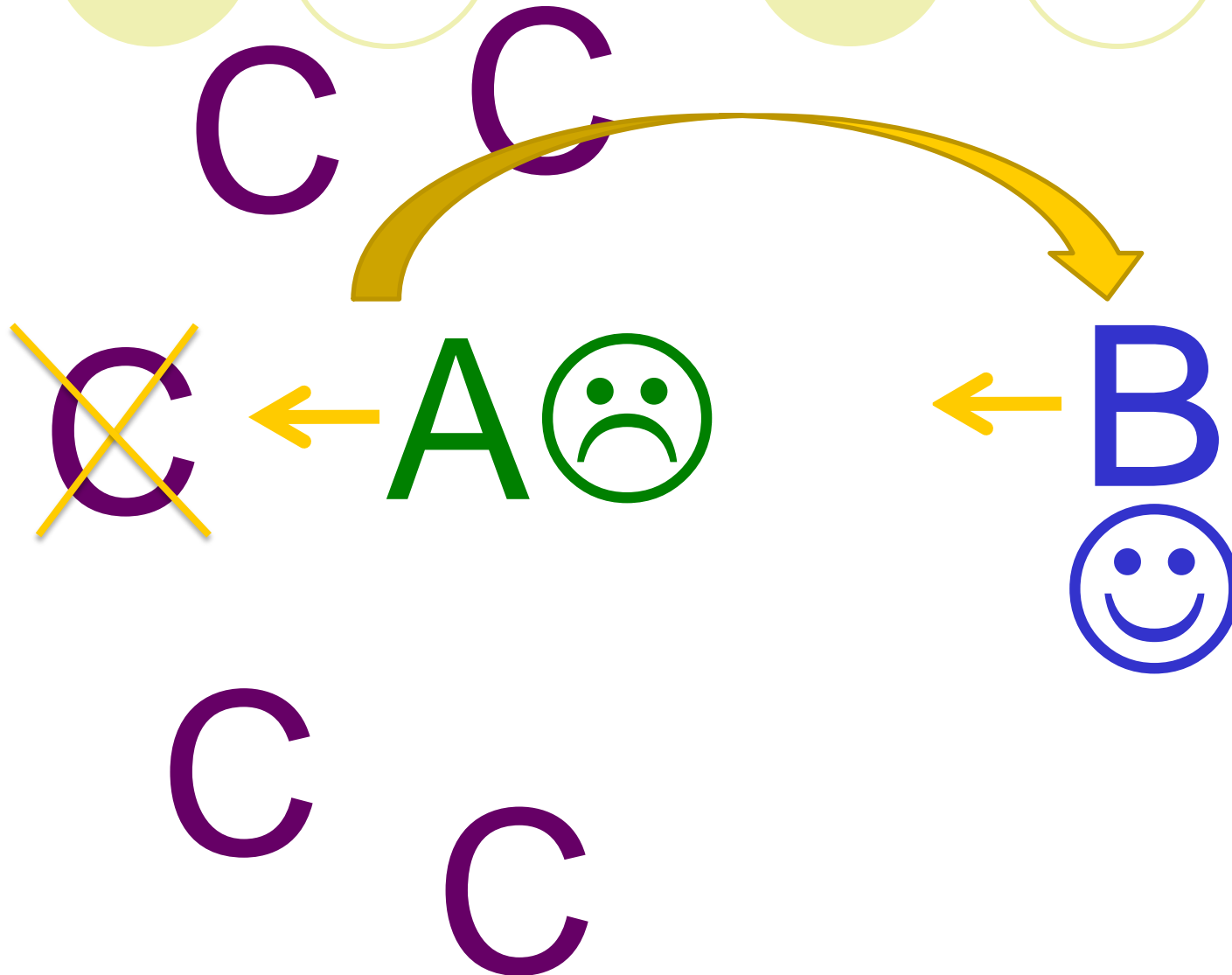
Ensuring compliance is relatively
easy.....

- Targeting / grooming – attachment (of victim to offender) is likely to significantly contribute to compliance and silence.

Attachment in action:



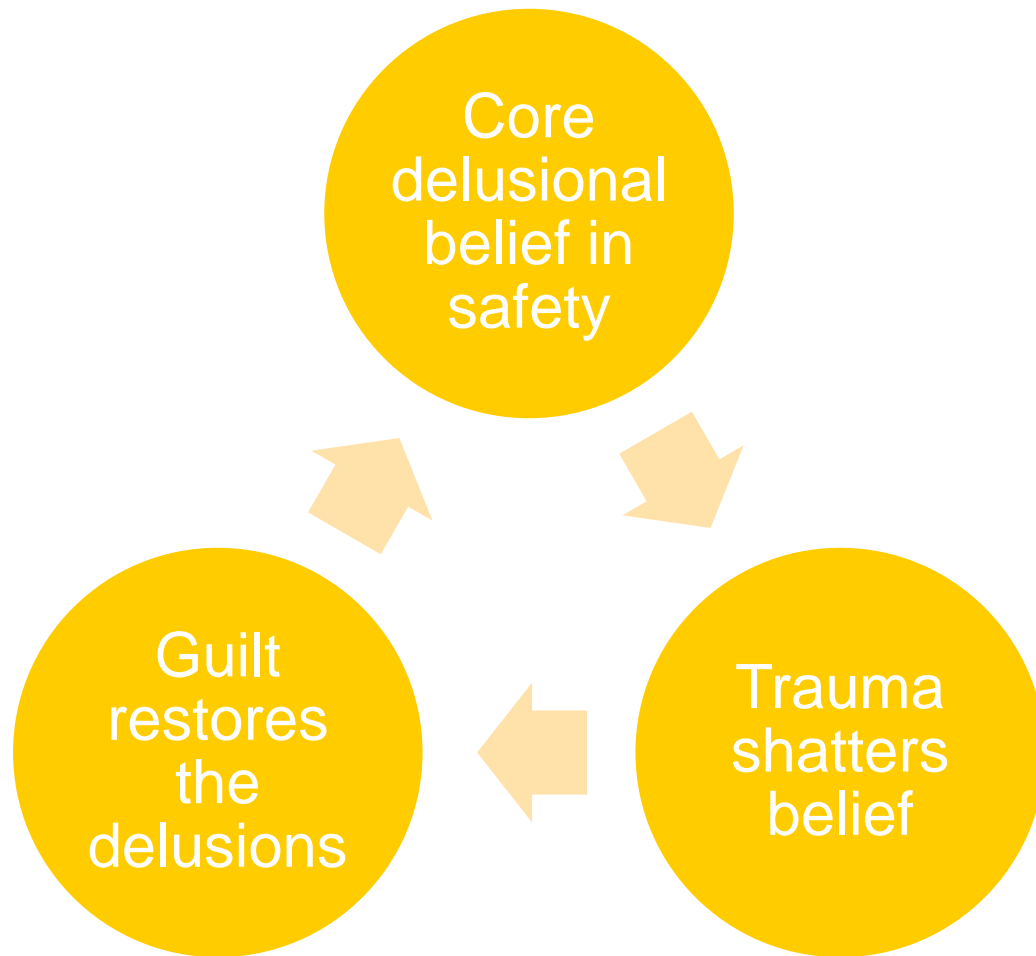
Attachment in action expanded:



Ensuring compliance is relatively easy.....

- Targeting / grooming – attachment (of victim to offender) is likely to significantly contribute to compliance and silence.
- Fear will likely pacify the majority of victims' and guilt will subsequently silence them.
- Violence or threats of violence may be used.
- Moral force or persuasion may be utilized.
- Offenders may share their cognitive distortions with the victim.

Guilt is psychologically healthy.....





Offender typology.....

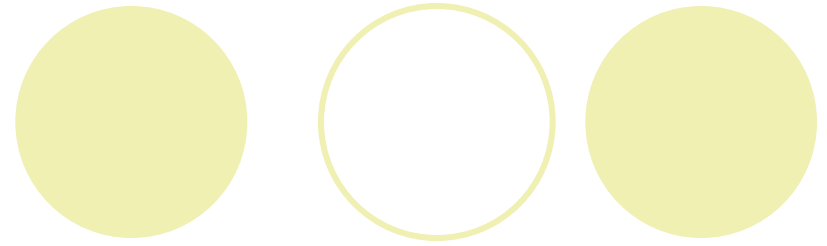
Typologies of rapists



(Proulx and Beaugard, 2002)

- **Sadistic rapist**
- **Angry rapist**
- **Opportunistic rapist**
- **Compensatory rapist**

Sadistic rapist:



- Engages in elaborate sexual fantasies and musings, accompanied by feelings of anger and anxiety.
- Makes careful plans, including the acquisition of instruments.
- Victim selected according to fantasy content / ease of control.
- The offender may use verbal insults, degrading assaults and/or physical torture.
- Violence will be excessive and disproportionate, with a strong likelihood of serious injury.
- The offence is usually of long duration.

Angry rapist:



- The offender feels great anger and a desire for revenge against women.
- He will be misogynistic.
- He is likely to be disinhibited through drink and drugs.
- His victim choice is opportunistic and/or vengeful.
- The offender uses a 'blitz' approach, using extreme and unfocussed violence, even if the victim is passive.
- The offence is usually short lived.

Opportunistic rapist:

- Not likely to be angry, or to have overtly deviant fantasies.
- He may be disinhibited through drink and drugs.
- He will frequently adopt an anti-social, parasitic lifestyle.
- His offending may flow from other crime, such as burglary or drug dealing.
- He may rape during the course of a 'date'.
- Violence is only offered in the face of resistance, and is instrumental.
- May feel his sex drive to be outside his control.

Compensatory rapist



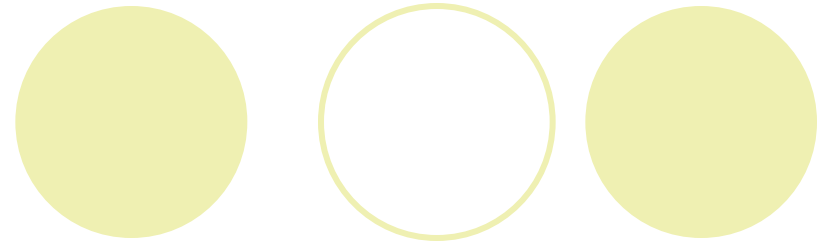
- Has an underlying feeling of inadequacy or impotence; will usually have low self esteem.
- Has a rich fantasy life, and generic cognitive distortions about women and sex.
- Violence and/or threats will be instrumental and only used if absolutely necessary.
- He may attempt to persuade the victim she is enjoying herself, that he is a good lover, etc.
- He may offer his victim compliments and has a strong tendency to try to 'normalise' the situation.
- Strong cognitive distortion/schema influence.



**Sexual offending as
courtship disorder.....**

Courtship disorder

(Freund, 1986)



Courtship:

1. Identify and appraise potential partner



Voyeurism

2. Pre-tactile interaction



Exhibitionism

Telephone scatologia

3. Tactile interaction



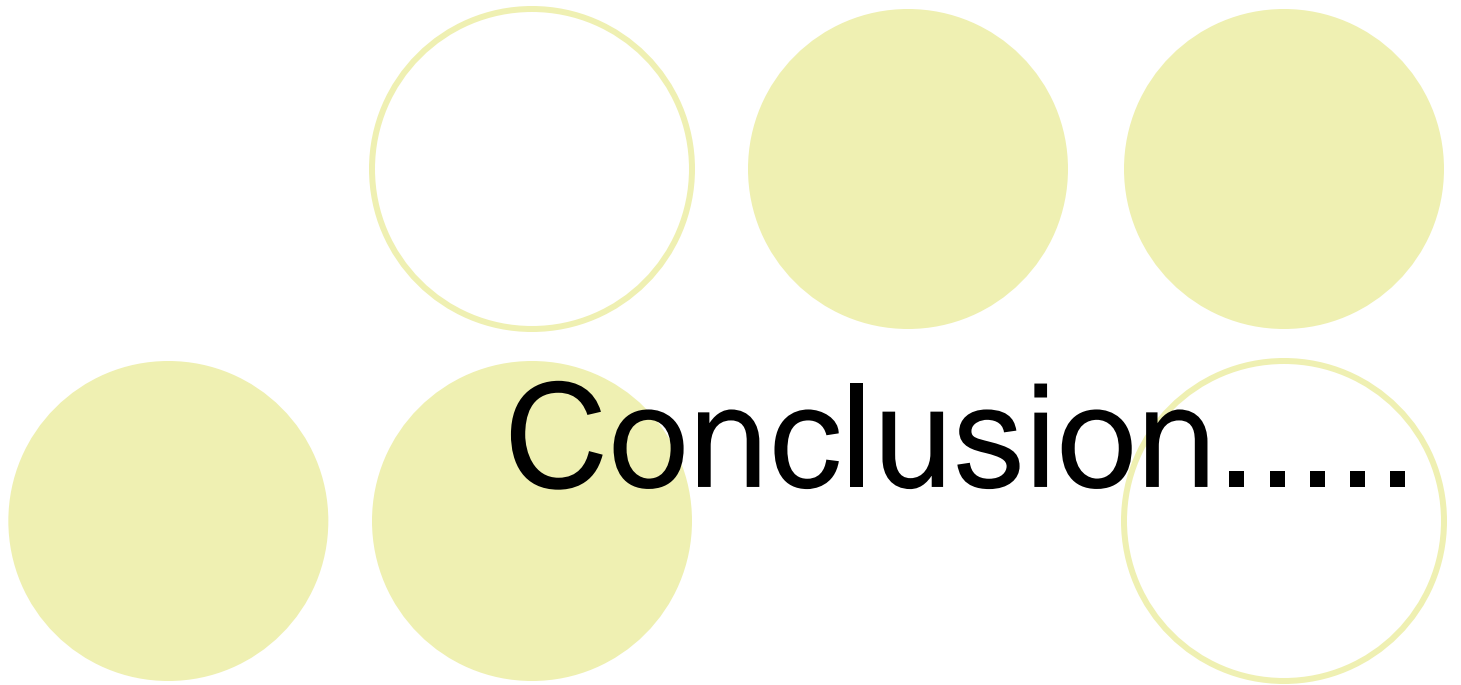
Frotterism

Sexual Assault

4. Intercourse



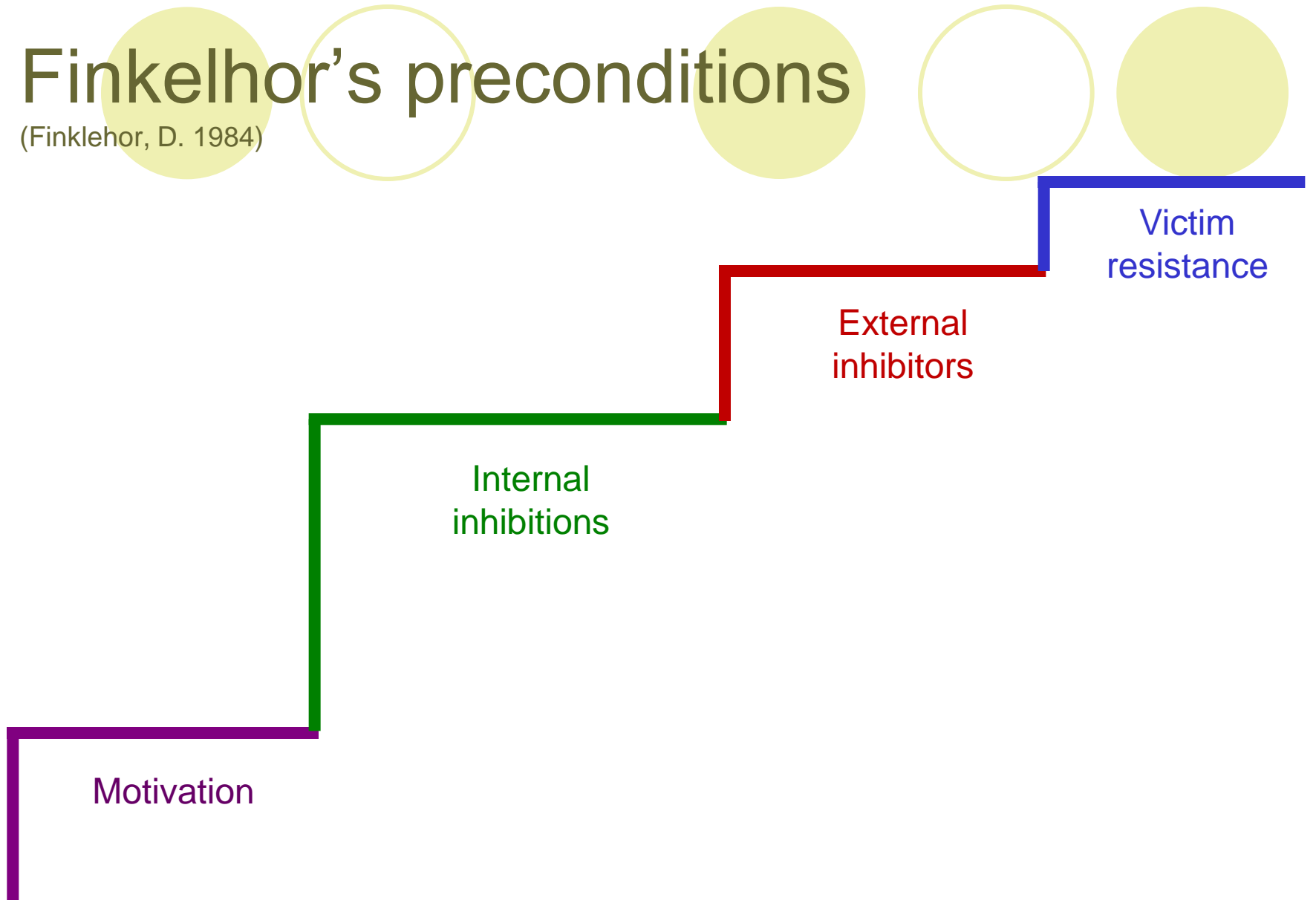
Rape



Conclusion.....

Finkelhor's preconditions

(Finkelhor, D. 1984)



Contact details:



: zoe.lodrick@googlemail.com



: 077 3646 3050



www.zoelodrick.co.uk