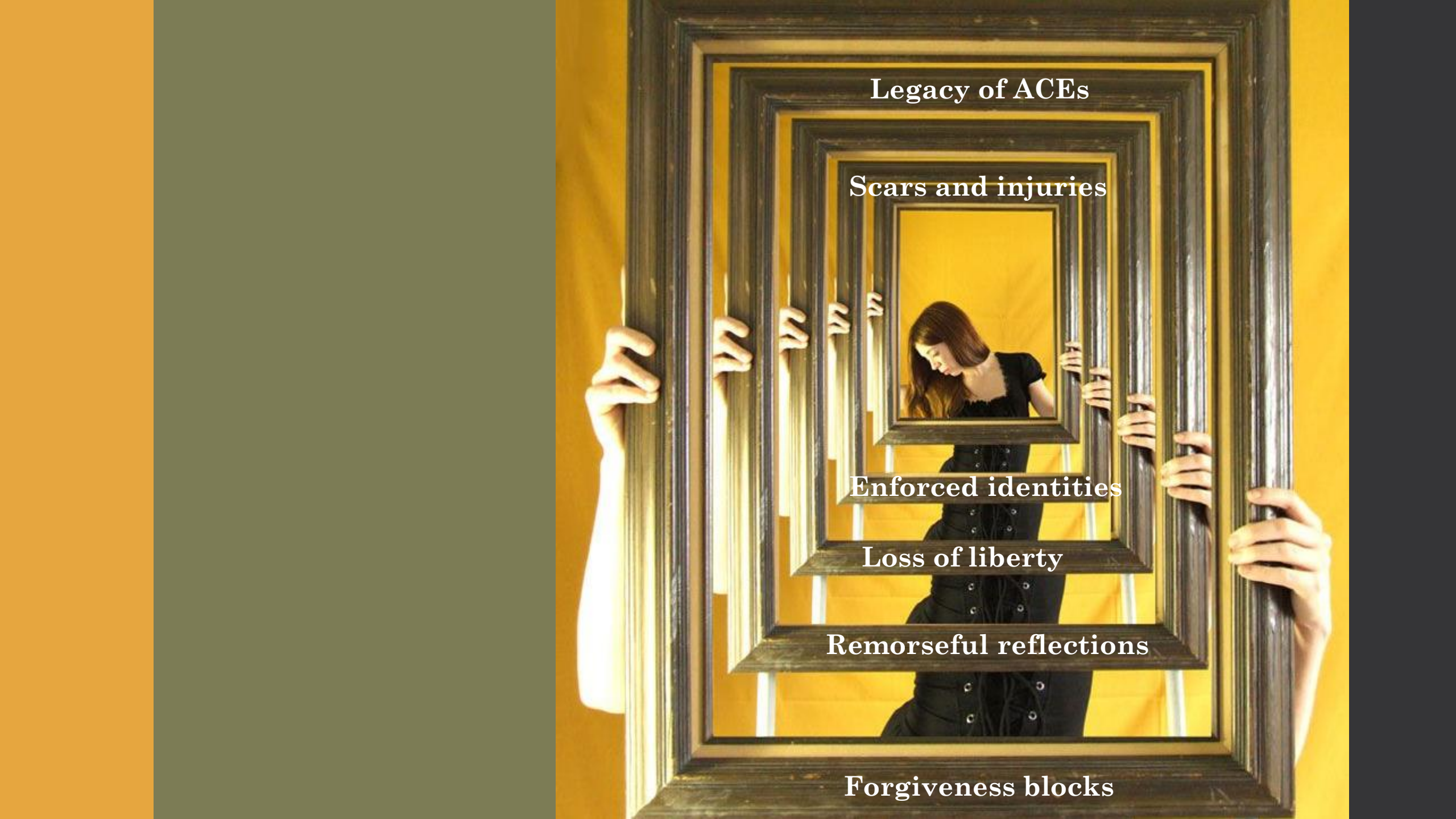


# Mirror Mirror On the wall

TRAUMATIC REFLECTIONS ON  
HARM CAUSED TO SELF AND HARM  
CAUSED TO OTHERS.

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**Legacy of ACEs**

**Scars and injuries**

**Enforced identities**

**Loss of liberty**

**Remorseful reflections**

**Forgiveness blocks**

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Incarcerated Relative



Substance Abuse



Divorce



right  
relation or from any  
point of view.  
**Unpredictable** [,  
unknown in advan  
not able to be know  
be foreseen or fore  
right for what is t  
from a



Poverty



Discrimination



Disruption



Opportunity



Housing



Violence & War

# The legacy

Internalised responsibility: My fault

Repercussions from learned soothing strategies (eg drug use, sexual preoccupation)

Undermined capacity for down-regulation (use your skills)

Fractured physical and psychological wellbeing

Life history strategy that orientates towards harmfulness



# ACEs & fractured neurodevelopment: the platform for harm inducing behaviour(s)

'Fight or flight' response: hypothalamic-pituitary-adrenal (HPA) axis activated.

Neurological and endocrine (hormonal) pathways are activated.

Release of cortisol and activation of the immune system.

Repeated activation of stress response could cause lasting changes

connections between neural pathways

dysregulation of the HPA axis

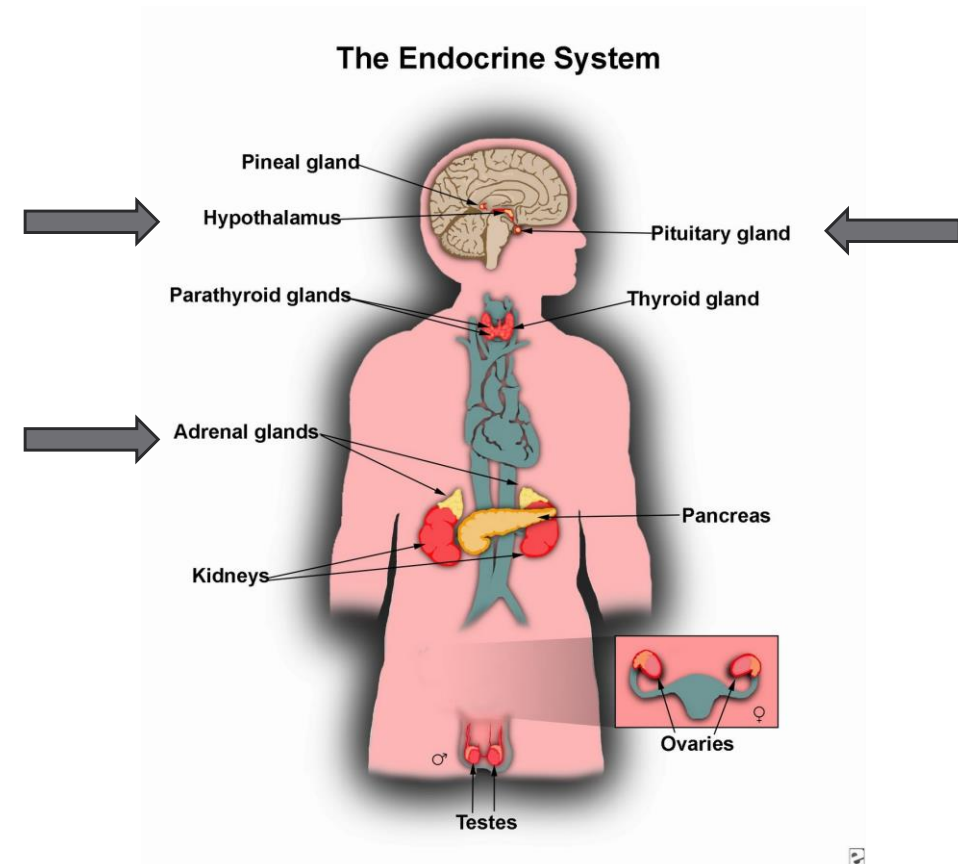
resistance to the effects of cortisol

dysregulation of the immune system;

epigenetic changes

'Inflammatory markers' cross the blood-brain barrier, affecting neural pathways (The immune theory of psychiatric disease (Beumer et al., 2012)).

**Biologically embedded**



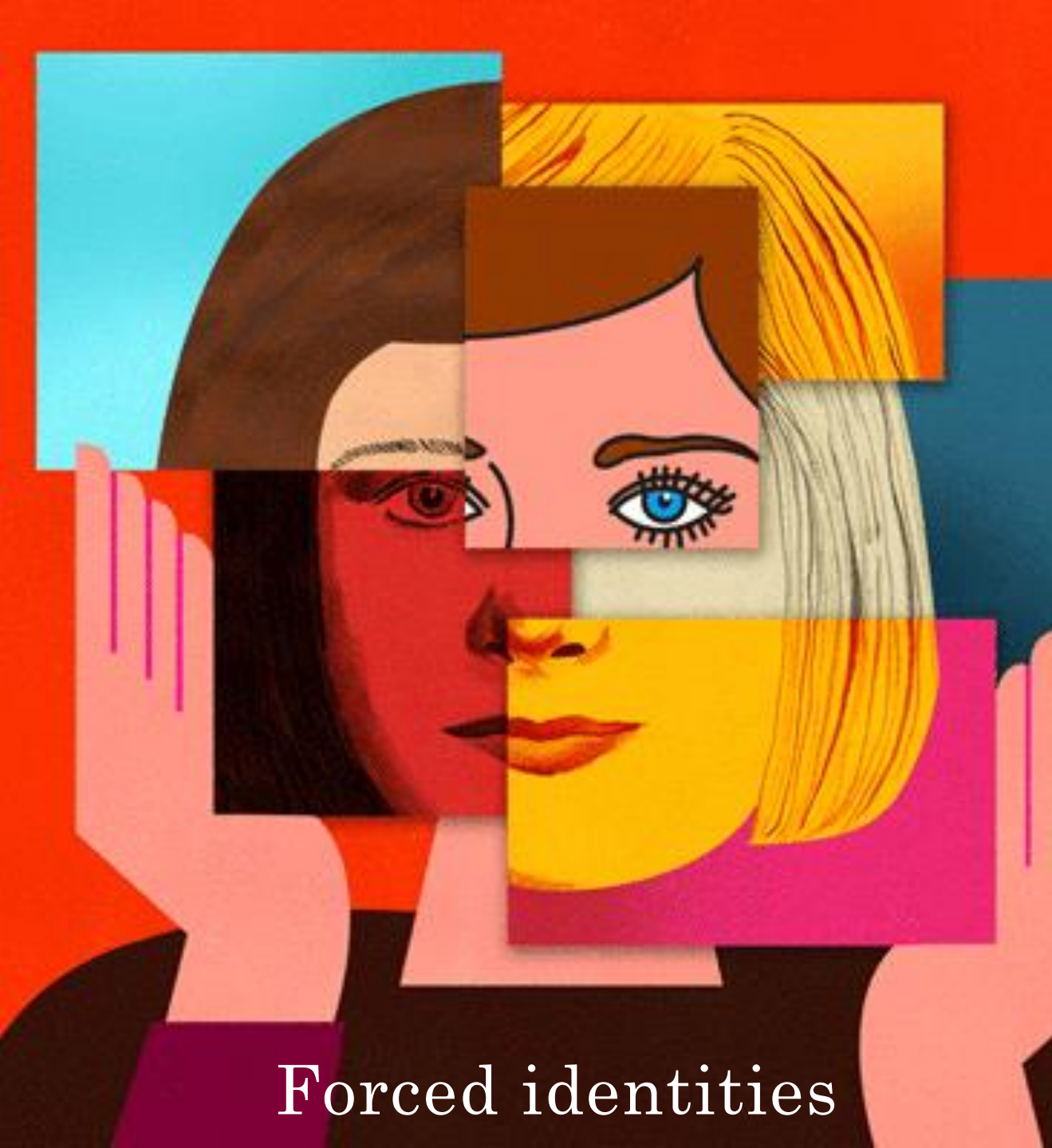
The background of the slide features a close-up photograph of a person's arm. A large, detailed tattoo of a rose is visible, covering a significant portion of the skin. The rose is rendered in a dark ink, with many layers of petals and several leaves. The lighting is soft, highlighting the texture of the skin and the depth of the tattoo. The overall tone is somewhat somber and artistic.

# Scars and Injuries

Cuts to regulate my biology

Cuts to punish myself

“My Scars are My Battle Wounds” (Cornella, A. 2022).



Forced identities

Disordered

Deviant

Maladaptive

Sick

Offender

Personality disordered offender

Sex offender



A man in a striped shirt is looking out through window blinds. His hands are pressed against the slats, and the lighting is dramatic, with strong shadows and highlights from the blinds.

# Loss of liberty and life-long community restrictions

- Loss of family contact
- Loss of autonomy and choice
- Co-habiting with strangers and dangers
- Exposure to re-traumatisation

Perpetual state of anxiety (recall)

Self-imposed social isolation, both in the community and in prison

A profound sense of hopelessness

Barriers to social integration and valued social roles

Harris, M., Edgar, K., & Webster, R. (2020). 'I'm always walking on eggshells, and there's no chance of me ever being free'



# Remorseful reflections

- Historically, empathy work has been a key area for intervention (particularly when working with people with sexual convictions).
- Typically, this work was undertaken without a consideration of a person's experiences of adversity.
- People were asked to confront the harm they caused without acknowledging the harm they had experienced.
- When people have processed their own trauma they can experience further trauma as a result of the harm they have caused



# **FORGIVENESS**

Fear of forgiveness

- Good: Bad paradox

## Deranged rapist killed teacher in knife frenzy

---

12:01AM BST 20 Jun 2003

---

A popular teacher walking along a country bridleway on a summer day **was attacked by a deranged stranger** who slit her throat, raped her and then stabbed her repeatedly, a court heard yesterday.

---

Simon's  
story

# Family Life



Physical



Physical



Emotional



Emotional



Sexual



Mother treated violently



Substance Abuse



Divorce



Incarcerated Relative







Simon's brain is being  
shaped:  
**a heightened state of  
alertness**

- Adrenalin increases arousal and focuses attention.
- Cortisol sacrifices long term maintenance by inhibiting protein synthesis and converting starches into sugar.
- Endorphins act as a predictive analgesic in anticipation of pain.
- Dopamine to drive hypervigilance.
- Lower serotonin to reduce sense of connection and safety.

# Childhood

- Referral to CAMHS
- Referral to LD services
- Referral to PRU
- Referral to early intervention service
- Referral to adult community forensic team
- Not eligible for any service



## School Life:

Detentions, poor grades, isolation from others: Exclusion from social systems





## Teenage kicks

- Restricted peer group (due to exclusions etc)
- Inhibited learning about intimacy (feels different)
- Struggling to manage acceleration of hormonal release
- Gravitated to gang culture (for acceptance)
- Introduced to drug use
- Introduced (groomed) into crime

# Young Adult

- Unable to sustain intimate relationship (feels rejected)
- Becomes a parent at 19
- Prevented from seeing his son (resembles his relationship with his father)
- See's former partner as rejecting figure (resembles his mother)
- See's her new partner as potential abuser (resembles his step-father)





# Index offence

Paranoid Schizophrenic

Emotionally unstable

Antisocial

Borderline intellectual  
ability


ADHD



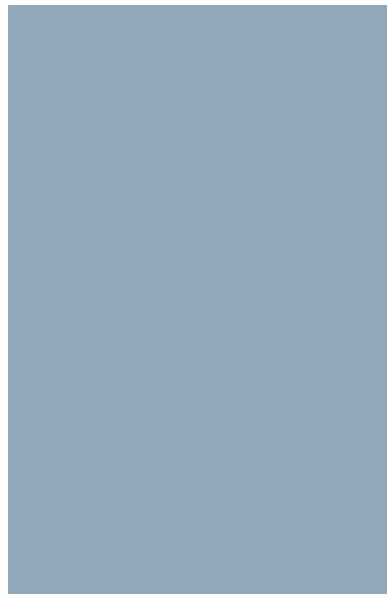


# Shame and self-loathing

- Shame is the self-conscious emotion that signals social rejection
- Simon had felt rejected by his family
- He felt rejected by the education system
- He felt rejected by his former partner
- He felt rejected because of his crime
  
- He felt he deserved to be rejected for his crime
- He cut to punish himself
- His scars reminded him who he was: deranged rapist

A woman with long, wavy, reddish-brown hair is shown in profile on the left, looking into a large, ornate mirror. The mirror's reflection is a grotesque, pale, and distorted face with wild, dark hair, glowing orange eyes, and a mouth full of sharp teeth. The scene is dimly lit with a blueish-green tint. The text "My crime traumatises me" is overlaid in the center in a white, serif font. A thin white horizontal line is positioned below the text on the right side.

My crime traumatises me



# Detention

- Regular moves between prison and hospital (paralleling moves between care placements)
- Lengthy periods of time in segregation and seclusion (paralleling time locked in bedroom)
- Restraints and assaults (paralleling physical abuse)
- Rapid tranquilisation (paralleling drug use)
- Excluded from therapeutic activities (paralleling school expulsions)
- Coerced into psychological therapy (paralleling coercive authority figures)







# Guilt and remorse

I'm sorry

remorse