



**FECRIS EUROPEAN
CONFERENCE BRUSSELS
MOVING FROM ONE
WORLD TO ANOTHER**

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**From the intrusion to the
transformation experience**

**Consultation for victims of cults
with undue influence**

**Some recommendations for
professionals**

PRESENTATION

WHO ARE WE?



**FROM THE INTRUSION TO
THE TRANSFORMATION
EXPERIENCE**



THE INTRUSION

An external thought penetrates the psyche

Inability to identify the capture intent behind the promise



THE INFLUENCE



Loss of one's own ability
to think _____

The thoughts conveyed by the
cult act on the person from
within _____

The follower is cut off from
their affiliations

THE EXIT

LEAVING THE CULT IS NOT
ENOUGH, YOU HAVE TO
GET IT OUT OF YOU

TWO STAGES:

Internal

- Invasive anxieties
- Reconstruction of identity
- Feeling of collapse
- Confusion

External

- Social links
- Preconceived ideas about cults
- Financial losses
- Professional situation

MOVING FROM ONE WORLD TO ANOTHER: A TRANSFORMATION OF IDENTITY

- An unfinished transformation process
- The person never becomes who they were promised they would become.
- Stuck between a false identity (that of the cult), and an experience to which it is necessary to give meaning.
- Need for metamorphosis



THE ROLE OF THE COLLECTIVE

- Enable the former student to continue his or her transformation process
- Offer a new identity vessel



CONSULTATION FOR VICTIMS OF CULTS
WITH UNDUE INFLUENCE

THE SYSTEM

The patient supported by a relative
or a professional

Co-therapists from various
backgrounds

A senior therapist

A cultural referent (ex-follower)

KEYS TO UNDERSTANDING

Cults practice powerful rituals to make people join

The purpose of an initiation is to move a person from one state to another and to include them in society

Cult initiation is never completed, in order to maintain a hold on the person

Resituate the cult experience as an attempt to respond to a search for meaning and affiliation

Thinking about the trauma aims to find the origins, to return to the sources that carried and will carry the person forward

TECHNICAL ASPECTS AND GOALS

Identifying perverse mechanisms

Spotting the cult's thoughts at work

Deactivating trauma

Recovering the sense of belonging

Recognising the unique strength and destiny

Reconnect with own affiliations



CONSULTATION FOR VICTIMS OF CULTS WITH UNDUE INFLUENCE

PROFESSIONAL POSITION

Those who leave a cult are first and foremost victims of trauma whose psychological vessels (identity, family ties, etc.) have been destroyed.)

**CONSULTATION FOR VICTIMS OF
CULTS WITH UNDUE INFLUENCE**

Decrease in anxiety

Less depressed mood

Energy recovery

**SIGNS OF THERAPEUTIC
PROGRESS**

Social life, interests

Links with the family

Professional reintegration

**RECOMMENDATIONS
FOR PROFESSIONALS**

The usual prejudices run
counter to reality

Former followers are not
enlightened

The social view of cult leavers
perpetuates the trauma of
unfulfilled transformation

**TOWARDS POSITIVE SOCIAL
SUPPORT**

Legal plan

Legal recognition of a social problem

Group
plan

Collective thinking on the cult phenomenon

Information work

Deconstruction of prejudices

**A CHANGE IN THE STANCE
OF PROFESSIONALS**

The patient must lead

Listening to the experience
of the metamorphosis

Specific follow-up
integrating the
traumatological approach

THANK YOU FOR LISTENING



Association
Genevoise
pour l'Ethnopsychiatrie

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