### 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

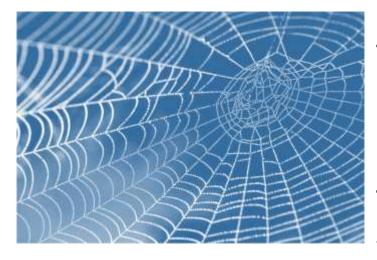


# THE INTRUSION

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



The patient supported by a relative or a professional

CONSULTATION FOR VICTIMS OF CULTS WITH UNDUE INFLUENCE

Co-therapists from various backgrounds

A senior therapist

### THE SYSTEM

A cultural referent (ex-follower)

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### **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

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### **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.)

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# SIGNS OF THERAPEUTIC PROGRESS



#### 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

The patient must lead

A CHANGE IN THE STANCE OF PROFESSIONALS

Listening to the experience

of the metamorphosis

Specific follow-up integrating the traumatological approach

#### THANK YOU FOR LISTENING



### SOME REFERENCES

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