

Domestic Abuse Rehabilitation

A research proposal

Scientific research begins with the observation of unexplained phenomena or anecdotal evidence. This paper centres on an anecdote from my own personal experience, and provides the foundation for a research proposal that is designed to test the hypothesis that emerged from the experience.

Domestic violence - the facts ¹

Here the UK NHS outlines the stark facts and figures for domestic violence in England and Wales.

In England and Wales:

- Domestic abuse results in 125 deaths a year.
- Two women are killed by a partner or ex-partner each week.
- One man is killed every second week.
- Domestic abuse has more repeat victims than any other crime.
- On average, there will have been 35 assaults before a victim calls the police.
- One in four women and one in six men suffer domestic abuse in their lifetime (Council of Europe 2002; Home Office).
- 635,000 incidents were reported in England and Wales in 2001/02 - 81 per cent of the victims were women and 19 per cent were men (Home Office).
- It is estimated that police receive a call from a victim of domestic abuse every minute (Stanko 2000; Home Office).
- Domestic abuse incidents account for 16 per cent of all violent crime (Home Office).
- Less than 35 per cent of actual domestic abuse is reported to the police. Some surveys put the proportion as low as 11 per cent (Stanko 2000; Home Office).
- Domestic abuse costs the UK NHS £1.22 billion per year in addressing the physical damage.
- The costs in related mental health services are estimated at £0.25 billion per year.

¹<http://www.nhsemployers.org/HEALTHYWORKPLACES/KEEPING-STAFF-WELL/DOMESTICVIOLENCE/Pages/DomesticViolence-Homepage.aspx>

Accessed 7/01/2014

An anecdote

In 2006 I was invited to be interviewed for a television documentary on complementary therapies in the United States. I can't remember the precise date, but it was on a Sunday in January when I boarded the aircraft at Gatwick that was bound for Chicago where I would make my connection for my final destination, New York. I settled into my seat and a man in his mid-forties settled into his seat beside me. I attempted to engage him in conversation in order to alleviate the boredom of a seven-hour flight, but to no avail. He was more interested in reading his Sunday papers and sleeping for the duration of the flight. We didn't engage in any conversation until the aircraft began its descent into Chicago. This was when he asked me the reason for my trip to the US. When I told him he informed me that he had been in psychotherapy for the past twelve years. I didn't ask him what the problem was and he didn't volunteer the information, but as we were leaving the aircraft, on a spontaneous impulse I asked him. "What is it that makes you value yourself less than does your own creator?" My question stopped him in his tracks, and he replied, "I have been in therapy for twelve years and you have just given me the solution to my problem. Thank you." He went on his way with a huge smile on his face, and I never saw him again.

After my interview for the TV documentary I was introduced to a man who was responsible for running a rehabilitation programme for convicted wife beaters and sexual abusers. These felons were ordered by a court of law to attend the course for one year in order for them to learn how to control their abusive tendencies. The facilitator was a man who had served in the US military in Vietnam, and struck me as a strong and capable manager of men who had serious aggressive problems. I shall call him Richard. Richard had been the facilitator of the programme for fifteen years. I asked him what his success rate was and he told me that it was about 85%. I told him that I thought it was an impressive achievement, and asked him if he would be interested in improving it further. He raised an eyebrow in surprise and replied in the affirmative. "OK." I said. "Sit down and I will show you how right now."

He immediately moved towards the door, making his excuses, and saying he had no time. His spontaneous resistance and his immediate attempt to escape gave me a clue of what to expect.

I reminded him that he had just told me that he would be interested in improving his success record, and I told him that this was his one and only chance to learn something that would be of great value to him and his clients. I moved to the door, closed it, and motioned for him to sit down with a gesture of an open hand to an empty chair, and saying, "Richard, this will only take a minute." He sat down.

I took another chair and sat immediately opposite to Richard. I invited him to close his eyes and imagine that he could see my outline in his mind's eye. I suggested that my outline may appear similar to what one may expect to see when looking at an x-ray negative, a little vague at first, light and dark. I asked him to

describe what he saw from the top of my head to the bottom of my entire frame. He described what he saw just as I had suggested. The image of my head was pale light against a dark background. I asked Richard to move down my outline and describe what he saw. When he reached my hip region he described a dark shape that appeared to be attached to my right side (his left). I silently asked (in thought) for the shape to be removed, and Richard opened his eyes with a look of shock and astonishment, wide eyed with his mouth wide open. "What the hell was that?" he asked with an astonishment that matched the expression displayed on his face. "What was what?" I asked.

"One minute there was this dark patch on your right hip and the next minute there was a flash of light and it was gone. But the flash of light was so fast and so intense. What is going on here?"

"I will explain," I replied. "But first I want you to close your eyes again and relax."

When Richard had composed himself and closed his eyes again I invited him to imagine that mentally we had swapped places, and he was now in my position looking at himself. Immediately he began to growl like a bear and tore at his own chest as if he were trying to rid himself of some kind of restraint, like chains or bonds around his chest. Again I asked for the offending energy form to be removed and he immediately became quiet and calm. Richard opened his eyes, displaying wide-eyed astonishment and confusion. "What is going on here?" he now demanded to know. Now he was listening, and now I could tell him.

Any attempt to explain to someone such an unusual phenomenon from an objective perspective can only be met with disbelief at best or derision at worst. The only way to explain these phenomena is through a personal interactive experience; that is from the experience of physical, emotional and cognitive engagement with the phenomenon oneself. I had effectively demonstrated to Richard, through direct subjective engagement with him on different levels of consciousness, two examples of spirit attachment and release. I could now go on to explain to him what had happened.

The dark form that Richard had seen attached to me was picked up on the aircraft when it no longer had anything to hang on to when the host had realised his true value and his true nature as a spark of divine light. I asked the higher powers to remove it and what Richard witnessed was the Light removing the entity. Then it was Richard's turn, and I asked him to describe his own experience. He described the feeling that something was trapped within his chest and wanted desperately to escape. There was intense fear connected with this need to escape, and this was the reason why he had tried to leave at that moment when I had suggested he would learn something of value. It was not Richard that had wanted to leave – it was the entity that was attached to him, and it recognised the threat that it was about to be confronted with. For Richard, the realisation that there had been something intangible, spiritual and intelligent attached to him without his conscious knowledge or consent was beyond immediate acknowledgement, and he asked for time to reflect on the experience. Richard, the competent and highly

successful facilitator of convicted domestic abusers left in a daze of confusion. Two days later he called me on the telephone.

“We have got to do something with this.” Richard was gushing. He had taken two days to think about his experience, and the more he had thought about it the more amazed he became. He knew that he had experienced something so profound that it was beyond belief, but at the same time he knew that it was a reality that was not to be denied. He had come to recognise that he, as the facilitator of a group of wife beaters in their rehabilitation, had become infected with a negative energy that had probably been attached to one of his convicted clients. He had been wondering just what were attached to his clients and to what degree these discarnate entities had been responsible for their crimes. The implications for his convicted clients and the potential for increasing his own efficacy were beyond projection at this early juncture. However, what was becoming clear to Richard was the fact that here was a procedure that had earth-shattering potentials. He concluded his telephone deliberation by saying, “What do we have to do?”

I suggested to Richard an experiment with volunteers from his group of convicted felons, and he agreed.

Following these experiments with volunteers, and their positive outcomes, Richard approached his employers at the State Legislature, and he presented his case for the introduction of a spirit release procedure into the rehabilitation programme for his group. The response he received was not as dismissive as I had predicted. They responded by saying that they would endorse an initial research project to test the efficacy of the procedure with Richard’s group of offenders if such a project were to be supervised by an accredited scientific research institution. This was accepted as a very wise response by Richard and me, and I have endeavoured to seek out such an institution for the scientific supervision of this project since that time. I am still looking for an institution to take this proposal seriously.

The implications of proving the efficacy of such a rehabilitation adjunct are wide-ranging. Consider for just a moment the benefits of reduced recidivism in domestic violence and sexual abuse in terms of rehab costs, criminal justice system costs, mental health treatment costs, and for the sufferers themselves the incalculable value in getting their own lives and their sense self, personal identity, self-efficacy and self-esteem back on track in order to live a constructive and happy life that is the prerogative of all. Now who can deny them that?

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<http://www.tjpalmer.org/research/>