

THE CAPTIVE ADULT

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Persons against ritual abuse-torture & other acts of non-political torture

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About the authors:

Jeanne Sarson, RN, BScN, MEd & Linda MacDonald, RN, BN, MEd have been active in the caring about persons victimized by abuse throughout their careers and more specifically have been involved with persons reporting ritual abuse-torture (RAT) since 1993; initiated a “kitchen table” research project in partnership with persons who reported being victimized by ordeals of RAT for the purpose of finding ways to educate others and to promote greater insight into the human evil actions of the perpetrators; are involved in activism to advocate for global changes that will help promote and prevent RAT from being inflicted unto innocent infants, toddlers, children, youth, and “captive” adults; seek ways to protect the human rights of the persons so victimized; write; and manage their web site:

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About the article:

Outlines how the authors define a captive adult and discusses how a variety of factors influences the degree of captivity. It briefly defines the exiting–healing process as a gradual integration and comprehension of their ordeals of RAT victimization with decreasing levels of dissociation/disconnection coping responses with increasing awareness and ability to Self-protect. A case study is included.

THE CAPTIVE ADULT

History:

Captive means “held under control ... kept within bounds ... unable to escape.”¹ Within ritual abuse-torture (RAT) family/groups control and being kept within bounds unable to escape means the captor—the RAT perpetrators—can and do use “in-family/group” terrorization, all forms of torture—physical, sexualized, and/or mind-spirit—and horrification to hold their victim(s) in a state of captivity. A state of captivity that can begin in infancy and is progressive throughout childhood and can progress into youth-hood; a state of captivity that can/does extend into adulthood; therefore, a captive adult *means an adult person who has been unable to escape—to exit—the totalitarian and terroristic power and control and the terror, torture, and horror or the threat of such violence—inflicted by the RAT torturer/family/group.*

Terrorization² meaning the adult person—the captive adult—continues to endure the RAT torturer’s deliberate attempts to create a terror response—an intense paralysing fear, or dread of it—through threats and/or actual actions, and using symbolisms. Actions involve the use of or threat of abnormal and/or life-threatening acts inflicted for the purpose of influencing the victim to do as is demanded of them. For example, the act of killing the victimized person’s pet delivers the perpetrator’s message “do as I say or you’re next”.

And, horrification³ goes beyond terror. Horrification involves exposure to seeing, hearing, tasting, smelling, feeling, and experiencing ordeals of violent criminal horror inflicted without moral restraint. Horrification involves ordeals so heinous

- As to be without verbal language,
- As to be beyond description,
- As to give rise to speechlessness,⁴ voicelessness, stuttering, shuttering,
- As to give rise to coldness, shivering, tremors, and seizure-like responses—seizures, we suggest, that can be compounded by the release of experiential body memories of electric shock torture.

We could think of no other term except captive adult to adequately define the state of captivity—the terror, the torture, and the horror—a woman in her 30’s disclosed to us over a period of years. Born into a RAT family/group she reported RAT victimization

¹ Merriam-Webster Publishing. (1989). *The New Merriam-Webster Dictionary* (p. 122). Author; The Reader’s Digest Association Ltd & Oxford University Press. (1964). *The Reader’s Digest Great Encyclopaedic Dictionary* (Vols. 1-3). (p. 136). London, WI.

² Hanle, D. J. (1989). *Terrorism T.H.E. newest face of warfare* (p. 104). Washington: Pergamon-Brassey’s.

³ Sarson, J. & MacDonald, L. (2003). Exposing human evil: Satanic or luciferin rituals and ceremonies (p. 6). On web site <http://www.ritualabusetorture.org>

⁴ Schmemann, S. (2000, April 23). To Vietnam and back. And back. And back. *The New York Times*, 1. 5. During our research project we interviewed a holocaust survivor, he too expressed speechlessness, unable to verbalize some of the atrocities of his victimization, much like the women who experienced RAT, they too could only tell so much, unable to tread into the horrors of their RAT ordeals.

and traumatization that began in infancy; that continued throughout her childhood, throughout her youth, and into her adult years, that held her in a state of adult captivity, unable to exit. With our help her escape—her exiting—was a gradual process. She needed to heal the disconnection/dissociation gap that had been forced onto her, that had facilitated her living in “two worlds” one disconnected/dissociated from the other. Her professional world disconnected/dissociated from her RAT family/group world—her professional “outsider” role from her “insider” role as a captive adult within the RAT family/group where she continued to suffer terror, torture, horror and sexualized exploitation. To escape—her exiting—was a progressive process, a gradual decrease in her disconnective/dissociative coping mechanisms accompanied by ever-increasing comprehension and integration of the reality of her life. Only as layers of integration happened and she became increasingly “fully” aware of her true reality of victimization and traumatization was she able to prevent being accessible to on-going victimization and traumatization by the ritual abuse-torture torturers.

Women in our “kitchen table” research project who identified them-Selves as having survived RAT all reported they had been born into a RAT family/group where one parent, both parents, and/or grandparent(s) were active RAT torturers who engaged in violent organized family/group pedophilic ritualisms with other like-minded members. From listening to their RAT ordeals that related to states of captivity, their degree of captivity appeared to rely on a variety of factors. Especially prominent were two factors that related to:

1. **THE DURATION AND EXTENSIVENESS OF “FORMAL” CONDITIONING/PROGRAMMING ...** the more extensive the conditioning/programming tactics used by the RAT torturer/family/group on the person being victimized the greater and more complex was the state of captivity; and
2. **THE NUMBER OF YEARS OF FORCED INVOLVEMENT IN THE VIOLENT RAT PEDOPHILIC GROUP RITUALISMS ...** if the women’s victimization stopped in childhood and they had not been subjected to “formal” conditioning/programming, the women frequently told of breaking all ties with their biological families and other perpetrators when they were adults and as their reality awareness grew. The length of time the women, as children, were victims of the violent group pedophilic ritualisms was influenced by circumstances such as:
 - a. **A perpetrator’s death ...** liberated two sisters when their prime organizing perpetrator, their grandfather, died. With his death the violent pedophilic RAT family/group victimization and traumatization stopped for one sister when she was about twelve and never started for the younger sibling, although the younger sibling reported enduring a chronic pattern of being finger raped as a toddler by her grandfather before he died. She also reported that even in his ever increasing illness he continued to try to finger rape her; however, as she became a

toddler she was able to speak and she started fighting back ... to get away ... to say “No!”

- b. **The RAT perpetrators pedophilic preferences ...** made a difference. As their child bodies grew and developed they became “too old” so were “let out” of the horrific group pedophilic ritualisms. If there was a younger sibling, the younger sibling was forced to replace the older child in the violent family/group pedophilic ritualisms. For one woman, she was “replaced” when she about eleven years old.
- c. **The RAT perpetrators fears ...** of (a) being exposed escalated for some RAT torturers with the onset of the child victim’s menstrual cycle and the risk of impregnation so they stopped taking the child victim to the organized pedophilic ritualisms. During early adolescence one woman reported experiencing a spontaneous abortion and thinks her victimization stopped shortly after this ordeal; and (b) when the RAT perpetrator/family/group feared they were at risk of being exposed, some moved on to other relationships, to other towns, to different jobs, and/or to different countries. As was the case for the captive adult victim we were helping. However, she remained vulnerable—she was unsafe until she worked through significant disconnection/dissociation coping responses, until she knew who her prime perpetrators were, until her integration and comprehension was sufficient to enable her to develop new skills to prevent her-Self from being pulled into old patterns of victimhood responses. Her vulnerability was not only to past RAT torturers/family/group members it was also to people who befriended her for the wrong reasons. In addition, it was also to professionals whom she went to seeking help. She reported both of these latter groups re-victimized her by inflicting further sexualized abuse or by inflicting all forms of torture unto her. Being re-victimized happens—all too frequently!
- d. **The perpetrators response to the child’s personality/temperament⁵ ...** was evident in various ways. Manipulating a child’s gentle temperament the RAT torturer parent/family/group was able to have her believe to be a good girl she had to do all that was asked of her in a manner that pleased them. When trying to control a child with a fighting back temperament became too risky the RAT torturer parents/family/group might decide to let them go. One woman stated she fought to get out of the violent pedophilic family/group gatherings as a pre-teen and stated she was no longer taken to them. In her late teens she married a person with a non-RAT history, which went against the orders of her RAT family. However, she remained

⁵ Personality/temperament is about being a person; a person’s uniqueness; a person’s particular patterns of behaviour and mental/emotional/moral processes that characterize their ways of interactions with their relational, physical, and situational environments (The Reader’s Digest Association Ltd & Oxford University Press. (1964). *The Reader’s Digest Great Encyclopaedic Dictionary* (Vols. 1-3) (pp. 659, 908). London, WI: Author; Crider, A. B. , Goethais, G. R. , Kavanaugh, R. D. , & Soloman, P. R. (1983). *Psychology*. Dallas: Scott, Foresman and Co.).

financially captive to the family by giving one-half of her pay to them because she did not understand her wages belonged to her. She also sought parenting advice from her family so the family had access to her children. She reported experiencing periodic assaults—physical and sexualized. From her perspective she was in her late forties before she considered she had exited—that is, sufficiently recovered from the “formal” conditioning/programming she had been subjected to—having spent much time deprogramming her-Self.

A state of adult captivity:

During our work with the woman who was a captive adult, her state of captivity, we suggest, related to:

1. The taught/schooled conditioning/programming processes instilled by RAT torturers,
2. Chronic victimization by RAT torturers,
3. Life-threatening fear, terror, threats and intimidations, and torture inflicted by RAT torturers, and
4. The outsider community’s lack of information and understanding about RAT and the risk of on-going accessibility, ignorance about the kind of support required by the person being victimized by RAT torturers and ignorance about the degree of violence perpetuated by RAT perpetrators within their family/group, and co-cultural organization.

Exiting by overcoming the state of being a captive adult:

Using our educative relationship with/to Self and with/to others model of caring, an empowerment model, meant we worked in partnership with the woman—remained present with her. Presencing, Pettigrew⁶ explains, means making room internally for the other person, being willing to be involved, to be there whole-heartedly. From the woman’s perspective it meant knowing that someone truly cared about her. As she gradually healed her disconnection/dissociation coping responses that had kept her alive during her captive years of terror, torture, and horror, yet kept her accessible to on-going RAT victimization, she was progressively able to exit the RAT torturers/family/group that had held her in a state of adult captivity. We briefly define this exiting–healing process below which we have organized under four “states of adult captivity” headings listed in the previous paragraph:

1. Captivity relating to taught/schooled conditioning/programming processes instilled by RAT torturers:

- (A) Accessibility with disconnection/dissociation and no immediate recall of victimization ordeals.
- (B) Accessibility with disconnection/dissociation followed by gradual recall of victimization ordeals with limited comprehension and limited integration.

⁶ Pettigrew, J. (1990, September). Intensive nursing care The ministry of presence. *Critical Care Nursing Clinics of North America* 2(3) 503-508.

- (C) Accessibility with disconnection/dissociation followed by increasingly short time frames before recall of victimization with increasing comprehension and increasing integration.
- (D) Accessibility with decreasing disconnection/dissociation from victimization ordeals followed by quick recall with increasing comprehension and increasing integration of the meaning of the reality of the victimization.
- (E) Accessibility with immediate recall of victimization with increasing comprehension and increasing integration but with inability to act to Self-protect.
- (F) Accessibility and recall with increasing comprehension and increasing integration of the reality of the victimization ordeal and limited ability to Self-protect.
- (G) Accessibility and recall with increasing comprehension and increasing integration and with the ability to Self-protect, and
- (H) Strengthening non-accessibility related to increasing comprehension and increasing integration with the ability to act to Self-protect and to work to break the cycle for others.

Accessibility, from our experience, is quite perpetrator(s) and victim specific. For example, although the person being victimized decodes the conditioning/programming accessibility processes implemented by one perpetrator or a group of perpetrators they can still have conditioning/programming accessibility “blind spots” about other RAT torturers and/or from other perpetrator(s) such as the professional who uses their positions to re-victimize a vulnerable client under the guise of “therapy” appointments. This being the case chronic victimization and re-victimization can/does occur during the period of exiting and healing. Additionally, this exiting-healing process is not linear, there is backward and forward movement—three steps forward and two steps back—but always, attention needs to achieving progress.

2. Captivity relating to chronic victimization by RAT torturers:

- (A) Accessibility related to chronic violations to personhood and physical space, for example, never having the opportunity to know what it feels like not to have unwanted torture pain touch—the normalization of chronic violation.
- (B) Accessibility related to chronic distortions to beliefs, values, perceptions, and cognitive abilities, for instance thinking that one is an adult at age seven and that sexualized pedophilic torture is normal.
- (C) Accessibility relating to torturer-victim relational attachment and group bonding, for example, the normalization of a parent-child attachment that is one of pedophilic perpetrator-child victim attachment that is combined with Stockholm syndrome bonding due to the threats to the child victim’s life by parent RAT pedophilic torturer.

3. Captivity relating to life-threatening fear, terror, threats, and intimidations by RAT torturers:

- (A) Accessibility related to RAT torturer’s threats to harm others who are important to the victim—those the victim cares about—if compliance to the RAT torturer’s demands are refused by the person being victimized, and

- (B) Accessibility related to fear for one’s life if compliance to RAT torturer’s demand is refused.

4. Captivity related to the outsider community:

- (A) Accessibility related to “no one will believe you even if you tell!” The victimized person believes and feels trapped when the outsider community does not believe which places the captive adult at continuous risk to be accessed by the RAT family/group, and
- (B) Accessibility by the RAT perpetrators is maintained when there is a lack of understanding and knowing about RAT and about the reality and risks of accessibility by the outsider community, and a lack of safe social support systems—the victimized person is vulnerable, isolated, misunderstood, labelled crazy, medicated, and, hospitalized--trapped—trapped—held captive.

During our “kitchen table” research project one woman identified experiencing her-Self with multiple states. She spoke of her vulnerability to be accessed via different RAT torturers and via different states. For her, safety meant developing safety networks and skills such as relying on the support of her non-RAT husband and his family and other persons known to be safe, trying to maintain safety in her job, not opening her door to anyone unless knowing ahead of time a safe person was coming to visit, being hypervigilant, finding ways to cope with her panic attacks, her intrusive flashbacks, and her therapy. From this perspective, of experiencing a relationship with/to Self as multiple states safety is of prime importance to prevent chronic re-victimization by RAT torturers who gain access via the triggering of specific or various multi-states.

A CASE STUDY

Working alone late into the evening she was attacked in her office —raped by both the male and female RAT perpetrators who had gained access to the building because of their positional power. One raped her—the other took pictures—then the other raped—and then more pictures. She was silent ... shocked ... terrorized ... suffering ... they left uttering the threat “if you tell we will show these pictures to everyone”. She believed them ... too much to cope with ... she disconnected/dissociated her ordeal from her awareness ... for months. During these months she did not understand why she grew ever more reluctant to enter her workplace ... eventually she became increasingly physically ill ... fibromyalgia ... chronic fatigue ... chronic bowel ... anxiety ... panic attacks ... asthma-like attacks ... difficulty solving daily problems ... losing control of her life ... until she was “forced” to take stress leave from work.

Poverty ... no money ... credit cards maxed out ... where is all the money going? She did not understand that her wages were hers ... for years, she reported, the RAT family had taken all her wages, used her credit cards, and her bank card. She did not make the connection the family was stealing her money and were the cause of her poverty. Any extra money she had she spent as a way of coping ... buying items she did not need so the packages were left unopened as symbols of her efforts to try to emotionally satisfy the

emotional, physical, and spiritual deprivations that had been inflicted unto her. Of never being allowed to have a toy as a child ... if she was given one it would soon be used as a tool for destruction, taken from her and burned or given to others, as she was told she did not deserve a toy. The toy used to attack her worth as a person ... to make her feel worthless ... unworthy of owning a toy ... destruction that reinforced a belief that she was undeserving. A childhood pet disappeared into the fire with the message that if she told anyone about the RAT family she too would be burned. Did she believe them? Of course, for she had been burned many times ... with fire, hot stove, lit candles, cigarettes, hot light bulbs ... disconnection/dissociative responses helps her to “forget” ...

What is wrong with me? A flashback comes ... insane ... this can't be ... comprehension and integration setting in ... yet it is ... fighting the pain of torture ... of electric shocking ... pains used to keep her mind from knowing the truth ... the pain ... oh the pain is making it too utterly painful to remember ... disconnection/dissociation responses come for awhile ... but I have to remember ... I have to know ... I need someone to believe me ... to listen to me ... to care ... comprehension and integration setting in ... it's scary ... another form of scary to come to reality.

Seeking help ... oh no ... the therapist is really torturing me ... too much ... I tell the doctor “*the therapy is bad*” ... the doctor says it will get better ... I work hard but it hurts more and more ... so much ... too much ... I forget what happens to me every time I go to the office ... disconnection/dissociation responses lets me cope ... I drive home in my car ... I remember she tells me to drive into the river ... she says there is peace there ... that I am “*going home*”. Why am I having this feeling of wanting to drive into the river ... tell me why? I remember ... too much ... too much ... she's like “*The Family*” ... comprehension and integration setting in ... I need someone to understand ... to care ... to listen ...

Comprehension and integration setting in ... Do you hear ME? Do you see ME? Not the horror ... just ME? Do you care? Do you care about ME? Will I be OK? Tell me ... will I be OK?

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