

# RITUAL ABUSE-TORTURE

## SHARING INFORMATION & SELF-CARING SOLUTIONS

### RITUAL ABUSE-TORTURE (RAT) RELATIONSHIPS:

**RAT begins** as intentional victimization of the infant, toddler, or child by adults within the adult-child relationship. RAT victimization can continue & include “captive” youth & adults.

**RAT is organized group violence** involving trans-generational kinships &/or non-kin. These like-minded RAT torturers can be inter-connected regionally, nationally, internationally, & transnationally.

**RAT perpetrators** inflict ritualistic & brutally cruel practices of:

**Pedophilic torture**, which begins & ends at an age desirable to the RAT pedophile. Pedophilic torture can begin with infants.

**Physical tortures** which cause extreme & excruciating pain, fear & terror of being killed, extreme exhaustion, &/or permanent loss, disability, &/or disfigurement.

**Sexualized torture** i.e., using objects &/or animals, forced nakedness, & group rapes.

**Mind-spirit torture** causes torment & distorts thoughts, emotions, perceptions, behaviors, & worldview. Schooling of the child normalizes human evil beliefs & actions into family/group “rituals & ceremonies” using drama, magic, symbolism & connotations of all-powerful figureheads. Programming via mind-altering drugging, hypnosis, mind-control, & trained dissociation, humiliation, inhumane experimentation, degradation, objectification, & dehumanization are other examples.

**Exploitation** into the pornography, “sex” &/or drug trade, &/or into forced physical labour. Employment salaries of victims are also taken by the family/group.

**Terrorization** using life-threatening acts – sham or actual – to create intense paralyzing fear in their victims, forcing victims to engage in the atrocities demanded of them.

**RAT involves** other horrific & inhumane sham/real acts, i.e., killing of animals, fetus, a person ♦ necrophilic ritualisms ♦ Self-cutting as a blood ritualism ♦ Self-sacrifice (suicide) ♦ bestiality ♦ enforced exposure to horror. Forced involvement in such horrific

sham/real acts can imprison victim(s) in silence, blame, guilt, shame, Self-hatred, & mind-spirit distortions with or without a sense of evilism anxiety, evilism fear/terror.

**Daily abuse** is the reality for the infant, toddler, child, youth, or “captive” adult victim trapped within kinship RAT groups.

### **WHY DO PERPETRATORS DO WHAT THEY DO?**

- ◆ To dominate & to express totalitarian power & control over their victim(s);
- ◆ To satisfy their needs & desires for cruel & inhumane pleasure & entertainment; &/or,
- ◆ For greed & profit when perpetrators engage in the exploitation of their victim(s).

### **WHO ARE THE PERPETRATORS?**

Like-minded men & women, mothers & fathers. Other kin. Friends or neighbours. Persons from all walks of life. Persons who use positional power as a cover. The professional, clergy, or layperson.

### **PREVALENCE** \*

Ritual abuse-torture has been reported in every region of Canada; however, no statistics are presently collected in Canada.<sup>3</sup>

### **A HUMAN RIGHTS VIOLATION:**

RAT violates every infant, toddler, child, youth, or adult victim’s human rights.

### **YOU ARE NORMAL!**

Having intense responses to the evil-based ordeals of RAT is normal. Common responses may be a blend of present-day coping strategies, childhood survival skills, re-experiencing of RAT victimization, & accumulating traumatic stress responses:

#### **Behavioural & physical responses:**

- ◆ eating/sleeping problems ◆ nausea ◆ diarrhea ◆ fatigue ◆ neck/back/chest/body pain
- ◆ flu-like symptoms ◆ allergies/asthma ◆ headaches ◆ dizziness ◆ vaginal bleeding
- ◆ floating feelings ◆ seizure-like attacks ◆ panic attacks ◆ getting lost ◆ Self-harming habits ◆ re-enactments ◆ in perpetual crisis

#### **Emotional responses:**

- ◆ fear, anxiety, panic, terror, or horror attacks ◆ terrifying nightmares ◆ feeling zombie-like ◆ mood swings ◆ being/ feeling unheard & misunderstood ◆ feeling/ being suicidal
- ◆ terrified one is/has evil within

#### **Mind-spirit responses:**

- ◆ memory & time lapses ◆ concentration & decision-making difficulties ◆ confusion
- ◆ life skills, i.e. dressing, cooking, & eating are too difficult to do ◆ hearing voices in one’s head ◆ flashbacks ◆ mind-body memories ◆ fear of losing one’s mind, being crazy, or losing touch with reality ◆ perceiving one’s Self as a head without a body, an “it”
- ◆ hopelessness/despair/without purpose

### Social connections & relationships

- ◆ difficulty trusting ◆ withdrawing ◆ irritability ◆ language & communication barriers
- ◆ personal boundary confusion ◆ distortions about relationships/ world-view
- ◆ uncertainty & change is distressful ◆ feeling unsafe & on-guard ◆ overwhelmed
- ◆ unable to cope with work on disability

### GRIEVING & HEALING SELF-HELP

Healing involves the uniquely personal & normal processes of integrating & grieving the harms, losses, & hurts suffered during over-whelming & life-threatening RAT ordeals.

#### Try to proceed at a pace that is safe & helpful for you:

- **Try** to understand you are a good person; this brings meaning & hope into your life. RAT victimization was not your fault!
- **Try** reframing both negative Self-feelings & Self-thoughts by truthfully recognizing your positive strengths. Practice positive Self-talk, it nurtures positive Self-emotions.
- **Write**, make lists, colour, draw, paint, or use a computer to keep a journal – it helps clarify experiences, thoughts, & emotions. It can help reduce mental chaos, confusion, spinning, & clarify distortions.
- **Try** to name your emotional feelings, this develops the emotional language necessary to understand one's Self.
- **Anger** can be a healthy emotion that can produce “I'm going to explode” tension. Try physical activities – walk, swim, or follow an exercise video – to release tension, to relax, to improve brain neuro-chemicals which may help ease mood swings, depressiveness, sadness, worthlessness, & hopelessness.
- **Try** eating healthy foods & drink water everyday to break deprivation habits, to strengthen your immune system, to improve your energy & coping skills.
- **For support** try talking to someone you can trust & who can respectfully listen as you make sense of your experiences.

#### Endnote & Resources

1. Banks, A. (2001). Post-traumatic stress disorder Relationships & brain chemistry. Wellesley, MA: Stone Centre. Phone: 781-283-2510.
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3. Canadian Panel on Violence Against Women. (1993). *Changing the Landscape: Ending violence ~ Achieving equality* (pp. 45-47). Ottawa: Minister of Supply and Services Canada.
4. Childs-Gowell, E. (1992). *Good grief rituals*. New York: Station Hill.
5. Coates, D. (Various dates). Ritual abuse articles. Education Wife Assault, 427 Bloor Street West, Toronto, ON, M5S 1X7. Phone: 416-968-3422.
6. Herman, J. (1992). *Trauma and recovery*. New York: BasicBooks.
7. Marron, K. (1988). *Ritual abuse: Canada's most infamous trial on child abuse*. Toronto: Seal Books.
8. National Clearinghouse on Family Violence. I-800-267-1291.
9. Oksana, C. (1994). *Safe passage to healing A guide for survivors of ritual abuse*. New York: HarperPerennial.

10. Sakheim, D. & Devine, S. (1992). *Out of darkness Exploring satanism & ritual abuse*. Toronto: Maxwell Macmillan

**Links:** [www.aches-mc.org](http://www.aches-mc.org)  
[www.survivorship.org](http://www.survivorship.org)

\* Note: Although prevalence refers to Canadian data, literature indicates RAT to be transnational involving perpetrators in countries such as the United States, Australia, Great Britain, and Europe.

J. Sarson, R.N, BScN, MEd & L. MacDonald, RN, BN, MEd

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Phone/fax: 902-895-6659

E-mail: [flight@ns.sympatico.ca](mailto:flight@ns.sympatico.ca)

[www.ritualabusetorture.org](http://www.ritualabusetorture.org)

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