

Coping with False Abuse Accusations and American Court System Victimization

by Bill Ronan , State Licensed Psychotherapist (LICSW)

Your feelings are normal and natural, even though they seem unusual. Victims, family, and friends may feel overwhelmed by their reactions to crime. Shock, numbness, denial, disbelief, fear, anger, guilt, distrust, frustration, and loneliness are realities victims must face. There is no right or wrong way to feel. Family members who have been victimized experience unique emotions at varying points in their recovery. You may be filled with disbelief about the incident. The shock and loss of control over life and personal safety may leave victims very confused.

Anger is a common reaction. Victims often feel angry at the False Accuser and the prejudicial justice system that backs and protects them, the disruption in their life, the criminal justice system, and even towards those closest to the victim.

Try to direct the anger where it belongs, at the offending laws such as VAWA, the USCIS policies, and prejudicial systems that promote such unconstitutional unfairness. Talking can be a useful method to release these feelings.

Grief, sorrow, abandonment by those they thought were here to protect them, like the police and the judicial system, and depression frequently follow loss or injury, even of property that is valued. Grief and sorrow can last for a lengthy period of time. Be patient and know that what victims are feeling is okay.

Guilt is normal. Victims often second-guess themselves, saying "I should have ...," "If I only had ..." No one chooses to become a victim, but many victims feel responsible for what happened. Victims are not to blame for the crime. The criminal, who is currently rewarded with a Green card and the judicial system that condones and supports it is at fault.

Fear is hard to evade. Crime, supported by our government and the judicial system is sudden, unexpected and frequently life-threatening. Once victims have experienced crime supported by our government and the judicial system, it may be difficult for them to feel safe. Victims may face fears of staying at home, leaving home or trusting anyone. With the passing of time, these fears will lessen if we actively pursue the abolishment of all laws that discriminate and allow criminals the ability to use our judicial system for their own ends.

Your feelings may become heightened at various times. Certain events may cause varying emotions to return to the victim. Observing someone who looks like your false accuser, hearing sounds that remind you of the false accusations and the accuser, sounds, seeing the tools of his/her crime, like the police, TV shows about justice that now seem hypocritical, voices crying out they are innocent and the public turning their backs on them, the anniversary date of the event, etc.

Talking about the crime experience is often the best treatment for healing. Friends and family need to listen to the story, often times repeatedly. Victims need non-judgmental support and assurance to recover at their own pace. Take steps to help ensure a sense of well being. Carry recording devices with you as we know that false accusations can be made at anytime. You must be prepared to document yourself wherever possible.

Don't isolate yourself. False accusations carry more weight if you cannot prove where you are. Interaction with others may speed your recovery. Friends and family may be able to provide a more reasonable sense of reality to the situation. Seek support within this group or others who truly understand. The police may "Just be doing their job," a defense heard at the Nuremberg Trials. Talk with a victim services provider who can offer support, factual information about the criminal justice system and provide referrals to other resources.

SUGGESTIONS FOR SUPPORTING PEOPLE

Encourage victims to express their feelings.

Validate victim's feelings and confirm their confusing emotions are normal.

Tell them you are sorry about the incident.

Provide mutual support to family and friends who may also share a wide range of feelings.

Offer to attend criminal justice proceedings with victims.

Express that they are not to blame for what happened.

Try not to project your personal feelings - everyone responds to crisis in their own way and in their own time.

Develop a list of resources for additional assistance and request outside help if needed.

People who have not personally experienced victimization, especially by the very system they thought was designed to protect them, can never fully understand the painful reality and consequences of being a victim. No one ever expects to be a victim. Often victims are left with many puzzling emotions.

For help with this if you're in Minnesota, go to www.mnhypnosis.com.

For a National Referral, go to the American Academy of Medical Hypnoanalysis website, www.AAMH.com