I would like to echo the sentiments of Alex Hossack in a recent letter regarding social attitudes towards sexual offending (‘Sex offenders – time to step outside the anger?’, October 2014). I had been drafting a letter to *The Psychologist* along very similar lines and I was glad to see that Hossack’s contribution was so well-reasoned and similar to my own. However, when Hossack asserts that ‘the biggest inhibitor of change is media myths’, I would argue for a slightly different conclusion.

The impact of media reporting stands alongside, and potentially obscures, similar ills inherent in our legislation. As I see it, the main stumbling block for unconvicted and would-be offenders seeking psychological support lies in our mandatory reporting laws. These laws bind social, medical and mental health professionals into compulsorily contacting police if they believe that a crime has been committed or is likely to be committed, superseding all confidentiality clauses. In this way, as Hossack pointed out, it becomes almost impossible to provide treatment to individuals of this nature, but no practical solutions were mooted.

It is clear that British society is currently failing the victims of child abuse as well as the adults who may prey on them. Following the arrests of 660 people for child pornography offences, Phil Gormley, deputy director general of the National Crime Agency, called for a proactive approach in developing ‘a range of interventions to prevent people offending… [and] to enable people to seek help to prevent their offending from becoming even more serious’.

Convicted offenders make up only the tip of an iceberg, with vast numbers of those attracted to children remaining hidden throughout their lifetimes. Research from Michael Seto estimates that paedophilia affects around 1 per cent of the global population, a figure suggesting British society may currently contain 641,000 such individuals; more than seven times the total capacity of British prisons (87,879). These figures seem to be supported by Phil Gormley’s assertion that we cannot ‘simply arrest our way out of this problem’.

One country that I would suggest is not failing this sexual underclass is Germany. I was shocked to find a recent search of the BPS website returned no mention whatsoever of Prevention Project Dunkelfeld [although see p.70]. Prevention Project Dunkelfeld (PPD; see www.dont-offend.org) is a free, confidential treatment programme for help-seeking paedophiles and hebephiles that has been operating across Germany since 2005. Named after the population segment not known to the authorities or the law, Prevention Project Dunkelfeld (German for ‘dark field’) aims to...
provide therapeutic and pharmacological support to the estimated thousands attracted to children, regardless of their offending history. Under the PPD model, treatment is open to those who have never committed a crime, those who have committed a crime and have not been caught, and those who have committed a crime and already been punished.

Structured treatment is provided weekly in an anonymous group setting, as well as in one-to-one sessions where necessary. Instead of the UK’s pragmatic, psychological and medical approaches, with the option of pharmacological support, employing SSRIs and androgen antagonists. In some contexts, therapy is also offered to the client’s partner and relatives, in order to promote the repair of interpersonal relationships and continued support at home. The programme is designed to run for 30 sessions, or approximately one year.

Rather than perpetuating Britain’s reactive and potentially wasteful method of forcing convicted sex offenders through psychosocial treatment, regardless of their desire to change, PPD is a voluntary service that accepts only help-seeking and committed individuals, those for whom psychological intervention is far more likely to make a difference. In times of increasing austerity, the German model maximises funding by working in partnership with universities. A UK programme could follow suit, with academic funds being provided in return for researchers gaining voluntary access to a notoriously inaccessible sample.

The goal of the treatment programme is to increase personal awareness and enable service users to control and transform their paedophilic desires into more positive thoughts and actions. The project hinges on the theoretical standpoint that users are not at fault for their sexual feelings, but that they are responsible for how they act upon them. PPD offers many users are not at fault for their sexual feelings, but that they are responsible for how they act upon them. PPD offers many

I am writing in response to Louise Mullins’ letter (November issue) about the practice of adminstering high levels of morphine to dying patients to relieve pain and hasten death. I have Stage III ovarian cancer, currently in remission, but Stage IV (terminal) will arrive for sure. Medical evidence has shown cancer cells have spread to surrounding tissue so it is just a matter of time before secondaries develop. I am 62.

While the medical care I am receiving in a major London hospital has been truly excellent, no one at any time has ever engaged with me on an emotional or psychological level. The only questions asked of me have been medical ones.

With no husband or children I feel alone and isolated with my fears and worries. I accept my diagnosis and prognosis, but because I have a lack of knowledge about the process of dying, I have a fear of death. I know nothing about the Assisted Dying Bill, have not read your letters in previous issues but simply picked up your November issue by chance in someone else’s house.

It would never occur to me to ask for an assisted death before my time is due, but once admitted to a hospice knowing that death is not far away, then I would be only too delighted to receive enough morphine to sedate me, to ease the pain and to help me on my way. I didn’t know that this option could be available, but if so then I have less to fear. Without this underlying fear, then the quality of what time I have left will be greatly improved.

Name and address supplied

Away with the triangle!

Hazel Guest (‘Looking back’, December 2014) makes an interesting point about Maslow’s Hierarchy of Needs, but she still refers to the ‘triangle or pyramid, which is reproduced in countless publications’. Indeed, it appears on p.983, complete with the additional level that is the subject of her article.

In 1943 Abraham Maslow launched his theory of a hierarchy of needs. He later elaborated on it, and the latest edition of his book came out 44 years later (Maslow 1987). There is no triangle in this book. At some point in this period, some bright spark (probably a text editor) had the idea of printing out this hierarchy in the form of a triangle or pyramid. This produced a very attractive diagram, and later versions added colour to make it even more so. And this is the version that Hazel Guest has used, adding the extra level (intrinsic values) that she argues for in her article.

What is wrong with the triangle is that it suggests that there is an end-point to personal growth. What is also wrong is that it suggests that this end-point is not far away. So the questions that are raised here are: Is there an end-point; and if so, where is it?

The main writer in recent times who has suggested that
there is more to be said is Ken Wilber (2000). He has made it clear that what Maslow was talking about, and describing in some detail as the level of self-actualisation, was a level of consciousness that Wilber calls the Centaur self (because it is here that bodymind unity becomes obvious) and which Wade (1996) perhaps more helpfully calls the Authentic self. I sometimes call it the Existential self, because this is a level that is completely describable in terms of existential way of seeing the world (Rowan, 2001).

Beyond this, Wilber tells us there is a further stage of consciousness, which he calls the Subtle. This is a level where we encounter the Divine through concrete symbols and images: it is the realm of archetypes, of deity figures, of nature spirits, and of what Hillman (1997) calls the soul. It is also the realm of what Cortright (2007) has more recently called the psychic centre or the antaratman. Roberto Assagioli calls it the Higher Self. It has been written about by Jung, by Stanislav Grof and by Joseph Campbell, among others.

Beyond this is the Causal realm, where we have to give up all the symbols and images and embark on the wide ocean of spirituality, where we can speak equally of the One, the None and the All. Here there are no signposts and no landmarks, nothing to measure or describe. Everything is one, and so there are no problems. And underlying all this (if we had a diagram this would be just the paper on which it is all written) is the Nondual, which is not at the end of any continuum, but is something else altogether.

What we need instead of a triangle, therefore, is something more like a ladder. And when we put Maslow’s ladder next to Wilber’s ladder, we can easily see that Wilber’s has more rungs.

John Rowan
London E4

References
Terror porn – the risk of copycat decapitations

In March 2005 The Psychologist published an article warning of the risk of copycat suicide attacks spreading to the West.

We remember this partly because we authored the article, but mostly because leading months later London experienced the '7/7 bombings' – a coordinated series of suicide attacks killing 56 people and injuring 700 more.

Fast forward nearly a decade, and we have another prediction using the same media psychology we used in the original article: The high-profile sensationalist, graphic and instructive media coverage of recent beheadings by terrorist groups means it is only a matter of time until the trend spreads here.

Beheadings make for compulsive and effective 'terror porn': used for centuries for their visual and emotional impact, beheadings are now proving to be effective in attracting big audiences in traditional and online media. Given that the strategic goal of terrorism is to maximise media attention, beheadings are thus proving themselves to be a remarkably effective tactic. At a psychological level, any at-risk individual doubtful of the effectiveness of terrorism in garnering media attention will have doubts allayed by the sensationalist blanket news coverage afforded ritualistic beheadings.

Moreover, media reports of ritualised beheadings provide an easy-to-follow 'script' and instructive how-to information that makes emulation easier. It's far easier to behead someone than build a bomb, and the script of a suited victim on his or her knees in a live recording is simple to follow.

We also know from the psychology of media influence that 'differential identification' can play a key role; if we identify with protagonists in media stories, we may be more likely to emulate them. The madness of 'Jihadi John' as a soundbite and news story is that it normalises terrorists and terrorism. The media is effectively saying you too could be a terrorist.

Few people would suggest censoring terror porn from our screens; the public have a right to know; digital media makes censorship a practical impossibility; and the media industry has an economic imperative to attract audiences. Further, there is little evidence to suggest that the media could be a cause of terrorism; the risk is simply that sensationalist coverage becomes a contributing factor in its spread.

To mitigate this risk, we need to balance the right to know with the desire to be entertained. There is no reason why media coverage of recorded beheadings should be sensationlist, graphic or instructive. And there are good psychological reasons for it not to be. As psychologists, we should be working collaboratively with broadcasters, press and other media professionals to urgently draw up better guidelines for responsible reporting of terrorism. The psychology is simple, evidence-based and theoretically informed. It is time to use it – before copycat decapitations become a reality.

Paul Marsden
London

Reference

Leslie Reid FBPsS [1924–2014]

Leslie Reid, the founding professor of psychology at the University of Exeter, died in September 2014 at the age of 90. He was a leading member of the generation who oversaw the enormous expansion of psychology as a discipline, and of the British Psychological Society; in the period after the Second World War, it is difficult for anyone educated after that expansion to grasp just how much influence he and colleagues of the same period had.

Leslie came to Exeter after war service with the Royal Scots, a year as a graduate student with B.F. Skinner, and lecturing posts in New Zealand and at Aberdeen. Over a period of 18 years, he built up a department that enshrined his values: it had a tilt towards behaviourism, yet gave a home to noted critics of behaviourism such as Michael Howe and all-round mavericks such as Paul Kline; and Leslie made sure that it also hosted a clinical training course. Above all it was tremendously devoted to teaching undergraduates comprehensively and well, and to caring for them: Leslie was rigorous in ensuring we awarded low marks when we had to, but were compassionate and supportive to students who were struggling. He never lost his Scottish accent, or his distinctively Scottish intellectual style – critical, analytic, terse and formidable acute – so that he could seem dour and acerbic, and his interventions in seminars, though always very politely put, could strike terror into the heart. But Leslie was not really dour; there was always a gleam of humour in his eye, even when it was carefully hidden. Everyone tried to imitate his accent, and sooner or later everyone got caught doing it as he cam into a room; he never commented, except with a delicately raised eyebrow.

Like many senior academics of his period, Leslie concentrated on recruiting and supporting good researchers rather than publishing much himself (though his paper on the psychology of the ‘near miss’ in gambling situations has become a minor classic). He served as one of the early Chairs of the Society’s Scientific Affairs Board, and also played a substantial international role for the Society: he helped to create the New Zealand branch of the Society, which in due course became the New Zealand Psychological Society, and also made a number of
official visits to Soviet bloc countries, discreetly supporting colleagues there in their difficult relationships with governments and earning their long-lasting respect and gratitude.

In his last years, Leslie’s health and particularly his sight deteriorated, but his shrewdness and wit were undimmed. To live to be 90 is inevitably to outlive many of those who would have remembered you; but those of us who are left of the department he built, and many beyond, will remember him always as the founder of our own department, and as a wise and compassionate leader within the post-war development of British psychology.

Stephen Lea
University of Exeter

**Obituary**

**Hazel Dewart (1949–2014)**

It is with great sadness that we pay tribute Hazel Dewart, who has died. Hazel grew up in County Antrim, and gained a psychology degree from Queen’s University Belfast in 1971 before coming to London where she settled for the rest of her life.

Hazel completed her doctorate on children’s language comprehension at University College. This work led on to the award of a postdoctoral fellowship to work with child language expert Rick Cromer at the MRC’s Developmental Psychology Unit. This was the heyday of developmental psychology in London and rubbing shoulders with giants like Neil O’Connor and Beate Hermelin, not to mention glamorous social occasions organised by Rick, led Hazel to a career which would embrace language, development and its disorders.

Hazel’s first appointment was to a lectureship at the Central School of Speech and Drama. In the early 1980s, speech and language therapy was becoming a graduate profession, and Hazel was a perfect fit for a department moving from the training of therapists to their education. Hazel was one of the figures who eased this transition, staying quietly firm to her ideals and ensuring academic rigour without sidelinings professional expertise. She enjoyed much fruitful collaboration whilst at the school and her contributions to professional practice included the development of the Pragmatics Profile (along with Susie Summers), which has been translated into several languages and is widely used in the assessment of children with language problems.

After many years at the Central School, Hazel made a move back to her roots in psychology at the University of Westminster, where she subsequently became Head of Department. Hazel was brilliant at this, well organised and efficient, but more importantly, fair-minded and caring towards her staff. She commanded huge respect and affection in a very happy department.

**Prize Crossword**

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**Prize Crossword No 79**

**Across**

1. Resistance stage
2. Stand up
3. Tarnish
4. Et al
5. Oder
6. Element
7. Tithve
8. Chore
9. Rosette
10. Mid
11. Hef
12. Abut
13. Reagent
14. Israeli
15. Point of no return

**Down**

1. Resilience
2. Seattle
3. Side
4. Appetite
5. Cattle
6. Stoop test
7. Aliment
8. Echt
9. Beneficent
10. Pedestrian
11. Graffito
12. Drigarni
13. Tableau
14. What if
15. Prop
16. Erse

Send your entry (photocopies accepted) marked ‘prize crossword’, to the Leicester office (see inside front cover) deadline 9 February 2015. Winner of prize crossword no 78 Libby Barnardo, London

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**Prize Crossword No 78 Solution**

Across

1. Resistance stage
2. Stand up
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4. Et al
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7. Tithve
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12. Drigarni
13. Tableau
14. What if
15. Prop
16. Erse
In the later part of her career, Hazel pursued training in clinical psychology; she used this effectively to bring many important insights both to scholarship and leadership and more generally to teaching and learning. She also contributed much professional service to the British Psychological Society, on several boards, as a panel member for accreditation visits and, most recently, on a group considering new ways of working in applied psychology training.

Several years ago Hazel discovered that she had cancer, and she had to undergo extensive treatment. She faced this with great courage and cheerfulness and was a source of strength to her family and friends whilst holding on to her quiet Irish sense of humour. Hazel was a delightfully warm person; we were lucky to have known her, and we will all miss her enormously. She leaves her husband Paul, children Thomas, Patrick, Anna and Joseph and grandson Elijah, whom she loved greatly.

Maggie Snowling
St John’s College, Oxford
David Groome
University of Westminster
Linda Pring
Goldsmiths College

Find longer versions of these obituaries under ‘Looking Back’ at www.thepsychologist.org.uk, where you can also leave your own tributes.

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**FORUM LIGHTER SIDE**

According to sparkpeople.com [no, me neither], the three worst New Year’s Resolutions people make are: promising to give up an unhealthy vice, aiming to lose weight, and joining a gym. [One of the best may be avoiding sparkpeople.com: the site is so eye-cracking, it can induce aneurysms. The things I do on your behalf.) None of these, according to the site, are likely to lead to a, well, successful resolution.

But how much psychological evidence supports the keeping of New Year’s Resolutions (NYRs)? Are they, in the words of Wilde in The Picture of Dorian Gray, ‘pure vanity’ and their ‘result absolutely nil’? Or are they generally adhered to? If so, what types of resolutions are kept best? And which factors, if any, make people adhere better to them? Will you succeed at pole-dancing? Will you take up darts? More importantly, will you get the shed painted?

Janus, more literally than most Roman gods, was two-faced, simultaneously looking back on the past and forward to the future. His worshippers resolved to behave, hence the custom some honour today. His earliest psychological NYR study (11- to 12-year-olds) found that children made an average of eight resolutions, with girls making more (Zelig, 1964). Marlatt & Kaplan (1972) in the first comprehensive study of NYRs, monitored 70 students who had made resolutions (average resolution per student: 2.93), over three months.

Most people wanted to lose weight (39 per cent) with smoking cessation, and physical health/relationship changes following close behind. Twenty-five per cent of NYRs were broken within 15 weeks (more women than men reported breaking at least one). Monitoring did not increase weight loss. The most difficult to keep NYRs were related to smoking, physical health and personal behaviour. Men kept resolutions for 41 days; women, 44. Men were more likely to keep to ‘stop’ NYRs than ‘start’; the reverse was seen in women. Thirty per cent of abandoned resolutions were self-initiated.

A later study found that most people wanted to lose weight, followed by taking up exercise, then stopping smoking (Norcross et al., 2002). At six months, 46 per cent of the resolvers had stuck to their NYR. Readiness to change, self-efficacy and having the skill to change predicted adherence.

So, should we all resolve to be self-efficacious instead? Being psychologists yourselves, do you find it easier to stick to your own resolutions?

Dr G Neil Martin is Reader and Programme Director for Psychology at Regent’s University London. (Drneilmartin). The pole-dancing is going well. This column aims to prompt discussion and debate, and the odd wry smile.

---

**across**

1. Anger crawler so represented in model of classical conditioning (8-6)
9. Romeo’s rival in European capital (5)
10. Grinds to Tyneside – a burden (9)
11. Scholar occupied by Southern European (8)
12. Foot consumed by deep depression (5)
14. Audibly communicate mathematical function (4)
15. Hesitation we show officer in ethological surroundings (6)
17. To some extent, terrorists display human tendency (3)
18. Bolt ladder (3)
19. Graduate has female ailment (6)
20. Some plagued by fever (4)
23. Dark piece removing king at the outset (5)
25. Home and dry with eagle caught in web (8)
28. I row ketch laboriously and with diligence (4,5)
29. Encourage revolutionary monarch (5)
30. Help talisman to transform psychiatric institution (6,8)

**down**

1. Bottled up about journalists (7)
2. Toner is no fancy neurotransmitter (9)
3. Soldiers commit offence to one noble Italian family (6)
4. The French intend to upset monstrous female (5)
5. Resolve bequest (4)
6. Get last arrangement in school of psychology (7)
7. Eastern osseous wood (5)
8. We hear one cleans up smoker (6)
13. Metal conducted about ampere (4)
16. Spot spook (4)
17. Surprisingly, we let one suppress info on existential awareness (9)
18. Among brethren, ownership brings eminence (6)
19. Swoon about sex appeal with social environment (7)
21. Register almost everything through gut (7)
22. It’s part of the service in small storm location (6)
24. Defile stuff (5)
26. Crispy snack in tin brought over to house (5)
27. Roald’s stomach churned by Indian food (4)