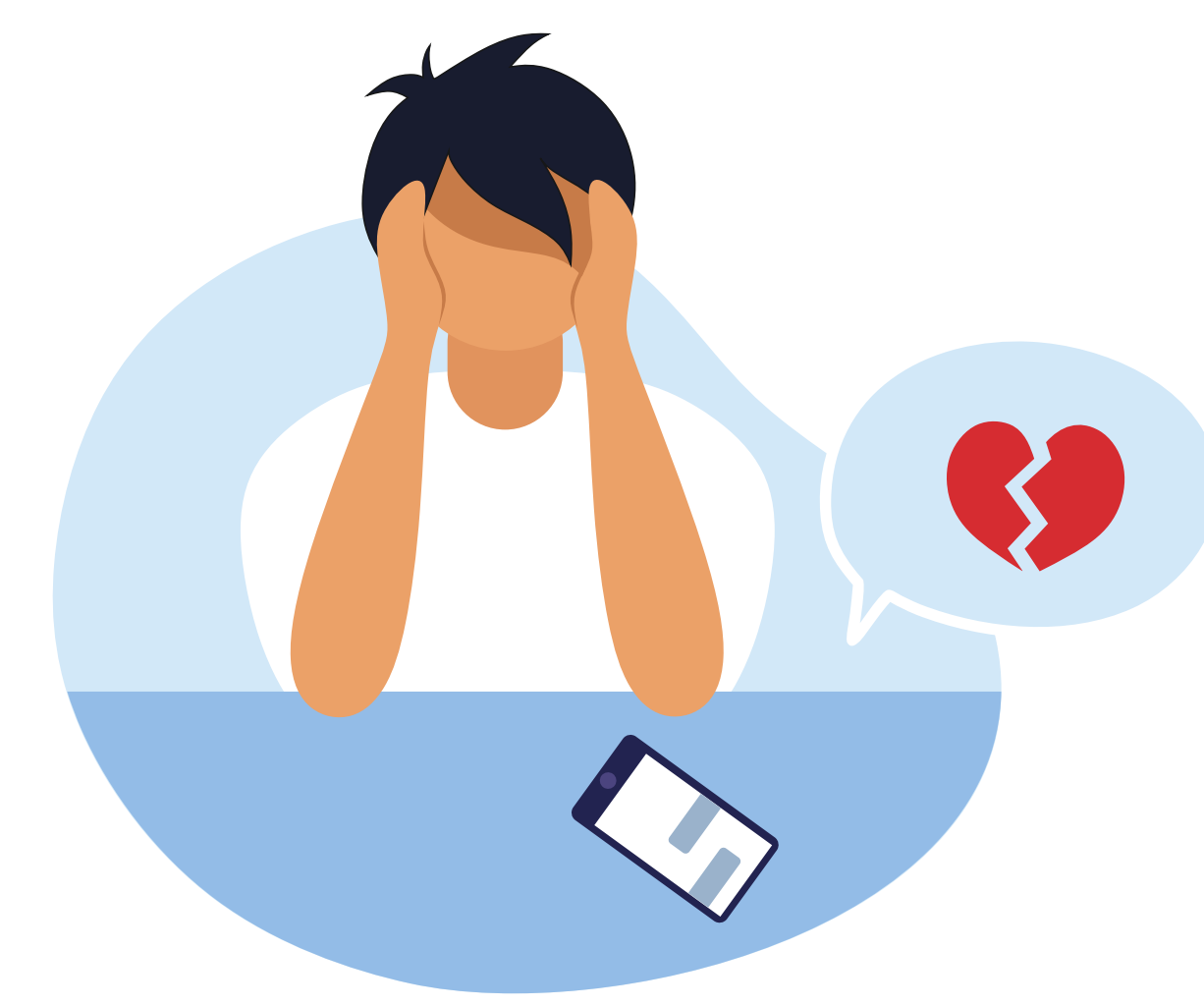
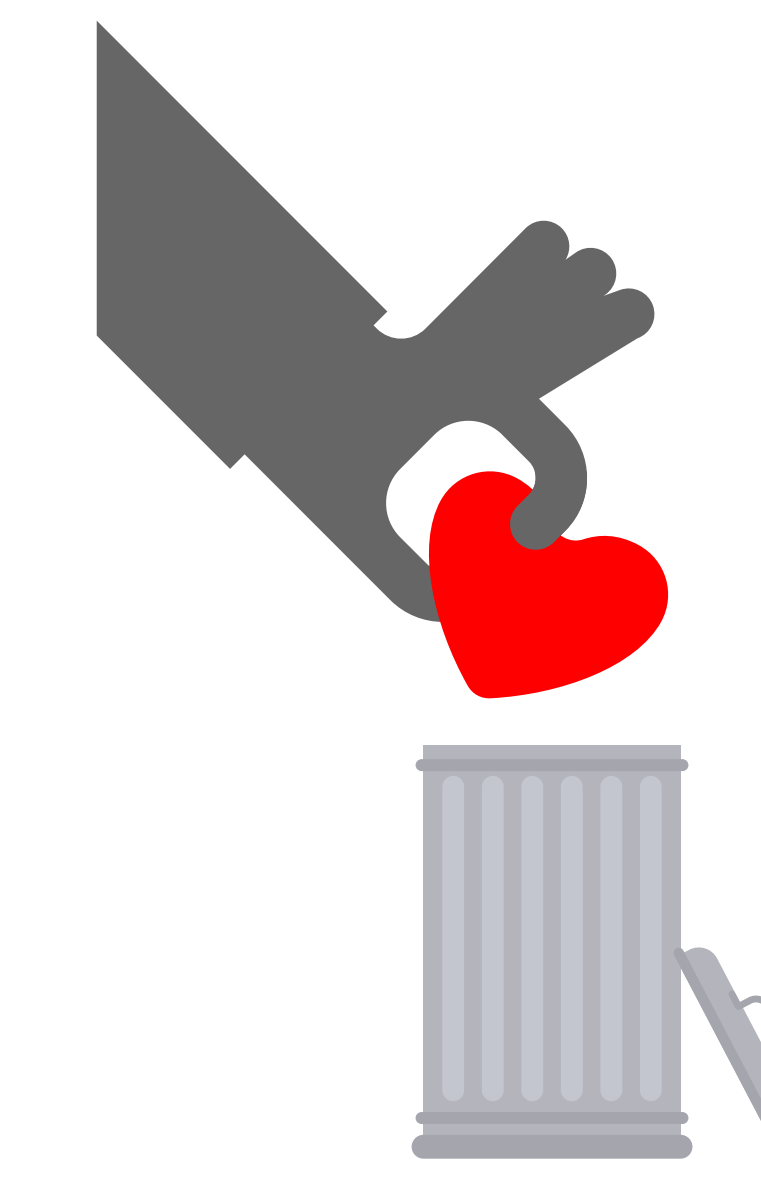




# The Trauma of Betrayal: The role of Hatred and Reconciliation

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## Background

### Betrayal Trauma

“trauma that refers to the pain and emotional distress that occurs when a trusted institution, loved one, or intimate partner violates someone's trust” (Freyd,1994)



#### Interpersonal

“ a sense of being harmed by the intentional actions, or omissions, of a person who was assumed to be a trusted and loyal friend, relative, partner, colleague or companion. ”  
Rachman, 2010

#### Betrayal

#### Institutional

“ wrongdoings perpetrated by an institution upon individuals dependent on that institution, including failure to prevent or respond supportively to wrongdoings by individuals (e.g. sexual assault) committed within the context of the institution “ Freyd, 2008



· **Hatred** ·  
**Reconciliation**



## Research Questions ???

- What are the core features of Interpersonal and Institutional Betrayal?
- What's the impact of Restorative vs Retributive Resolution Strategies in mitigating Institutional and Interpersonal Betrayal?
- How does Hate relate to Interpersonal and Institutional Betrayal , and how does it influence the efficacy of different Resolution Strategies?

**Aim** ➡ to explore the core features of Interpersonal and Institutional Betrayal , how they might generate hatred and how to mitigate them through Reconciliation

### Materials & Methods



Betrayal, Hatred and Restorative vs Retributive Resolution Strategies have been investigated through an online survey and **semi-structured interviews** involving the general population.

**Participants** : A total of 20 participants were recruited among the sample who completed the online survey. Participant were recruited in Ireland (25%), UK (25%), Canada (30%) and US (20%).

Interviews were held online and lasted between 30 and 60 minutes.

**Data Analysis** : The method chosen to analyse data is **Thematic Analysis (TA)**; thematic analysis is a widely used "method for identifying, analysing and reporting patterns (themes) within data"(Braun & Clarke, 2006).

## Conclusions

- Betrayal is a traumatic event affecting a person's physical and mental health.
- Hate is a complex emotion that can stem from the Trauma of Betrayal and is an obstacle to Reconciliation.
- Victims' needs are subjective and different in Interpersonal and Institutional Betrayal; they have in common the need for an Acknowledgement, Apology & Change of Behaviour.
- Reconciliation has to be timely to mitigate the consequences of Betrayal Trauma.



## Themes



### 1. The Desire to Move On

“I think what happens is, you go to the stages of the anger and the upset and the crying and the sadness and despair, I suppose, or whatever the situation is, and then it's the case of,'OK, I have to cope the hell on'. And, you know, my life is still gonna go on. [...] And I think, you just want to get on in your life and move on to the next thing, because if you start wallowing back there the whole time, you're never gonna move forward. You're never gonna get out of that mindset, you know, of upset and anger. And as I said before, that leads to illness, I think. You know, harbouring all those feelings”

### 2. Personal and Impersonal shades of Betrayal

“ I would be much more hurt at the personal level of betrayal because I think that we have a bond and when someone chooses to violate that, that is a very painful thing. And at an Institutional level, there's not very many Institutions that I have a bond with. I have levels of expectations, but that's not really a bond.”

### 3. The Need to Be Heard

“ The main thing that they want is acknowledgement [...] because you can't do much else, but you can acknowledge the fact that that person is there and that you did something wrong. And they may not be able to apologize at that moment or whatever, but I think that's my main thing, if I'm talking to someone I want them to at least acknowledge the fact that they hurt me.....and that's just what being heard is”

### 4. The Responsibility to Speak Up

“Communication always has to be two way for it to be effective and so I think that if the victim never speaks up, the perpetrator either doesn't know or doesn't care. And there has to be this call, either at a personal level or at an institutional level, that says:' This is not right. You treated me poorly, and we need to address this', and without that people may or may not know they did something wrong.”

### 5. The Vicious Cycles of Hate & Betrayal

“Yes, I think that if there are people who dislike a certain group of other people, then they will treat them differently and they can betray them even though they are supposed to be there to protect them.[...] [Hate] very much could be a consequence [of Betrayal]. Most likely from the the victims' perspective they feel betrayed and as a result they lose trust, empathy and they come to hate that organization or hate that party that did them wrong.”

### 6. A Timely Reconciliation to Prevent Hate

“as human beings [...] we don't change instantaneously. We have to go through things, we have to process things. So that takes time. There is a time to figure out, either at a personal or Institutional level. What are we going to do different? How are we going to protect people in the future? All of these things take time.”