

Anatomy of Prebirth Psychology Pathology Prevention in Reactive Attachment Disorder

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Abstract: It is now some three decades since ISPPM's Mentor, Prof. Dr. Peter G. Fedor-Freybergh called for a mother-father-baby dialogue as the key to Primary Prevention: "Remember that the prenatal stage of life in the mother's consciousness and womb is our first ecological position as human beings. This is our first human encounter where we as children found ourselves involved in a creative dialogue with our mothers and their biological, psychological and social environment." Before and since, we have seen inspirers and destructors cross the stage of life. The political scene is the most prominent podium for diabolical dictators and despots. The most recent to have that center stage spotlight shine on him is President Robert Mugabe of Zimbabwe. A destructor of his country and its peoples, Mugabe bears all the hallmarks of Reactive Attachment Disorder (RAD). The American Psychiatric Association DMS-IV identifies this pathology as Reactive Attachment Disorder of Infancy & Early Childhood – RAD. This paper discusses RAD as demonstrated by Mugabe, and other destructors, as models and the steps which might have been taken to have prevented their deadly rage from the earliest stages. One factor which offers true hope for humanity in preventing Reactive Attachment Disorder is the increasing awareness of principles of Prenatal and Perinatal Psychology and Medicine.

Zusammenfassung: Es ist nun drei Jahrzehnte hier, dass der Mentor der ISPPM, Professor Dr. Peter Fedor-Freybergh den Mutter-Vater-Baby-Dialog als den Schlüssel zur primären Prävention benannte: „Vergegenwärtigen Sie sich, dass das vorgeburtliche Stadium des Lebens im Bewusstsein und Erleben der Mutter und im Mutterleib unsere erste ökologische Situation als menschliche Wesen ist. Dies ist unsere erste menschliche Begegnung, wo wir uns als Kinder in einen kreativen Dialog mit unseren Müttern und ihrer biologischen, psychologischen und sozialen Umgebung befinden.“ Dies ist die Situation, bevor wir irgendwelchen positiven oder negativen Einflüssen von außen ausgesetzt sind. Die politische Bühne ist ein hervorragendes Podium für die destruktive Diktatoren und Despoten. In jüngster Zeit stand der Präsident Robert Mugabe besonders im Scheinwerferlicht. Dieser Zerstörer seines Landes und seines Volkes zeigt alle Kennzeichen eines „Reactive Attachment Disorder“ (RAD). Die amerikanische psychiatrische Fachgesellschaft kennzeichnet in ihrem DMS-IV die Pathologie, wie Mugabe sie zeigt, als Reactive Attachment Disorder der frühesten und frühen Kindheit - (RAD). Dieser Beitrag diskutiert RAD, wie sie bei Mugabe und anderen destruktiven Diktatoren deutlich ist, als ein Modell und bespricht die Maßnahmen, die zur Prävention ihrer tödlichen Wut aus den frühen Anfängen ihres Lebens nötig gewesen wären. Ein Faktor, der eine wirkliche Hoffnung für die Menschheit zur Prävention des „Reactive Attachment Disorder“ darstellt, ist die zunehmende Anerkennung der Prinzipien der Pränatalen und Perinatalen Psychologie und Medizin.

Keywords: abortion survivors, prenatal child, prenatal psychology, tyrants, dictators

Dedication

This paper is dedicated to John C. Sonne, MD who pioneered research into the aberrant gestation of some of the world's most evil practitioners of inhumanity. And, it honors Prof. Lucio Zichella who called for a link between Pre & Perinatal Psychology & Anthropology.

Keynote

Tyrants such as Hitler, Franco, Stalin, Mussolini, Hussein, Milosevic, and bin Laden, have all demonstrated murderous hostility toward any one person or group who does not agree with them completely, or toward any group or person who has or aspires to have positions in society in which self and desire processes in social interactions are respected and affirmed, including those of different ethnic, racial or religious identifications and beliefs (symbolic "undeserving" siblings).

John C. Sonne, M.D.

Terrible Tyrants and Diabolical Dictators

In his landmark paper *On Tyrants As Abortion Survivors* in the International Journal of Prenatal and Perinatal Psychology and Medicine John C. Sonne advanced the thesis that these were all 'unwanted' men and all faced horrendous conditions during gestation and early childhood. Sonne suggests that the conscious or non-conscious themes of tyrants are,

- 'No one can have what I didn't get, what is rightfully mine that has been taken away from me.'
- 'I will psychologically or physically destroy these persons, and also anyone who gives or gave to them or supports them.'
- 'Revenge is what I want more than anything else, and this is more important to me than being loved or cared for.'
- 'I hate others, but I also loathe myself so much that if I die in seeking this, I will only have gratified my own wish for suicide.'

Exploring the prenatal histories of tyrants, Sonne found that Adolph Hitler's mother, Klara, his father's grand niece, was 24 and pregnant when she married in 1885. She gave birth to two boys and a girl, all of whom died before Hitler's birth. Hitler's father beat his wife while she was pregnant with Adolph. He frequently beat his children, including Hitler.

Slobodan Milosevic's father committed suicide when Slobodan was around five years old. Then his mother and a maternal uncle, Slobodan's favorite, also committed suicide. As a child, he resisted being touched, and he had no friends.

Saddam Hussein's mother attempted to abort Saddam by running into a wall and even tried to suicide when she was seven months pregnant with Saddam. His father and another sibling had died around that same time.

Osama bin Laden was born of Hamada one of his father's eleven wives. He grew up in a family of 54 children, the 17th of 24 sons. His father, Mohammed bin Laden, a wealthy businessman, usually kept four wives at a time, divorcing one to add another. Bin Laden's mother was scorned by the other wives as "the slave" and him as "son of the slave." He grew up isolated, shy, and withdrawn, and did not get along with his 53 siblings. When he was ten, his father died in an airplane crash. In 1984, he joined the Taliban, a group of fanatic and militant Muslims

engaged in battling the Russians. A few years later he formed a group called Al Queda, a terrorist organization that ultimately bombed the World Trade Center on September 11th, 2001.

Mugabe Destroyer of Zimbabwe

The world has been delivered of a number of other tyrannical tyrants. Most illustrative of the worst of humanity is Robert Mugabe, President of Zimbabwe. As you know, Zimbabwe, as a colony of Great Britain was once the bread basket of Africa now it is the basketcase of Africa. Inflation has hit over two hundred million % and unemployment is over 80%. Robert Mugabe had been a leading fighter in the struggle against the British. When colonialism left Rhodesia, that country became Zimbabwe and Nationalist fighter, Robert Mugabe ran for President. Mugabe is notorious for the implosion of the Zimbabwe. We were inspired to investigate his beginnings by a television interview by Fionnuala Sweeney in London on CNN's INTERNATIONAL CORRESPONDENTS. The guest was Heidi Holland discussing her book *Dinner With Mugabe*.

Holland began, "He'd become this one dimensional villain. I had met him (three decades before). And, he was actually once a decent guy. He certainly isn't any more, but I felt it would be interesting to find out what happened in those years."

Holland sought to understand how, "... in the process of becoming the person that this nationalist movement wanted him to be, Mugabe kind of outstripped their expectations and turned into a monster. And he is a monster."

Holland ascribes Mugabe's monstrosity to "... a pretty deprived childhood ... His father left when his brother died. And, he really had to assume a leading role in the family with a mother who was very zealously, religiously oriented and also suffered from depression. Because of that. early emotionally deprived childhood, Mugabe doesn't allow people to matter to him. He was educated by the Jesuits. He has developed intellectually at the expense of his emotional development. He told me that as a little boy, he used to talk to himself and lived in his mind."

Looking back Holland describes, "As a boy Mr. Mugabe was shy, sensitive and bookish, apparently without friends. After his carpenter father abandoned the family, the boy became the focus of his depressed and deeply Catholic mother, and a local missionary's protégé. Mugabe's childhood left him with a shaky self-confidence but a ferocious self-discipline. At the same time, his mother's conviction that he was meant for great things helped give him a deluded sense of his own importance.

Symbiosis

Whole-Self Psychology, Philosophy and Education is resonating that just as each of us is the synthesis of our parent's genetic coding which gives us our physical characteristics, there is also a synthesis of the charged emotional-mental patterns of our parents from the 9 months of their pregnancy. Every human being begins life in symbiosis with her or his mother by being psycho-spiritually, energetically attracted and attached to mother's mind by her charged ideas and thoughts; and, to her emotional body by sharing her charged feelings and emotions – even be-

fore conception. When the symbiotic process is interrupted, as seems evident in the life of Robert Mugabe, Reactive Attachment Disorder locks into the child, and as we see in the news, develops into today's dysfunctional, disruptive, anti-social, moralistic, sociopathic, even psychopathic children and adult sexual and murderous predators and terrorists.

Attachment and Bonding

Attachment and Bonding are critical for healthy and holistic human development. When a newborn enters the world and healthily attaches to mother/father during infancy and toddlerhood, the effects generate essential neurological development, as well as appropriate social skills and behaviors and emotional balance. We do not have any information about Mugabe's gestation but it is evident that his mother, being depressed, must have been in deep emotional distress and probably would have found it difficult to bond with her baby. Pervasive poverty is a grinding circumstance. It can be assumed that this would have led to continuing discord with her husband enough that he eventually left and never returned.

Early attachment relationship creates health and trust – yielding lifelong, safe and appropriate and supporting relationships and success. From the reports of many investigative sources, with mother in distress for herself and her family to survive, we can see that Mugabe suffers from some forms of neurological deficiency. Kelduyn R. Garland describes:

“Parent and child attachment is a biological and psychological need – rooted in thousands of years of evolution since the development of the mammalian brain. This bonding is critical for healthy emotional, social and physical development. The *fraying* of this attachment and bonding process spawns violent temperament, personality and behavior, and is a causal dynamic underlying Reactive Attachment Disorder. This *fraying* is a dynamic phenomena that knows no cultural, status or socio-economic boundary, and underlies the violence that is increasingly pervading societies throughout the world to global impact proportions.”

John Bowlby in the UK pioneered Attachment and Bonding theory. Kate Moss offers a comprehensive definition and description in *What is Attachment?* on the Association for Treatment and Training in the Attachment of Children (ATTACH) Website: www.attach.org:

“Attachment is a reciprocal process by which an emotional connection develops between an infant and his/her primary caregiver. It influences the child's physical, neurological, cognitive, and psychological development. It becomes the basis for development of basic trust or mistrust, and shapes how the child will relate to the world, learn, and form relationships throughout life. Healthy attachment occurs when the infant experiences a primary caregiver as consistently providing emotional essentials such as touch, movement, eye contact and smiles, in addition to the basic necessities such as food, shelter, and clothing.”

The UK magazine *The Economist* paints a picture of Mugabe's boyhood in the March 29th, 2007 print edition which it posted on the web on March, 31st.

“In an African village, everyone is expected to work. From an early age, children are taken to the fields and told to carry water or to hunt. Eight decades ago, when the land that is now Zimbabwe was run by British settlers, one small boy chose to toil for his family by taking on solitary tasks. Sent to herd cows, he would

avoid other children and tramp off to isolated grazing spots. He would not scrap with the other boys, a traditional way of passing the time. This weakling did not even play at hunting. Instead he would weave dry grass and reeds into small nets, stuffing them with feathers and moss. He would set his traps by a river and then wait for hours, resting with a book in the shade of a tree. Eventually he would snare a small bird or two, providing a tiny bit of protein for the family pot. None of this made him popular . . .”

Fleshing in Mugabe’s family history, *The Zimbabwe Times* of Saturday, September 27th, 2008 ran a book review on *Dinner with Mugabe* by Trevor Grundy:

“His father Gabriel was a carpenter who went to Bulawayo looking for work and who never returned to the small and impoverished Mugabe family which lived at Kutama in Mashonaland, close to the famous Jesuit mission station where young Robert (and many of the men who went on to lead Zimbabwe at Independence in 1980) were educated. It was also the year that Robert’s elder (and popular with local village girls) brother Michael was found dead, poisoned by something he ate, or someone jealous of him. In her despair, Bona Mugabe, a woman who would have made a better nun than mum – told tiny Bob that not only was he the new male head of the family but also a child sent to her by God, a special delight who would one day become a great Catholic priest, perhaps even a cardinal, perhaps even the Pope.

Intellectually curious, the teenage Robert kept himself to himself, locked himself into the private world of books and religion and attracted the attention of Jesuits who saw him as one of them. A child of ‘unusual gravitas’ said Father Jerome O’Hea SJ, a wealthy priest who took an interest in his young protégé’s education and became (say Ms Holland’s psychologists) Mugabe’s surrogate father.”

Sibling Murder

John Sonne again: “Murderous sibling rivalry, one of the psychological and social consequences of the threat of being aborted, is a major dynamic operative in ‘ethnic cleansing,’ eugenic movements, racial, religious and international conflict, mass murders, serial killings, and sometimes even in marital and parenting behavior.”

As Grigori Brekhman has shown, there exists a communication system between mother and her unborn child on all levels during pregnancy and/or at birth. Sibling murder begins when mother cannot accept her pregnancy. It begins in gestation when she directs thoughts of death in her non-conscious communication with her not yet born. For mothers who have no feelings of love and acceptance towards their babies; when even at the birth of their babies they were still unable to open those channels of mutual emotional communication or connection with their babies, their babies are born with those diminishing patterns. When mother has repulsion and rejection even death wish towards her baby those are the charged patterns baby is born with. In Whole-Self Psychology we have shown that when mother has no feelings, baby is born with no feelings. Subsequently, even in not having feelings, RAD children have no conscience. These are the children who kill other children, their families or strangers. What catches our attention in the report above is the possible poison death of Mugabe’s brother Michael. Research

in Reactive Attachment Disorder shows that sibling murder can be a symptomatic behavior. RAD children can act out aberrant, even murderous behavior because they have no feelings or conscience. We cannot say that Mugabe murdered his brother but it is within the realm of RAD pathology.

Al Jazeera Interview

On April 8th, 2008, on Al Jazeera Television in Mecca. Holland said, “I think Mugabe is a disillusioned man today. He is a man who came to office with a very utopian view of life and over the years he has had to accept that things have not worked out the way he intended. Unfortunately, because he is a very intellectual man and not really emotionally grounded at all, his response to disillusionment, rejection and humiliation is anger. This is an 84-year old man who spent the first half of his life living under British colonialism and a very violent version of post colonialism. He’s modeled himself on a British gentleman. And as you can see sometimes, when he gets on the campaign trail with his 40 African print shirts and his baseball cap. he seems to turn into somebody else.”

Anger Turns to Revenge

Holland adds, “But, this is a man who feels hugely betrayed by Britain. When he came to power, I think he had every intention of being an exemplary leader. And they (the white Rhodesians) voted racially against him . . . When he’s humiliated, or thwarted in any way, and especially rejected, he gets revenge. He bides his time . . . He let them have the election (in 2008), so to speak, as much as he then tried to certainly delay the results. Well, he’s conducted the run-off, but on his own terms. And he’s organized the rural areas as if for – the guerrilla warfare that he fought.”

Because RAD children cannot feel feelings in any normal sense they cannot know what the words ‘I love you!’ mean because they cannot know or feel what love is. Love is simply ‘unknowable’! But RADs do know revenge! Revenge is another RAD symptom exhibited by Mugabe.

The New York Times disagrees: “The characterization of Mugabe as a good man gone wrong extends to popular culture as well. But this popular conception of Mugabe – propagated by the liberals who championed him in the 1970s and 1980s – is absolutely wrong. From the beginning of his political career, Mugabe was not just a Marxist but one who repeatedly made clear his intention to run Zimbabwe as an authoritarian, one-party state.”

Admore Tshuma goes even further in his article *Mugabe’s prosecution and punishment*: “The purpose of my article is to argue that a leader such as Mugabe who has presided over the world’s fastest shrinking economy, thereby, condemning the entire population to poverty is guilty of social genocidal crimes and crimes against humanity which should be prosecutable at the international court of tribunal.”

In RAD children, because they are not feeling normal feelings, as with Mugabe. through hyper-vigilance, they are acutely, destructively reacting out non-conscious ‘strategies for survival’ against any and all enemies. He is an emotionally stunted person because of his deprived childhood. He had a terrible early life. He didn’t form the strong inner core that one would need as a leader. He blames everybody

else; that is his characteristic response to things going wrong. Also, he has positioned himself so that he lives in a bubble [where] he doesn't have to take account of reality. People can only be there if they agree with him.

Prebirth Memories of Slavery and Echoes of Colonialism

Sauci Bosner, a Whole-Self Therapist and Director of *Miracles By Appointment*, specializes in inter-cultural communication, diversity and stress and trauma management called *UNWAKI! UNWAKI! (WAKE UP! WAKE UP!)*. Bosner's project is entitled *Prebirth Memories of Slavery and Echoes of Colonialism*. It focuses on healing prebirth sources of internalized individual and cultural awareness of slavery, victimization, racism, choice, consciousness, dialogue, cultural pride, self-reflection and respect for self and others. In Mugabe, whose cultural memories of slavery were highlighted by a decade in prison, we can understand his bitterness, anger and revenge.

Viewing Mugabe as a "one dimensional villain," Holland suggests that "he might step aside, or he might die after a couple of years. I would suspect at some level he wants to be stopped, that he's pushing and pushing. And nobody's ever stopped him. He's been pushing for years and years and years. You know, he's outwitted everybody."

In an article *Rhodes to Ruin: Mugabe as Tyrant*, Paul Monk uses a *Shona* (Zimbabwean proverb) "You can't hide from the truth forever" to project that Mugabe will be exposed.

"What we are now witnessing in Zimbabwe is the penultimate act in a political tragedy whose first act was Cecil Rhodes's dispossession of King Lobengula in 1893. Like Orestes, in the classic drama of Aeschylus, Mugabe can, with some reason, claim a 'right' to blood vengeance. He draws on this 'right' in scorning whites or Westerners who decry his abuses while forgetting those of the white past. Like Orestes, however, he thereby ensnares himself in a nightmare blood feud and a cycle of destruction. In Zimbabwe, as in ancient Athens, only a new rule of law can bring an end to the cycle of revenge. The great insight of Aeschylus was that civilization requires this right be surrendered under the law. Mugabe's inaugural address and early rhetoric suggested that, perhaps, he had understood this profound point. His tyranny has amply shown that he has not."

Pinpointing Mugabe's pathology Holland describes that he "... is a man acutely sensitive to humiliation. And if you look at his background, he suffered a lot of humiliation, as every black person in charge of a country in Africa has." Holland warns, "I wrote an op-ed piece for the *New York Times*. I argued that Western diplomacy in respect of Zimbabwe has been absolutely pointless; it hasn't worked at all. This is not the way to – I think, to treat Mugabe. He'll just get angrier and angrier. And he'll take it out on his own people. He doesn't care what he does."

Holland's prediction on this point has come true as we have seen not only in Mugabe's economic disaster but now in the cholera epidemic.

The Ngozi Knows

While we suggest that Mugabe is displaying Reactive Attachment Disorder, the London *The Independent on Sunday* of October 9th, 2005, in a lengthy article

by Anthony Barnes discussed a play staged by the Royal Shakespeare Company called 'Evil spirit' which portrays Mugabe as tyrant. He is portrayed as a power-crazed madman who has brought his country to its knees with a barbarous campaign against his own people. It suggests that Zimbabwe's woes are the result of a malevolent spirit, known as an *ngozi*, which has haunted Robert Mugabe, the country's President, for years. Maybe it is both RAD and a ngozi.

Garland summarizes: "The bio-physio-emotional relationship between a pre-nate/neonate/infant and his/her mother significantly influences brain/neurological development and establishes the foundation for personality and temperament, and development of life relationships."

'To Be Wanted or To Be Not Wanted? That is the Question!'

Paraphrasing the conundrum posed by the Bard of Stratford, tragedy comes when there is a pregnancy which is not expected (most of the time) or not wanted by one or both potential parents. In nearly four decades of the existence of contemporary Prenatal & Perinatal Psychology there is one point which almost everyone agrees. As spokesmen, Peter G. Fedor-Freybergh of ISPPM, Thomas R. Verny of APPPAH and Marie Bretin of OMEAEAP have clearly articulated, the worst thing for a human being is to be born 'not wanted'. This is the most telling tragedy creating in the extreme the *Terrible Tyrants and Diabolical Dictators* described by John Sonne. We know there can be happiness when a pregnancy is wanted. Olga Gouni, Whole-Self Co-Director for Greece & Cyprus envisions: "The children of the world would hear the message that they are not just wanted but are welcomed into the human family."

Conclusion

John Sonne gave us our keynote now he gives us our conclusion with a dire diminishing theme marking these prenatal afflicted tyrants: "If my caretakers don't respect and love me while I am in utero, I will take my revenge later in life, not necessarily against them, but against all of society, a society that has been in collusion with them to my detriment."

So, what is the answer to not bringing *Terrible Tyrants and Diabolical Dictators* into the world? One imperative answer is through Prenatal Education. For then as Prenatal Educators:

- We possess the actual possibility to recreate that spark for life that has been suffering;
- We possess the actual possibility to prevent dysfunction, disease, disaster & destruction;
- We possess the actual possibility to stop being a revolutionary; but, most essentially,
- We possess the actual possibility to become an evolutionary.

And The Secret of all Prenatal Education? Olga Gouni is right when she suggests that babies not just be wanted but welcomed. Information on the Whole-Self model is available on www.Whole-Self.info and www.Whole-Self.co.uk, in Greece www.Cosmoanelixis.gr

Appendix

The following lists are some diminishing patterns experienced by mother, and through her charged emotional and mental reactions, by baby during pregnancy and by baby after birth.

- Mother’s sudden and/or traumatic separation from loved ones and for baby primary caretaker through illness, hospitalization or death.
- Physical, mental, emotional, or sexual abuse pre or perinatally.
- Neglect of her needs and/or abandonment of mother during pregnancy and by baby after birth.
- Illness with unrelenting pain in both mother and baby.
- Frequent moves and/or temporary foster family placements.

After birth RAD children can exhibit ‘child from hell’ patterns

- Hyper alertness to counter terrors of destruction and survival reactivity.
- Refusal to make or hold eye contact
- False ‘charming’ acting out.
- Inappropriate ‘feel goods’ with strangers.
- Inappropriately demanding and clinging with strangers.
- Revenge by refusal to receive or give affection or respect with parents or caregivers.
- Continuous talking and repeated annoying stupid questions.
- Poor peer contacts. No friends.
- Extreme overt and/or sneaky control patterns.

Because of neurological deficiencies RAD Children

- Do not have conscience nor fear consequences for bad actions.
- Do not perceive consequences for wrong actions.
- Can have learning disabilities and developmental delays.
- Can have critical inability to control reactive impulses.
- Can have hyperactive behavior.

Because of disturbed emotional development RAD Children can display

- Infantile fear and outrageous rage.
- Incoherent and/or confusing speech patterns.
The speech center seems to be miswired.
- Aberrant patterns around food and feces.
- Sneaky stealing of objects and hoarding of food.
- Stupid crazy lying.
- Harming self and others, or property.
- Abusing, torturing and killing helpless animals.
- A strong attraction to fire, blood, and gore including Video Games.

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13 Jun 2008 Heidi Holland/ author, “DINNER WITH MUGABE”

Philosopher Stone: Some Background on Mr. Mugabe

The latter was particularly interesting because it goes beyond noting the latest hor-

- rors and gives some background on Mugabe's childhood and development. . . .
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