

Impacts of Long-Term Captivity

by Ned Rollo

Long-term incarceration produces a mix of highly conflicting, counter-productive influences which, when combined into an overall experience, pervert participant values and diminish skills required for post-release success.

These influences include:

1. An acute, ongoing grief cycle:
 - initial shock and disbelief
 - denial and minimization
 - deep-seated guilt and shame
 - all-consuming depression
 - cumulative hopelessness
 - evolving disassociation

2. Increasing psycho-social dissonance:
 - sensory deprivation
 - mental stagnation
 - loneliness and isolation
 - lethargy and desensitization
 - silent, seething desperation
 - hypertension
 - absorption: ever-shrinking universe
 - limitless longing
 - seeks artificial/micro power base
 - fear of change or any instability
 - practice of nesting behaviors

3. Distortion of reality:
 - institutionalization into prison life
 - "rewrites" nature of crime & case
 - false expectations of relief
 - contorted world view

4. Post-release distress:
 - acute post-traumatic stress disorder
 - cyclical anxiety & dysfunction

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