

THE INVISIBLE CHAINS

B.A (HONS)



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WOMEN, LAHORE, PAKISTAN

2019-2023

THE INVISIBLE CHAINS



**A RESEARCH REPORT SUBMITTED TO
KINNAIRD COLLEGE FOR WOMEN
IN FULFILLMENT OF THE
REQUIREMENTS FOR THE DEGREE OF**

BACHELOR OF ART

IN

MEDIA STUDIES

BY

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2019-2023

RESEARCH REPORT APPROVAL
KINNAIRD COLLEGE FOR WOMEN



Date: 12th June 2023

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Title: "The Invisible Chains"

Be accepted in partial fulfillment of the requirements for the degree of

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RESEARCH COMPLETION CERTIFICATE

It is certified that Ms. Shanzay Bushra of B.A Honors (session 2019 – 2023), Department of Media Studies have carried out this work entitled “The Invisible Chains” which is an Electronic Project, under my supervision.

It is assured that this thesis project is original and sufficient in terms of scope and quality of degree.

All changes suggested by examiners during defense are incorporated in this final copy

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Dated: 12th June2023

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ANTI-PLAGIARISM DECLARATION

This final year project of the batch 2019 – 2023 is presented in partial fulfillment of the Requirement for the Bachelor in Media Studies.

We declare that this project entitled “The Invisible Chains” is the result of our own field and research work. It is assured that this work, as a whole or in part, is not presented elsewhere for assessment.

Where material has been used from other sources, it has been properly acknowledged. The similarity index of the research report is 3%. If this statement is untrue, and we are found guilty of plagiarism, the punitive actions against us should be taken as per Kinnaird Anti- Plagiarism Policy.

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ACKNOWLEDGEMENT

First of all, I am grateful to Allah Almighty for giving me strength, hope, ability, skills, tolerance, knowledge, and patience to complete our thesis. This documentary would have been impossible without him.

Secondly, I am thankful to the project advisor, Ms. Amna Waheeda. She has been encouraging me since day one. Without her firm support and appropriate guidance, this project would never have been completed on time.

I would also like to thank the head of department, Ms. Kiran Karamat, for supporting me all the way.

I would like to thank my beloved parents and all family members who encouraged and appreciated me during this whole process. Their efforts made this project possible. They stood with me and prayed for me.

Lastly, I am grateful to my entire team, with whom I have completed this documentary. They provided me with their time, hard work, and efforts throughout the making of my project.

ABSTRACT

Stockholm syndrome is a psychological response where captives develop positive feelings towards their captors. It is characterized by fundamental elements: favorable feelings for the captor, no prior relationship between captive and captor, unwillingness to engage with law enforcement, and a sense of safety with the captor. The syndrome is not limited to hostage situations but can also occur in cases of abuse. Ronald Fairbairn's research on abused children helps explain the Stockholm Syndrome. This documentary aims to raise public awareness about the existence of this mental illness and explore the circumstances under which it develops.

Keywords: Stockholm syndrome, psychological response, captivity, emotional attachment.

CONTENTS

Thesis Report Approval	1
Research Completion Certificate	11
Anti- Plagiarism Declaration	III
Acknowledgement	IV
Abstract	V
Table of Contents	VI
	1
CHAPTER 1	
INTRODUCTION	1
1.1 One linear	3
1.2 Basic Idea	3
1.3 Scope	3
1.4 Clarity of the topic	4
1.5 Need of the topic	5
CHAPTER 2	6
LITERATURE REVIEW	6
CHAPTER 3	10
SIGNIFICANCE OF THE STUDY	12
CHAPTER 4	13
SCRIPT	13
CHAPTER 5	16
AUDIO/VISUAL BOARD	16
CHAPTER 6	19
TECHNICAL METHODOLOGY	19
6.1 Approach	19
6.2 Genre	19
6.3 Cluster	19

6.4 Objective	19
6.5 Target Audience	20
6.6 Shots	20
6.7 Technical Equipment used	20
6.8 Treatment	21
6.9 Pre-production Coordination	21
6.10 Production Coordination	21
6.11 Post-production Coordination	21
CHAPTER 7	22
BUDGET	22
CHAPTER 8	23
CONCLUSION	23
CHAPTER 9	24
RECOMMENDATIONS	24
REFERENCES	25
PLAGIARISM REPORT	26

CHAPTER I

INTRODUCTION

The disease known as Stockholm syndrome originates when captives become psychologically attached to their captors. A psychological response of this type occurs when a captive starts to have great positive attraction with his or her captors, as well as with their intentions and demands. Stockholm syndrome is caused by a very precise sequence of events, specifically the hostage-taking, kidnapping, and violent relationships all involve power disparities. A botched bank heist in Stockholm, Sweden is where psychiatrist Nils Bejerot got the idea for the syndrome's name. In 1973, Stockholm syndrome first became widely known. Four bank employees Birgitta Lundblad, Elisabeth Oldgren, Kristin Ehnmark and Sven Safstrom were kidnapped by two captors in a bank vault for six days and nights in August of that year in Stockholm, Sweden. The hostages developed a friendship with their captors, engaged in sexual activity with them, and supported them throughout and after their trial. No one had ever been held captive or forced to adopt an opinion that was utterly at odds with what was usual. During this period, a rather unnatural kinship formed between the captors and the hostages. After being released, the hostages protected their captor and refused to give evidence against them at court.

The Stockholm syndrome is characterized by four fundamental elements:

- The hostage has favorable feelings for the captor.
- There is no previous relationship between the captive and the captor.
- A hostage's unwillingness to engage with law enforcement and other government officials
- When the victim is treated with the same respect as an aggressor, the captive loses their sense of threat and begins to believe in their captor's humanity.

Stockholm syndrome is not restricted to hostage situations. Despite the fact that Stockholm syndrome was named after a captive bank robbery, victims of other sorts of trauma, such as sexual, physical, and mental abuse, child abuses, and coach-athlete abuse, express some of the same actions and emotions. Athletes who accept harsh workouts because they think their coach

knows what's best for them and human sex trafficking are two such examples. The reason why some hostages experience Stockholm syndrome and others do not is unclear among researchers.

According to one idea, we inherited this learning capability from our forefathers. Being kidnapped or killed by a different social group was always a possibility in the early stages of society. Survival chances increased when bonds were formed with captors. This ancestor approach, according to some evolutionary psychiatrists, is a basic human characteristic. Another theory is that situations involving captivity or abuse are very emotionally charged. After receiving some kindness over time, people learn to alter their emotions and begin to feel sympathy for their abuser. Additionally, victims may ensure their safety by cooperating with an abuser rather than opposing them.

The psychological paradigm provided by Ronald Fairbairn helps to explain Stockholm syndrome. In his research, he used the ideal example of abused children to demonstrate this behavior. Ronald claims that the victims of abuse develop strong attachments to their perpetrators. He observed that the lack of love, ongoing disregard, and abuse caused the children to develop an emotional link with the parent who was abusing them. Because their upbringing depends on the whims, moods, and emotional state of the abusive parent, the youngster starts to worry about the abuser's well-being. Disassociation, the most effective reality-altering defence available to humans, is how the child first defends themselves. Abuse that occurs more frequently necessitates disassociation more frequently and more and more distressing memories are pushed deeper and deeper into the unconscious. The child is unable to recall the horrific events that have been ingrained in their unconscious minds afterward. The child separates memories of their abusive parents from memories of their own anxious experiences with their unsupportive parents. These recollections of themselves in connection to their disapproving parents eventually meld together and create an internal portrait. "Splitting of the ego" refers to the act of separating one's own memories from those of a parent.

Once the memories of abuse have been separated, the youngster convinces themselves that their surroundings are safe. The psychological mechanism starts when the youngster chooses the few incidents of attention their parents have provided them, magnifies them, and constructs a "better parent." The child believes that their parents' hearts contain a secret source of love. The

splitting response stops good and bad object pictures from combining to create a single ambiguous object.

In order to understand Stockholm syndrome, psychologists contend that hostages live in a situation similar to that of abused children in which their survival depends entirely on the good intentions of the people holding them captive, who have unrestricted control over their lives. The police, who posed a threat to all of them, were of much less importance to them than their kidnappers. According to Fairbairn's approach, the hostages employed the splitting defence to eliminate the most terrifying elements of their imprisonment in order to prevent themselves from descending into a total state of fear. The emotional disruption brought on by experiencing horrific memories again was one of the main reasons for keeping them in the unconscious.

1.1 One liner

To raise public awareness about the existence of a mental illness known as Stockholm syndrome.

1.2 Basic idea

The basic idea of this documentary is to examine the main problem and the circumstances under which a hostage becomes emotionally attached to its captor. Many people are unaware of this disease, especially in Pakistan, which is one of the reasons why we are experiencing psychological issues in our society in various scenarios. We do not concentrate on mental health issues. In this situation, a victim of abuse encouraged himself to develop a strong emotional relationship in opposition to that person. I am focusing on a documentary on the reasons why it can be purposeful kindness from a prisoner. After that, we as a society must understand why the abused person is acting this way and refer him or her to a psychologist for therapy. Every individual needs to have mental serenity.

1.3 Scope

So the topic is psychological illness, which is closely tied to mental health. Different traumas experienced in various circumstances have a greater psychological impact. You might start experiencing feelings of dignity and compassion for your abuser in place of feelings of fear, horror, and hostility. The consequences, existence, and treatment options for this illness were

discovered after extensive research. Through documentary, it has been made clear under what circumstances this disease may have arisen and how to help those affected recover from it.

In 1974, about 10 weeks after the Symbionese Liberation Army had taken her prisoner; Hearst helped the captors rob a bank in California. However, it wasn't until the Iranian hostage crisis (1979–1981) that the Stockholm syndrome became well known. The hijacking of TWA flight 847 in 1985 led to further mention of the illness. Despite being held captive for more than two weeks, some passengers were visibly sympathetic to the demands of their captors after being freed. Terry Anderson (1985–1991), Terry Waite (1987–1991), and Thomas Sutherland (1985–1991) hostages all said that they had had good behavior from their captors despite frequently being confined in solitary confinement and chained in small, filthy quarters. The hostages held at the Japanese embassy in Peru in 1996–1997 displayed similar reactions.

This documentary has also shown the importance of keeping an eye on victims, asking them what they are thinking, and differentiating between affection and emotional attachment. Each person has their eyes opened by this. The actual message of this documentary must be acknowledged by our society. Dialogues have been added to make it more interesting. This movie aims to increase awareness of it since the majority of people are unfamiliar with it.

1.4 Clarity of topic

A psychological disorder known as "Stockholm" basically develops when an abused person strongly connects and bonds with their abuser. This syndrome was also noted when kidnapped captives developed emotional feelings for their captors in order to connect with them. So now is the time to change people's minds about the fact that there is no relationship between captor and captive. This is simply an emotional and positive thought that the captive has rather than being abused. Therefore, it is crucial to draw attention to this disease. People in Pakistan are terrified of society and often afraid to speak out against it for fear of what society will think. Additionally, in our society, genuine mental illness is not accepted. This documentary not only raises awareness, but also encourages people to seek treatment from a psychologist.

1.5 Need of the topic

Stockholm syndrome was named after a bank robbery in Stockholm, Sweden, in 1973. It is critical to raise public awareness about the existence of this psychological disease and disorder. Hostages who have gained their freedom believe they are still tied to abusers or kidnappers. They claim to have such positive feelings and sympathy for them. The main reason for this research is to make people aware that they should consult a psychologist if this occurs, and we need to talk more about this critical issue so that those who have been silent for so long can speak up without hesitation. They need to talk about it, come out of it, and tell others because there are people who suffer from this disorder. This is extremely rare; not all hostages feel the same way, but it does exist. This documentary serves as a wake-up call for people to understand and be well-informed about mental illness (Stockholm disease).

CHAPTER II

LITERATURE REVIEW

The literature reviews presented in this summary explore various aspects of the Stockholm syndrome and its connection to violence against women, child sexual abuse, and hostage situations. The studies examine different factors that contribute to the development of the syndrome and its implications for the victims. The research validates the Arabic version of the Stockholm syndrome scale and evaluates its association with domestic violence in Lebanese women. It also highlights the emotional bond between child sexual abuse survivors and perpetrators, which may hinder the victims' ability to denounce the criminals. The neurological and psychological underpinnings of the syndrome are investigated, emphasizing its adaptive nature and protective behaviors. The studies shed light on the impact of the syndrome on the mental health of survivors, including anxiety, PTSD symptoms, and cognitive impairments. Overall, these reviews provide valuable insights into the complexities of the Stockholm syndrome and its effects on individuals in traumatic situations

Rahme (2020) conducted a cross-sectional study of Lebanese women. The participants in this survey were drawn fairly and representatively from all of Lebanon's governorates. This study identified several elements that strengthen the link between Stockholm syndrome and violence against women and found a positive connection between the two. Women who had recently been divorced, had low educational levels, had partners who were dependent on alcohol, illegal drugs, or gambling, and had a history of threats, violence, assaults, and crimes were more likely to encounter physical and non-physical abuse. The purpose of this study is to validate the Arabic version of the Stockholm syndrome scale, examine the association between the syndrome and domestic violence victims, and evaluate the factors that increase the level of violation among a representative sample of the Lebanese population.

Jamen (2010) conducted a study in which he argues that a certain interpretation of the violent and traumatic social settings from which the Stockholm syndrome arise that negates a longer history of violence between the Western "victim" and the post-colonial someone else essential to understanding the syndrome. The origin of the Stockholm syndrome as a

psychological explanation for the emergence of a link between the hostage-taker and the hostage in hijack and siege scenarios is covered in depth in this article. In this piece, Stockholm syndrome is partially explained as an unconscious connection, but it is also seen as a conscious way to cope that may be seen as a type of adaptive behaviour, giving the victim faith in a scenario when there is none. According to the author, the creation of relationships between people in painful situations might be viewed as positive because the Stockholm syndrome raises the prospect of modes of sympathy and attachment.

Demarest (2009) conducted a study in order to help abused women in overcoming the effects of their trauma, it is important to understand what circumstances these battered women are subject to and how any resulting conditions interact with one another. The women were 36.69 years old on average, with a standard deviation of 9.94 years. The ladies had been at their separate health centers for an average of 8.2 days and had been there for an average of 5.9 years in violent relationships. The participants also responded to a demographic survey, which asked them about their age, the number and ages of any children they had, their race, their level of education, their income, and how long they had been in an abusive relationship or away from the abuser. The battered women may feel less anxious if they think their husband loves them and that the abuse they face is their fault since they think they can make things better. The inverse may also be accurate. The victimized women experience greater tension and anxiety because they think they are in control of the violence and that their actions have no impact.

Namnyak (2008) conducted a study in which introduced the term "positive bond" to explain the relationship some hostage victims develop with their kidnapper. The media reports on high-profile cases, but the diagnosis is not given. Databases were widely referred to, including PubMed, EMBASE, PsycINFO, and CINAHL. They found 12 papers that satisfied the requirements for selection. The majority of the material that is now available is made up of case reports, and the phrase is also used ambiguously. There are no known approved diagnostic standards. The five cases that were studied had four aspects. Despite the fact that a review of media reporting indicates parallels between high-profile cases. This can be the result of biased reporting and publishing.

Julich (2008) conducted a study that based on an analysis of unstructured interviews; the emotional connection between victims of child sexual abuse and those who hurt them is comparable to the strong bi-directional interaction Graham defined as the core of Stockholm syndrome. The answers of adult survivors of child sexual abuse revealed elements of Stockholm syndrome, which seemed to affect their ability to denounce criminals to the police. The emotional connection that made it possible for children to be sexually abused has protected the abuser long after the abuse has stopped. Those involved in the field of child sexual abuse may find the implications of Stockholm syndrome to be a significant source of information.

Price (2007) conducted a research about the neurological underpinnings of the protective behaviours that underlie PTSD are examined with relation to the triune brain model. Under certain conditions, victims of prolonged traumatic entrapment may exhibit the Stockholm syndrome, which entails paradoxically good relationships with their oppressors that may last after release. Several animal species, particularly primates, have comparable responses. The relevance and illustrations of several ethological concepts, such as dominance hierarchies, reverted escape, de-escalation, and conditional reconciliation, are shown. These occurrences are frequently seen in those who have suffered severe abuse, and being aware of these ideas would help with clinical therapy. Before considering mammalian, reptilian, and other defensive reactions to pertinent dangers, we need first look at responses to traumatic entrapment (including hostage, domestic abuse, and similar scenarios), as well as the Stockholm syndrome. From this perspective, species closest living relatives of individuals always do, and similarities in behavioral responses are highlighted.

Julich (2005) conducted a research, makes the case that the qualitative study of interviews with 21 child sexual abuse survivors who were engaged by word-of-mouth in aiding groups can reveal symptoms of Stockholm syndrome, which defines a bidirectional emotional tie between victims and perpetrators. While the author does not imply that all victims of child sexual abuse would also suffer from Stockholm Illness, it does seem that those who are subjected to continuous relationships that are sexually abusive may be at risk for developing this syndrome. The therapy of child sexual abuse is considered in light of the potential complications that Stockholm syndrome may have for the recovery process. This research examined into why adult survivors of child sexual abuse are unwilling to file criminal charges against their abusers, and it suggested that Stockholm syndrome may be a contributing factor.

Moorehead (1980) conducted a research in which the Lindbergh kidnapping and arranged crime's "snatch racket activities" are highlighted in an overview of American kidnappings from the 1930s. In the 1970s, rich hostages were abducted on a regular basis in Italy and Sardinia. A history of political kidnappings focuses on the crimes' beginnings with the hostage-taking of diplomats in Brazil and Uruguay in the 1970s. In Argentina, affluent business people that were exploited as the capitalist pawns of communist groups were the target of kidnapping efforts. The crime was first committed in Europe with the kidnapping and murder of Aldo Moro, the head of the Italian Christian Democratic Party, by the Red Brigades. Interviews with victims, victims' family, psychiatrists and doctors who have counseled previous victims, police officers, attorneys, and bodyguards served as the basis for the information. Kidnapping for hostages has a long history that may be traced back to Greek myth, medieval banditry, and the closing years of the 19th century.

Muther (1987) conducted a study in which they described the psychological reaction of hostages and hostage takers. Strong emotional connection between the sufferer and the subject is a stress-related ego defense strategy. The survival of all involved must come first when dealing with hostage situations. Stockholm syndrome may prevent both the victim and the subject from dying because it eliminates their tendency to violence and the potential need for a security force arrest. To the horrific experience of being a victim, the Stockholm syndrome appears to be an instinctive, most often unconscious emotional reaction. It has an impact on both the hostage and the hostage-taker, and it serves to unite them both against outsiders as victims of the siege situation.

Harnischmacher (n.d.) conducted a study in which they discussed being a victim of trauma, it appears to trigger the Stockholm Syndrome, which is a natural and most likely unconscious emotional reaction. It has an impact on both the captive and the hostage-taker and serves to unite them both against outsiders, as they are both victims of the hostile setting. This strong emotional connection between the survivor and the matter acts as the ego's stress-relieving strategy. The survival of all involved should come first when handling hostage situations. Stockholm syndrome may prevent both the victim and the subject from dying since it lessens the subject's propensity for violence and the potential need for a security force seizure. Strentz (n.d.) conducted a study of the ego's capacity to manage and adapt to the demanding stress imposed on by a traumatic experience. Police officers can successfully handle this situation by

acknowledging it and acting accordingly.

Linda (n.d.) conducted a research in which Women who were in psychologically abusive relationships had their emotional distress and PTSD symptoms assessed. 93 women were separated into three groups based on the results of the Severity of Violence against Women Scales' violence subscale. On the Symptom Checklist 90-Revised (Derogates, 1983) categories, all groups reported severe emotional discomfort, exceeding 93% of the nonclinical standard for global distress, for example. The greatest subscale across all groups was psychoticism. According to a subscale of the SCL90, the majority of women (56%) experienced PTSD Cognitive failure, which includes issues with perception, memory, and motor skills, reliably predicted intrusive thoughts. Women's awareness of their inner thoughts and feelings was essential for the sample and the subgroup that had experienced severe violence, although PTSD scores and suicide attempts were more significant. Different applications for conservative and inclusive PTSD criteria are explored, along with their limitations and contributions.

CHAPTER III

SIGNIFICANCE OF THE STUDY

Since 1968, there has been a significant increase in hostage situations, resulting in a significant number of people being held in traumatic, life-threatening hostage situations. The majority of these people have not taken advantage of escape options. The majority of these people have not used their efforts to flee. Some prisoners have voluntarily assisted their captors in their fight for freedom. Others have emerged as remarkably different people whose lives have never been the same. The "Stockholm Syndrome" refers to this identification of the hostage with the captor and the ensuing "changes" in the captive's psyche. This response initially surprised the police and other authorities. Now that it is a known occurrence, police emergency response teams and hostage negotiators do not expect any involvement from hostage-takers at all. Unfortunately, it appears that the hostages have been killed as a result of this hostile attitude toward them.

According to FBI research conducted in an effort to learn more about the condition, about 8% of people in hostage conditions express symptoms of Stockholm syndrome. Theoretical explanations for this response, however, are difficult to verify because it is unethical to hold subjects hostage in order to conduct a study. Experts disagree on what constitutes Stockholm syndrome and what causes some people to experience it but not others due to the lack of data on the disease and the fact that what little evidence there is was gathered from a wide range of contexts. Several researchers differ on whether this syndrome may be used to describe other stressful circumstances, such as abusive relationships.

The main goal of the documentary is to raise awareness of the significant issue and provide solutions. Do something to support the victim rather than blaming them. The documentary also aided in raising awareness among the public that this is a psychological issue that we all need to comprehend because we can never be sure if it will affect a loved one. Society should support them in overcoming this disorder without imposing judgment. Everyone should take care of their mental health today. They now have a better understanding of what a serious issue is thanks to this short movie. The same goes for children who have experienced trauma and depression

CHAPTER IV

SCRIPT

Title: Stockholm syndrome: The Strange Connection between Captor and Captive

Act 1

Introduction and Origin of Stockholm syndrome

(Visuals will be add: pictures of bank robbery held in Stockholm)

VO:

Stockholm syndrome is a psychological phenomenon that occurs when hostages or abuse victims form a strong emotional bond with their captors or abusers.

Stockholm syndrome was named after a bank robbery that took place in Stockholm, Sweden in 1973. Two criminals held four bank employees hostage for six days, and during that time, the captives began to show empathy and even defend their captors. Psychologists who studied the case noticed a pattern of bonding between the hostages and captors, even though the hostages were in danger.

Interview of psychologists

Act 2:

The Psychology behind Stockholm syndrome

(Visuals on VO: camera shots of a desolate place, the captive shown in ropes and with hair disheveled and the captor's shots)

Psychologists believe that it is a survival mechanism that develops in response to the extreme trauma of being held captive. The victim's brain begins to identify the captor as a source of safety, rather than a threat. This cognitive dissonance can lead to a deep emotional connection between the victim and the abductor. In some cases, the victim may feel that they owe the captor a debt of gratitude for keeping them alive, and may even sympathize with their captor's motives.

Famous Cases of Stockholm syndrome

Over the years, there have been several high-profile cases of Stockholm Syndrome that have captured the public's attention. One of the most well-known examples is the case of Patty Hearst, the granddaughter of publishing magnate William Randolph Hearst. In 1974, Patty was kidnapped by a leftist guerrilla group and held captive for over a year. During that time, she became sympathetic to her captors' cause and even participated in several bank robberies with them.

Act 3:

Interview Psychologist 1

Questions:

- Are there any personality traits or pre-existing conditions that make an individual more susceptible to developing Stockholm syndrome?
- Are there any preventative measures that can be taken to reduce the likelihood of developing Stockholm syndrome in high-risk situations?
- What are some of the long-term effects of experiencing Stockholm syndrome, and how can individuals recover from these effects?
- How do cultural and societal factors impact the development and treatment of Stockholm syndrome?

Act 4:

Interview 2

- Are there any ethical considerations that therapists should keep in mind when treating individuals with Stockholm syndrome?

- How can mental health professionals best support and advocate for individuals affected by Stockholm Syndrome without medicine?
- How can family members and loved ones best support someone who has experienced Stockholm syndrome? / What role family members and loved ones can play?
- Are there any current research initiatives or promising approaches to better understanding and treating Stockholm syndrome in Pakistan?

Act 5:

Patient interview

The Debate over Stockholm syndrome

Despite its well-documented existence, some experts remain skeptical of Stockholm syndrome as a psychological condition. Some argue that it is simply a coping mechanism that victims use to survive traumatic situations, while others believe that it is a real and potentially dangerous condition that should be taken seriously.

Conclusion:

Stockholm syndrome remains a fascinating and mysterious psychological phenomenon, one that challenges our understanding of the human brain and our capacity for empathy. As we continue to learn more about this condition, we may be able to develop new treatments and interventions that can help victims of trauma heal and move forward with their lives.

CHAPTER V AUDIO VISUAL BOARD

Audio	Visuals	Board
BGM	title	10sec
BGM Stockholm syndrome is a psychological phenomenon that occurs when hostages or abuse victims form a strong emotional bond with their captors or abusers	Clips of captor with hostages	15 sec
BGM Stockholm syndrome was named after a bank robbery that took place in Stockholm, Sweden in 1973. Two criminals held four bank employees hostage for six days, and during that time, the captives began to show empathy and even defend their captors. Psychologists who studied the case noticed a pattern of bonding between the hostages and captors, even though the hostages were in danger.	Bank robbery held in 1973: victims and employees of bank	35sec
Interview: khubaib Kiyani		40sec
Interview: Umair Afzal		30sec
Patient : Huma Javed		50sec
Interview : Khubaib Kiyani		50sec
Interview: huma Javed		40sec
Interview : Umair Afzal		40sec

Audio	Visuals	Board
BGM	title	10sec
<p>BGM</p> <p>Stockholm syndrome is a psychological phenomenon that occurs when hostages or abuse victims form a strong emotional bond with their captors or abusers</p>	Clips of captor with hostages	15 sec
<p>BGM</p> <p>Stockholm syndrome was named after a bank robbery that took place in Stockholm, Sweden in 1973. Two criminals held four bank employees hostage for six days, and during that time, the captives began to show empathy and even defend their captors. Psychologists who studied the case noticed a pattern of bonding between the hostages and captors, even though the hostages were in danger.</p>	Bank robbery held in 1973: victims and employees of bank	35sec
<p>BGM: Over the years, there have been several high-profile cases of Stockholm Syndrome that have captured the public's attention. One of the most well-known examples is the case of Patty Hearst, the granddaughter of publishing magnate William Randolph Hearst. In 1974, Patty was kidnapped by a leftist guerrilla group and held captive for over a year. During that time, she became sympathetic to her captors' cause and even participated in several bank robberies with them.</p>	Video clip of patty Hearst	50sec

Interview: Khubaib Kiyani		1min30sec
Interview: Huma Javed		1min
Interview: Umair Afzal		40sec
<p>BGM</p> <p>Conclusion: Stockholm syndrome remains a fascinating and mysterious psychological phenomenon, one that challenges our understanding of the human brain and our capacity for empathy. As we continue to learn more about this condition, we may be able to develop new treatments and interventions that can help victims of trauma heal and move forward with their lives.</p>	Some cases of Stockholm	30sec
End credits		10sec

CHAPTER VI

TECHNICAL METHODOLOGY

This section states the collection of data and process of doing research. It will deal with all technical methodology of documentary.

6.1 Approach

The fundamental approach to this topic is to persuade people who suffer from the psychological illness Stockholm syndrome to believe that they can heal from their abuse-related trauma. The documentary aims to remove the shame of this problem and encourages viewers to consult a psychologist for assistance. The main purpose is to increase public understanding of those who suffer from this mental illness, although the majority of people in our society do not.

6.2 Genre

The medium selected to showcase my topic is documentary.

6.3 Clustering

This section states the collection of data and process of doing research. It dealt with all technical methodology of the documentary. The main perspective of this documentary is to let people know about this psychological disease which is totally unknown. The documentary consists of 9-10 minutes in total. It describes the life of a girl who becomes attached to her abuser and also raises awareness, adds 3 interviews and later requires therapy. People who are struggling with this trauma are our major concern. The documentary explains why a victim is in this condition and the challenges she/he must overcome.

6.4 Objectives

The objectives of this documentary are

- To increase awareness of Stockholm disease in the general public.
- To break the stigma of mental illness in society
- To encourage people to take help from psychologists.
- To normalize discussions on mental health between family and friends

6.5 Target Audience

The target audience of this documentary is the victims and the general public as well. Everyone in society is also the target audience, as the documentary aims to show the reality of people with Stockholm disease and normalise discussions that mental illness is real and needs to be addressed.

Demographics

Since the topic is Stockholm syndrome, people with psychological diseases and adults who shape society, need to comprehend the problem. They are the main target audience. To warn and inform them is the priority of this documentary as much as possible. The documentary aspires to reach people throughout all social classes.

Psychographics

The psychographic audience are those who believe that treating mental health issues is only possible through spiritual and religious ways; they believe that they are not genuine, just a tactic to get attention.

6.6 Camera angle and shorts

The angles of the camera are being used according to the dimension of story, ranging from wide shots to close ups. The shots clearly depicted the whole documentary story in detail. These shots enhanced the documentary's authenticity and visual charm while portraying the life of a victim with Stockholm disease.

6.7 Technical equipment used

The documentary used the following equipment:

- Canon 1200D
- Sigma 18-35mm f1
- 1 Tripod
- Chimera Light f3

6.8 Treatment

This documentary is a creative work of art that tackles serious mental health issues. The camera angles and shots are employed in a way that best enhances the action and the screenplay. Both natural and artificial lighting are used to match the dark mood that covers the majority of the documentary. The documentary idea is linear. The interviews in the documentary help the viewer understand what is happening.

6.9 Pre- production coordination

This phase involves gathering information needed for the documentary. It involves research in order to know people suffering from Stockholm syndrome. I worked on the project and focused on making a great script. The pre-production of this documentary began with a technical team, determining how long the documentary will be, what storyline to cover, how to edit it, and deciding which parts of production will be done in-house e.g. interviews and which will be outsourced.

6.10 Production coordination

After discussion, I'll move towards shooting the documentary according to schedule. All the indoor and outdoor scenes were shot according to the location. The director with the help of the cameraman set up the props for each shot as required. Photographs were taken to ensure consistency in each scene.

6.11 Post-production coordination

A list of edit decisions was made throughout the post-production phase. The sound effects were chosen along with clips from the raw video to show the editing process in detail. The voiceovers in the documentary were also added in. Adobe Premiere Pro was used for the

video editing. Following the completion of the documentary, the teaser and promo were likewise edited.

CHAPTER VII

BUDGET

Genre: Documentary

Duration: 9 Minutes

Language: Urdu and English

Shooting Location: Lahore

Head of Accounts	Quantity	Names/Description	In House	Out Source
Pre-production				
producer	1	shanzay	yes	
Director	1	shanzay	yes	
Fuel for research		Transport		7000
Production				
Camera/ Equipments Facilities				5000
Camera Person		Abdul Wahab, Hasnain		10,000
VO Artist	1	Rebecca	yes	
AC Car + Fuel		1 Car+ Transport		12,000
Post production				
Editing	1	Abdul Wahab		15000
Graphic designing	1			5000
Miscellaneous	Budget Allocated (Extra Expenses)			5,000
Total expenses				54,000

CHAPTER VIII

CONCLUSION

This documentary concludes by highlighting the various factors that contribute to this psychological phenomenon. It emphasizes that Stockholm syndrome is a rare and complex occurrence that can happen in situations where individuals are held captive or experience other forms of abuse or trauma. The documentary also explores the different theories that attempt to explain the causes of Stockholm syndrome, including evolutionary and dissociation theories.

Furthermore, the documentary provides insights into the symptoms and behaviors associated with Stockholm syndrome, such as positive feelings towards captors, unwillingness to cooperate with authorities, and a sense of loyalty towards the captor. It also explores the impact of Stockholm syndrome on victims, such as the difficulties they may experience in recovery and their long-term psychological well-being.

This documentary emphasizes the importance of understanding and recognizing the signs of Stockholm syndrome, not only for professionals but also for the general public. It concludes by highlighting the need for continued research and education in this area to develop effective treatments and support systems for those affected by Stockholm syndrome

CHAPTER IX

RECOMMENDATIONS

- **Increase Public Awareness:** It is crucial to develop comprehensive public awareness campaigns to educate individuals about the existence and manifestations of Stockholm syndrome. This can be achieved through various means, such as documentaries, public seminars, and social media campaigns, to ensure that the general public understands the complexities and potential consequences of this psychological phenomenon.
- **Enhance Professional Training:** Professionals working in fields such as law enforcement, psychology, and social work should receive specialized training on recognizing and responding to cases involving Stockholm syndrome. This will enable them to identify the signs and symptoms of the syndrome and provide appropriate support and intervention to victims.
- **Strengthen Support Systems:** Develop and strengthen support systems for individuals who have experienced Stockholm syndrome. This includes establishing support groups, helplines, and specialized counseling services that can address the unique needs of survivors. Providing a safe and non-judgmental environment for victims to share their experiences and access ongoing support is essential for their recovery.
- **Promote Research:** Further research is needed to deepen our understanding of Stockholm syndrome, including its causes, risk factors, and effective treatment approaches. Funding should be allocated to support research initiatives that explore the underlying psychological mechanisms and the long-term impact on survivors. This will contribute to the development of evidence-based interventions and therapeutic techniques to support individuals affected by Stockholm syndrome.

Overall, by implementing these recommendations, we can work towards a society that is better equipped to recognize, respond to, and support individuals impacted by Stockholm syndrome. Through increased awareness, improved professional training, enhanced support systems, collaboration, and ongoing research, we can make significant strides in addressing this complex psychological phenomenon.

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