

Alf Gerlach

Psychodynamics of

human destructivity

人类破坏性的心理动力

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Examples of individual destructiveness 个体破坏性的实例

Supervision in a psychotherapeutic counselling center for students:

学生心理治疗咨询中心开展的督导

20-year-old student, development of ego-syntonic fantasies and impulses to act, to decapitate other people, to dismember them, to wade in their blood. Linked to psychophysical state of arousal, without feelings of guilt.

20岁学生，发展出自我协调幻想以及有采取行动的冲动，想要斩首他人，肢解他们，在他们的血里趟步。与心身的唤起状态相连，没有负罪感。

Deep feeling of loneliness, a single experience of sexual intercourse, frequent experience of being bullied since kindergarten. Separation of the parents in the 5th year of life, then time of neglect of father and son, ritualized beating by the father in case of unsatisfactory school performance

深度的孤独感，只有一次性经验，从幼儿园开始就经常经历霸凌。5岁时父母分开，之后的时光里父亲常常忽略他，一旦学业成绩不如父亲意，父亲就会打他，好像某种仪轨一样。

Examples of individual destructiveness 个体破坏性的实例

School amok (extended suicide):

校园杀人狂（扩展性自杀）

- All perpetrators are male 所有的行凶者皆为男性
- 14 - 17 years old (adolescence) 14-17岁（青少年）
- Isolated, without friends, without a stable peer group
-自我隔离，没朋友，没有稳定的同辈群体
- Without love relationships 没有恋爱关系
- Compensate for arrested development and narcissistic deficits through fascination with weapons
-通过对武器的痴迷热爱来弥补停滞的发展和自恋的缺损
- Want to become famous through the school massacre 想通过校园大屠杀来让自己一举成名
- Attempt suicide during the massacre 在大屠杀过程中尝试自杀



Columbine High School Massacre

Cf: Elzer, M. School Shooting and Amok Running - Psychopathological Aspects -. 2nd Chinese Psychoanalytic Congress, Shanghai 2009

Examples of collective destructiveness 集体破坏性的实例

- Witch-hunts of the early modern period
近现代时期出现的猎巫
- Pogroms 集体迫害/大屠杀
- Mass extermination, e.g. under National Socialism
大规模灭绝, 例如, 纳粹主义
- Wars between ethnic groups after the dissolution of Yugoslavia
南斯拉夫解体后不同种族间的战争



Burning of the synagogue furnishings in Germany, 1938

Attempt at Definition

尝试给出定义

Aggression: Any form of behavior aimed at harming or hurting another person motivated to avoid this **treatment**.
cf: Jonas, K., Stroebe, W., Hewstone, M. (2014). Sozialpsychologie.

攻击性：任意形式的旨在危害和伤害他人的行为，出于避开这种**治疗（改为对待）**而触发了行为的动机。

Psychoanalytical understanding: dynamics of approach, includes interest, self-assertion, demarcation, defense and damaging

精神分析的理解：方法，态度的动力，包含兴趣，自我主张，界限划定，防御和损坏
cf: Rauchfleisch, U. (2014)

Attempt at Definition: Destructivity

尝试定义：破坏性

Violence: Behavior with intent to harm, in which serious physical harm is inflicted or threatened.

暴力：意图伤害的行为，其中伴有严重的身体伤害或是遭受此种伤害的威胁。

cf: Jonas, K., Stroebe, W., Hewstone, M. (2014). Sozialpsychologie.

Limitation of this definition: Psychological violence excluded, e.g. humiliation of others, mental cruelty, sadism.

该定义的局限性：心理层面的暴力没被囊括其中，比如，对他人实施羞辱，精神残暴，精神施虐。

Psychoanalytical understanding: Malicious aggression, **not** biologically adaptive, serving life, but cruelty experienced with pleasure by the acting of the individual for its own sake (sadistic satisfaction).

精神分析的理解：恶意的攻击性，非生物性适应，**是（改为非）**服务于生命的，但是个体出于自身满足通过行为本身实施的残暴伴随着愉悦的体验（施虐的满足）

Development of Destructive Aggression

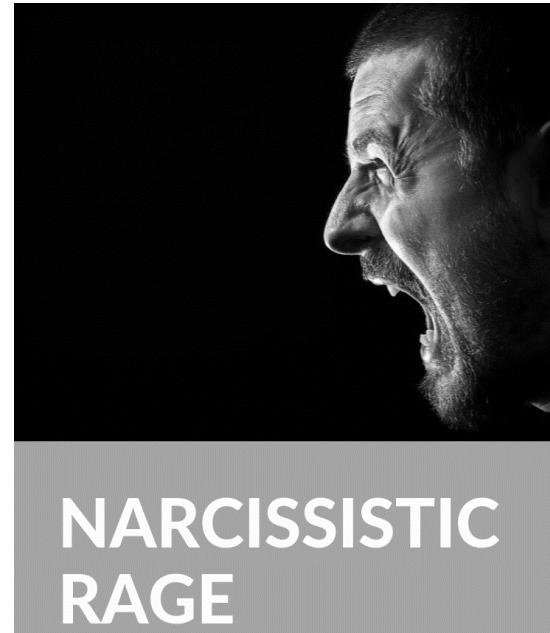
破坏性攻击的发展

- Genetic disposition 遗传倾向
- Traumatizing relationship experiences in early childhood
- 童年早期经历了创伤性的关系
- Experience of emptiness, powerlessness and joylessness
- 空虚，无力以及愉悦感缺失的体验
- Inhibition of independence and critical thinking through exploitative relationships of domination and ties of authority. Cf. Fromm, E.: Anatomy of Human Destructiveness
- 因为支配性的剥削关系以及权威的约束，抑制了独立和批判性思考
- Destruction of self and others as a goal
- 对自体和他人的摧毁成为了目标

Destructive Narcissism

毁坏性的自恋

- Persistent and traumatizing frustration of narcissistic needs leads to chronic narcissistic rage, hatred and desires for destruction.
- 持久的和创伤性的自恋需求的受挫会导致慢性的自恋暴怒，恨意以及毁灭的欲望
- Exaggerated fantasies of grandeur, sometimes alternating with feelings of inferiority, strong self-centeredness, desire for boundless admiration, tendency to exploit others emotionally or materially (cf. Gerlach, 2019)
- 自大的夸大幻想，有时候与自卑感交替出现，强烈的以自我为中心，渴望他人无止境的欣赏和艳羡，有在精神和物质层面剥削他人的倾向
- Pathological narcissistic structure (grandiose self) arises from a mixture of different self and object representations, the ego-ideal, real-self and ideal-object (Kernberg, O.: Wut und Hass. 1997)
- 不同的自体和客体表象，自我理想，真自体和理想客体的混合物中会产生出病理性的自恋结构（夸大性自体）



Consequences of Destructive Narcissism: Violence against Children

毁灭性自恋的后果：针对儿童的暴力

- According to the survey of about 16,000 9th and 10th grade students, 17% of children have experienced severe corporal punishment (more often grabbed hard and pushed, less often beaten) before the age of 12
- 根据一项对16000名9-10年级学生的调查，17%的孩子们在12岁以前经历过严重的身体惩罚（更为常见的是用力抓和推搡，挨打相对前者不常见）
- one in ten suffer infrequent or frequent maltreatment (beaten, beaten up, hit with fist or kicked) (Pfeiffer et al 1999)
- 十分之一遭受过偶尔的或是频繁的打骂，粗暴对待（挨打，殴打，用拳头打或是用脚踢）
- In a study on the effects of neglect and psychological maltreatment, 6.6% of respondents reported severe neglect and 10.8% severe physical neglect in childhood and adolescence (Häuser et al 2011)
- 一项针对忽略和心理虐待带来的影响的研究表明，参与研究的人群中，在他们的儿童期和青少年期，6.6%报告有过严重的被忽略经历，10.8%遭受过严重的身体忽视。

Victims of Familial Violence

家庭暴力的牺牲品

- Infants and young children up to the age of three or four are most often victims of severe forms of physical violence.

- 婴儿和3-4岁以下的幼儿是最常见的严重身体暴力的牺牲品

- Premature babies and babies with a low birth weight are particularly at risk. 早产儿以及不足斤的婴儿尤其具有风险

- Boys are significantly more likely to be victims of physical violence than girls up to the age of 11/12. 11/12岁之前的孩子，男孩比女孩更容易成为躯体暴力下的牺牲品

- From the age of 11, violence against boys decreases and increases for girls. 从11岁开始，针对男孩的暴力开始下降，而针对女孩的暴力增加

Source: Früherkennung von Gewalt gegen Kinder und Jugendliche – Brandenburger Leitfaden – Erkennung, Fallmanagement, Interdisziplinäre Hilfesysteme, 4. Auflage. Herausgeber : Berufsverband der Kinder- und Jugendärzte e. V. (BVKJ) – Landesverband Brandenburg, Potsdam, 2013



Perpetrators of Family Violence

家庭暴力的加害者

- Children most often experience violence from their biological parents.
- 孩子们通常经历的是亲生父母的暴力行为
- Violence against children occurs in all social classes
- 针对孩子的暴力在全社会阶层都有发生
- Physical violence against children is perpetrated about equally often by biological fathers and mothers.
- 针对孩童的躯体暴力，其加害者在亲生父亲和亲生母亲之间比例相当
- Parents who perpetrate violence against their children are most often between 20 and 35 years old
- 对自己的孩子施加暴力的父母通常年纪集中在20-35岁

Source: Früherkennung von Gewalt gegen Kinder und Jugendliche – Brandenburger Leitfaden – Erkennung, Fallmanagement, Interdisziplinäre Hilfesysteme, 4. Auflage. Herausgeber : Berufsverband der Kinder- und Jugendärzte e. V. (BVKJ) – Landesverband Brandenburg, Potsdam, 2013

Sexual Destructivity 性毀坏

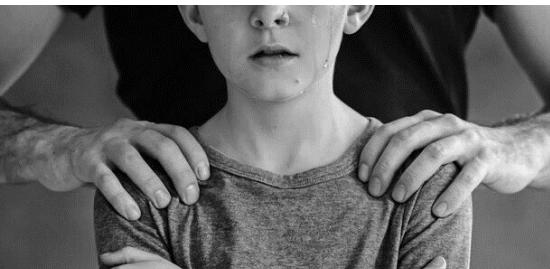
- The majority of sexual assaults are committed by perpetrators who knew the victims beforehand, i.e. acquaintances or partners. Sexual assaults by strangers are the exception rather than the rule.

- 绝大多数性侵都是由认识受害者的人实施的，例如，熟人或者同伴。由陌生人实施的性侵更多是例外情况，而非常规准则。

- The experience of abuse in childhood has been shown to be an influential biographical risk factor of sexual aggression for both men and women (Schatzel-Murphy et al., 2009).

- 对于男性和女性来说，童年期被虐待的经历被证实都是性攻击的影响因子风险因素。

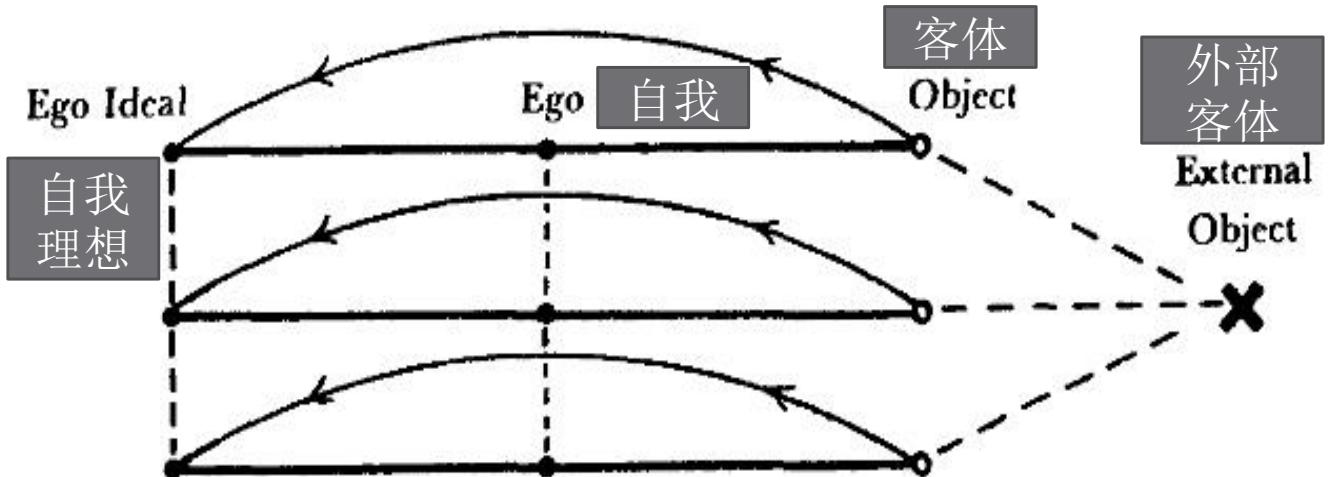
cf: Jonas, K., Stroebe, W., Hewstone, M. (2014). Sozialpsychologie.



Freud's model of attachment to a leader or idea: *A primary group of this kind is a number of individuals who have put one and the same object in the place of their ego ideal and have consequently identified themselves with one another in their ego. This condition admits of graphic representation:*"

弗洛伊德关于依恋于一个领袖或一个观念的模型“这个类别的初始人群是这样一些个体，他们将一个并且是同一个客体放置在他们的自我理想的位置，其结果就是他们认同了自己自我当中的另一个部分。这个情况可以用下面图形来表示：”

Freud, S. (1921) Group Psychology and the Analysis of the Ego. The Standard Edition of the Complete Psychological Works of Sigmund Freud 18:116



Psychodynamics of destructive movements of people

人类破坏性运动的精神动力学

- Splitting and projection as basic mechanisms, building on collective, destructive narcissistic tendencies; fantasized narcissistic omnipotence
 - 基础的机制是分裂和投射，基底是集体的、破坏性的自恋倾向；自恋的全能幻想
- Idealization of leader figures 对领袖人物的理想化
- Exaltation, idolization of an idea that unites everyone
 - 对一个观念的欢欣雀跃与盲目推崇，将每个人联合成了一体
- Simplifying promises of salvation 获得救赎的承诺被简化
- Violent demarcation of a majority in connection with destructive exclusion and persecution of minorities
 - 暴力的（改为地）界定了何为大多数人群，与之相连的就是对少数人群的破坏性的排挤和迫害行为
- Expansion of one's own claim to power, readiness for armed conflict
 - 扩张了个体自身对力量的主张，准备好投身于武装冲突中
- Promise of participation in power and specialness, compulsive harmonization
 - 承诺参与其中意味着力量和特殊性，难以抑制的（强迫性的）和谐一致

Example: Objectives of fascism

例子：法西斯主义的目标

- Totalitarian objective (control not only of the actions but also of the thinking of individuals)
- 极权主义的目标（不仅仅是要控制个体的行为，还要控制个体的思想）
- Persecution of dissenters as “enemies”
- 将持不同意见者当做“敌人”来进行迫害
- Destruction of otherness
- 对不同/相异者的毁灭



Example: German National Socialism

例子：德国纳粹主义

- Special feature: Anti-Semitic racism
- 特殊的特征：反犹太主义
- Predecessor: Christian anti-Semitism (exclusions, persecutions, attempts at extermination) as fierce, irrational rejection
- 前身：基督教反犹太运动（排挤，迫害，灭绝的企图）是一种凶残的、非理性的对人的剔除
- Goal of the "Final Solution of the Jewish Question": Murder of the 11 million European Jews
- 目的旨在“犹太问题的最终解决方案”：杀掉欧洲1100万的犹太人



The „Fascism Syndrome“ after F. Hacker

cf. Hacker, F. (1990) Das Faschismussyndrom. Düsseldorf: Econ

由F. Hacker提出的“法西斯主义综合症”

- Maximizing inequality 不平等的最大化
- “Right of the strongest” “最强者的权力”
- Leader principle 领袖原则
- Irrationality 非理性
- Permanent mobilization 永远在动员
- Unification 一体化/一元化
- Forced “organic wholeness” 强制成为“有机整体”
- Total commitment 完全的忠诚/信奉
- Violence and terror from above 自上的暴力和恐怖
- Connection of the ancient with the entirely new 将古老与全新部分联系起来

Forced “organic wholeness“ 强制成为”有机整体”

Resistance, distancing, otherness is seen as betrayal

The result is exclusion and annihilation

因为不同声音者表现出的抗拒和距离感，他们被视作背叛者

其结果就是被排挤驱逐和消灭



„The wave“ (movie)

德国电影《浪潮》

Permanent mobilisation

永远在动员

- Goal: standardisation to achieve uniformity of all
- 目的：为了实现所有人的一体化而实施的规范化、标准化流程



„Die Welle“ (Film)

Irrationality

非理性

- Means of mass manipulation and control:
大范围操纵和控制的手段:
- Simplifications, one-sidedness 简单化, 站边
- Trivial myths, demonisation, incantations
- 平凡的神话, 魔鬼化, 咒语
- Use of traditional values and traditions for staging purposes
- 为了实现目标而使用传统的价值观以及传统
- (Book at left: "The Jew as World Parasite", edited by the German Army 1944)
- (右手边是德国军方1944年编辑的书籍, 名为《犹太人是这个世界的寄生虫》)



Maximizing in-equality 不平等的最大化

- Exaggerating and exacerbating existing differences instead of emphasizing commonalities
- 夸大和加剧现存的差异，而不是去强调共性
- "superiority" versus "inferiority"
- “优等” 对比 “劣等”



“Right of the Strongest,, ” 最强者的权力 “

- Emphasis and glorification of claims to violence
 - 强调以及主张暴力的荣耀
- Hierarchical structuring of all social relationships
 - 对所有的社会关系进行等级划分架构
- Fear of passivity, dependence, powerlessness, failure and loss of strength
 - 害怕被动、依赖、无力、失败以及力量的丧失
- Fearful feelings are split off and threatened loss is projectively diverted to other “perpetrators“ 这些害怕的感受被分裂出去，让自己备受威胁的丧失被投射性的转向到其他”加害者们”身上了
- Attachment to authoritarian leaders requires giving up one's own autonomy, but the loss is attributed to others 依恋权威型的领袖要求个体放弃自己的自主性，但是这个丧失（自主性的丧失）被归因于他人

„Right of the Strongest“ ” 最强者的权力 “

- Self-stabilisation and defense against fear through the ideology of the power of the strongest
- 通过构建对最强者的力量的意识形态来实现自体稳定感和对恐惧的防御
- Fantasies of conquering, overpowering, possessing and destroying others
- 幻想着征服、压倒、占有和摧毁他人
- Idolization of the military and destructive aggression
- 对武装力量和毁灭性攻击的盲目崇拜
- (Left: “Jews enter this park at their own risk”)
- (右边: “进入此公园的犹太人后果自负”)



Leader Principle 领袖原则

- Hierarchy of leaders and subordinates
- 领袖和下级们的等级制度
- Manipulation, intimidation, threats to secure rule
- 操纵、胁迫、威胁以保护规则
- Blind obedience, absolute loyalty, discipline
- 盲目服从、绝对忠诚、纪律
- Supreme leader as identification figure
- 认同最高领袖人物



Hitler and Mussolini

希特勒和墨索里尼

Total Input

完全的投入

- Entire personality is integrated into commitment to the leader and the state
 - 整个人格被整合进对领袖和国家的承诺里
- All other loyalties are subordinate (family, partner, religion, conscience)
 - 其他的所有忠诚都沦为附属品（对家庭、伴侣、信仰、良知的忠诚）
- Harshness, ruthlessness, intolerance towards oneself and all others
 - 严酷、无情、对自己和他人的偏狭和不容忍

Violence and terror from above

自上的暴力和恐怖

- Violence as a "legitimate" means of confrontation
- 将暴力用作冲突对峙中的“合理合法”手段
- Terror "paralyses" possible contradiction
- 恐怖“瘫痪了”可能的矛盾
- Projection makes the oppressed become attackers in their own experience
- 投射使得被压迫者按照他们自己的经验变为了攻击者

new

将古老的观念与全新的部分联系起来

- Archaic ideas, mythical elements
- 古老的观念，神话的元素
- Modern propagandistic measures and media techniques
- 现代宣传手段以及媒体技术
- Phantasm of ancient mythical connectedness vs. denunciation of modernity
- 与古代神话相连的幻觉对比斥责现代元素
- (Left: “Islam does not belong to Germany”)
- (右：“伊斯兰教不属于德国”)



German National Socialism

德国纳粹主义

- Special feature: Anti-Semitic racism and will to extermination
- 特殊的特征：反犹主义以及灭绝的愿望
- Anchoring in wide circles of the German population
- 广泛扎根于德国人的社群
- Destruction of functional, "normal" people
- 对功能性运转的、“正常”人的摧毁
- Extermination using all technical possibilities and in cooperation with important social institutions
- 使用一切技术可行的方式，和重要的社会机构合作，来实施灭绝
- Terror, exploitation and mass murder as part of German normality
- 恐怖主义、剥削和大屠杀成为了德国常态的一部分

Psychodynamics of National Socialist extermination

纳粹主义灭绝的精神动力学

- "Something of this extermination world must have been present in a large proportion of people and was externalized and executed on others during the Nazi period" (Kaminer, Isidor J. (1997, p. 394).
 - 在纳粹时期种族灭绝的世界里，在多数人口中一定有某样东西存在着，并对那些异己(少数)采取灭绝态度并实施在他们身上
 - Defense against deep-seated feelings of inferiority that was projected.
 - 防御被投射的深植的劣等感
- Heroization of one's own hardness: Heinrich Himmler in his speech to SS officers on 4.10.1943: 对个人的无畏的战斗姿态英雄化：海因里希·希姆勒在他1943年4月10日对纳粹党卫军官员的个人讲演：
 - "*It is one of those things that is easily said: "The Jewish people will be exterminated ..." Most of you will know what it means when a hundred corpses lie together, when five hundred lie there or when a thousand lie there. To have endured this and to have remained decent - apart from exceptions of human weaknesses - is what has made us tough. This is a page of glory in our history that has never been written and will never be written*" (quoted from Reitlinger, 1953, p. 334 f.).
 - 道理很简单：“犹太人就该被灭绝...”你们大多数人都知道这个意思，你们看到数以百计的尸体交叠在那里，这边堆着五百具，那边躺着一千具。忍耐这些，依然维持得体—除开人类弱点这些例外—正是它们让我们坚韧。这将是我们历史的荣耀篇章，此前从未被书写过，未来也不再有他人能书写。（摘录自赖特林格，1953, p.334f.）

Psychodynamics of National Socialist extermination

纳粹主义灭绝的精神动力学

Defence against one's own suffering by means of the exercise of power and self-aggrandizement (up to the presumption of having god-like power over life and death) has solidified itself in National Socialism as a state ideology

通过实践力量感和自身权力扩大化的方式（极致到设想自身拥有像上帝般主宰生死的能力）来防御个体自己遭受的痛苦折磨，这个在纳粹主义中作为一种国家意识形态得到了固化。

On the psychodynamics of war

战争的精神动力学

- Mentzos, Stavros (2002).
Der Krieg und seine
psychosozialen Funktionen
(The war and its
psychosocial function). 2.
Aufl. Göttingen:
Vandenhoeck & Ruprecht
- 《战争和它的心理社会功能》
- Mentzos, Stavros (2002).
Die Psychosoziodynamik
des Krieges. In: Schlösser,
A.-M. und Gerlach, A.,
Gewalt und Zivilisátion.
Gießen: Psychosozial-
Verlag



functions

利益的真正冲突和心理社会功能

- War as a violent confrontation between states or large groups.
- 战争是国家或者大型族群之间的一种暴力的对峙
- Power-political and economic conflicts of interest - **real** conflicts of interest
- 利益的权力政治以及经济冲突-利益的真正冲突
- Acts of war since the Stone Age (competition for hunting and gathering grounds?)
- 从石器时代就有的战争行为（狩猎和采集的竞争？）
- **Psychosocial functions** of war: Externalization of inner conflicts; compensation of narcissistic deficits; overcoming identity crises; manic defense against depressive moods
- 战争的心理社会功能：内在冲突的外化；自恋缺损的补偿；克服身份危机；对抑郁情绪的躁狂防御

“Pathological” worlds of experience in war

战争经验中的“病理”世界

- Substitute for missing warmth, contacts, mirroring
 - 作为温暖、接触、镜映缺失的替代
- Psychosocial collusion between megalomaniacal narcissism of leaders or elites and need for orientation and participation in “greatness”
 - 领袖们或者精英们的妄想尊大的自恋，个体对基本信仰和三观的需要以及参与“伟大”，这前后两者之间的心理社会学的共谋。
- Nationalistic self-stabilization, collective pathological greatness self
 - 国家主义的自体稳定，集体的病理性伟大自体
- Splitting and projection onto the “enemy” through de-humanization of the opponent; combating self-insecurity and self-loathing
 - 分裂，通过将对手去人性化，将分裂的部分投射在“敌人”身上；防止自我不安全感以及自我憎恶

Significance of psychosocial factors in the genesis of war

战争起源中重要的心理社会因素

- Increasing the readiness for war
 - 战争准备状态的加剧
- Increasing importance in the war process?
 - 在战争过程中增加了重要性么？
- Particular difficulty of termination due to increasing entanglement of grievance, suffering, backlash, revenge, contempt
 - 因为悲痛、苦痛折磨、集体反对、复仇、藐视这些情绪间增加的彼此纠缠，战争的中止面临着特殊的困难。



Thank you for your
attention

感谢您的关注



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