Profiling Mentally Ill Mass Murderers webinar will focus on the problem of spree killers pose to society. The spree killer, whether or not impacted by mental illness, is a considerable scourge upon society. Factors like easy access to guns, inadequate commitment laws governing dangerous mentally ill persons, the profession’s inability to predict dangerous behavior, and the frenzied response of media, each contribute to the increasing frequency of spree killing incidents.

Relying upon selected case studies, we will explore classification efforts, the role of demographic profiling, the special case of religious and/or political extremists, as well as weapons built for mass destruction, and cultural considerations in an effort to answer the question, “Can the forensic psychologist identify the spree killer before he acts?”
Mass Killing incidents happen frequently

- Lafayette, Louisiana this week; Chattanooga, Tennessee last week; mass killing incidents happen frequently!!

- Accompanied by intense media pronouncements that rampage killing is “senseless,” and “tragic;” rampage killings inevitably raise questions about gun access and mental health etiology.

- And yet, public dialogue proceeds as if rampage killing arises from inexplicable “alien forces.”

- Among the myths about mass murderers is:
  - Shooters have impulsive personalities, they snap!!

- Rather, as we will see, shooters, who are usually young, believe they are carrying out a mission (often a revenge fantasy). Shooters meticulously plan the crime, imitate prior rampage killers or model themselves after commandos, Also, they are seen by their victims as cold and calculating.

- This webinar seeks to develop a path to violence for mentally ill spree killers.
1. Classification of spree killers
   A. Useful mass murderer subtypes
   B. Defining spree killers vs. serial killers
2. Demographic profiling
3. Psychiatric Diagnosis
5. Preference for assault rifles
6. Cultural factors
7. My Spree Killer Profile
Raifman Path to violence taken by spree killers

1. Background/demographics (childhood, school, friends, family, juvenile criminality)
2. Mental Health History Issues
3. Negative view of humanity
4. Mental health reversal due to life stressors.
5. Exacerbation of symptoms (or circumstances) that results in subjective sense of victimization
6. Revenge fantasy created with a “blaze of glory” ending
7. Extensive Planning to implement revenge fantasy
8. Cross a Tipping point that defines “point of no return,” “no turning back”
9. Spree killing event and likely suicide
Dr. Michael Stone’s 22 point “Gradations of Evil” creates a psychopathic spectrum

- Non psychopathic killers
  - 1. Justifiable homicide (Not Evil)

- Impulsive evil doers driven to a single act of murder
  - 2. A moment of rage: Jealous lover (Tarnower killer Jean Harris)
  - 7. The jealous narcissist (Tarasoff predator Poddar)

- Lacking extreme psychopathic features
  - Psychotic, clinical delusional, out of touch with reality
  - 11. People in the way victims (Jeffrey MacDonald)
  - 12. Power hungry and cornered (Jim Jones)
  - 15. Cold blooded spree killer (Charles Manson)

- Psychopathic killers are cunning and manipulative
  - 17. Sexually perverse serial killer (Ted Bundy)
  - 22. Psychopathic Torture murderer (Jeffrey Dahmer)

Michael D. Kelleher categories of Mass Murderers

Kelleher defines killer by his or her targeted victim or purpose

- **Family murder/suicide or Family killer**: The former is illustrated by “perverted” family killer, e.g., family man kills his entire family due to his own depression and suicide plan.

- **Politics/hate killer** made up of genocidal killers or terrorists, in which victims as seen as violating one of the terrorists’ political or religious goals (9-11 Terrorists); leads to a cycle of revenge. See also, *Timothy McVeigh and Terry Nichols* (Oklahoma City Federal building bombing in 1995)

- **Revenge killers** involves murderer who payback someone who is perceived to have humiliated him or her, such as:
Kelleher’s “3 types of Revenge Killers”

Focus is on the target

1. **Fired employee**
   - David Burke who followed his boss onto a plane on December 7, 1987 and shot him, and caused the plane to crash, killing 43.
   - Pat Sherrill, who feared being fired from his postal job, and killed 14 coworkers in 1986.
   - Mark Barton, day trader, lost great deal of money and killed his family and entered the brokerage firm killing 9, wounding 12 in 1999.

2. **Targeted group killer, in which killer has vendetta against persons killed** and/or blames targeted group for personal problems.
   - Marc Lepine, hated women, and killed 15 women studying engineering in Montreal school in 1989 then killed himself.

3. **School Killers**
   - Columbine School murderers Eric Harris and Dylan Klebold actions to strike against society, gain infamy, and fulfill their suicidal (Klebold) & psychopathic (Harris) urges (in my opinion, it was not revenge from ridicule by fellow schoolmates).
Kelleher categories of Mass Murderers (cont.)

- **Sexual homicide killer** achieves sexual gratification through inflicting pain on victims (sadism) or receiving pain.
  - Richard Speck killed 8 nurses in 1966 in Chicago after raping them.

- **Execution killer** kills for greed and personal gain and is cold blooded for profit, or merely to kill witnesses.

- **Psychotic killer** has a significant mental disorder.
  - Charles Whitman who suffered from a brain tumor and randomly killed 18 at the University of Texas on July 31, 1966. *(Whitman video 2.25)*
  - Andrea Yates killed her five children due to post partum depression and psychosis.
  - Washington Navy Yard Aaron Alexis experience florid delusional thinking at the time of the spree killing: being controlled by low frequency radio waves. He scratched the words “end the torment” on the gun he used. He expected to be killed. *(Aaron Alexis video 1.53)*

- **Unexplained**

Typology of mass murderers, RM Holmes & ST Holmes, 1992/1994

RM and ST Holmes were intrigued by murder/suicide mass murderer

- **Family annihilator** who kills all or most of the members of his family

- **Disciple murderer** who kills in response to the dictates and wishes of a charismatic leader, e.g., Charles Manson

- **Pseudo-commando** who is obsessed with weaponry and is driven by psychology of revenge fantasy to justify the massacring random victims (see, James L. Knoll, 2010)
  - Kills in public during daytime, plans attack well in advance, and brings powerful arsenal of weapons. There is no escape plan, and he expects to be killed.
  - Driven by feelings of rage, resentment, mistreatment, persecution, nihilism or wounded self esteem, (e.g., strong narcissistic and paranoid traits)
  - Agenda of payback expressed via a communique sent to the public
Typology of mass murderers, RM Holmes & ST Holmes, 1992/1994

- **Disgruntled employee** who commits mass murder of a participate group of persons with whom he has been associated at work,
  - Michael “Mucho” McDermott, he methodically walked through Edgewater Technologies on December 26, 2000, armed with an assault rifle, and shot 7 co-workers dead while passing others at random. McDermott sat reading a book while the prosecutor detailed the crime.

- **Exception: Set and run killer** attempts to escape before the act itself occurs; placing a timer on a bomb or secretly tampers food or medicine. Motive often is revenge, infamy, symptom relief, or profit (e.g. the arsonist). There is no attempt to show the world a rationale—no manifesto, video blogs.
  - Bombing of Air India flight 182 by Sikh extremists killed 329 people (worst mass murder in Canada)
  - Oklahoma City Federal Building bombing
  - Lafayette, Louisiana movie theatre spree shooting

Psychopathic sexual sadists

In 1982 Dietz study of pornographic imagery and prevalence of paraphilia in Bergin County, NJ.

They went to NY to interview dominatrix, went to B&D (Bondage and Domination) clubs, and he studied the pornography sold at Times Square.

He found bondage and domination images occur in 17% of the sex magazines in Times Square at the time.

Of all the deviant things, bondage and domination was most prevalent. His findings were published in the *American Journal of Psychiatry*.

Sexual Sadists that commit violent sex crimes often have mental disorders apart from their sexual desires, they are often psychopaths, and suffer from personality disorders, substance abuse. Far less often they are psychotic or have a organic brain disease.
Park Dietz identified a **gradual** progression --
- Sexual sadists discover sadism in themselves between ages 8 and 14.
- Initial response is to suppress the impulses, put it out of mind.
- Confine the thoughts to fantasy during masturbation or sex with partner
- Use sexually sadistic porno for arousal, which is readily available.
- Enable mild socially acceptable sadistic activities with a consenting partner who may or may not enjoy it. Find the right ad or meet them at a BDSM club
- Pay a prostitute to pay for submissive sex or S&M
- Pressure a sexual partner to submit under threat of abandonment or replacement. Unduly influence by making her dependent, isolated, etc. Destroying self esteem, making her dependent using skills of undermining.
- Exploit vulnerable people, poor, young, intoxicated, addicted, developmentally disabled, unstable, or otherwise impaired, etc --- to a totally abused sex slave to a sadist
- Commit sexually sadistic assaults through force or threat of force. Kidnap, captive and abuse and kill.
Dietz’ other “interesting” categories

- Organized crime multiple murderers
- Serial autoerotic asphyxiators
  - Multiple commonalities shared serial sexual murderers and serial autoerotic asphyxiators
- “Supposed” psychotics who kill multiple victims
- Spree killers
Dr. Raifman’s mass murderer typology

- **Family Murder-Suicide**
- **Psychotic killer** – likely insane at the time of the killing, rarely repeat, though crime behavior can result in multiple deaths
- **Spree killer** --- rampage killing event, well planned, targeted, there is the inevitability of getting caught
- **Serial killer** --- purpose for sexual, sadistic, rage, serial nature time frame, usually considered *psychopathic killers*—cold blooded killers, lack remorse and empathy, show contempt, callousness, grandiosity, “duping delight---lied for pleasure,” employ serial killing methods, who often avoid getting caught (Eric Harris)
- **Impersonal repeat killer** --- removed/distant to the crime victims, paid agent by sponsor of death, drone pilot, arsonist, gang member
- **Terrorist and War Criminal** --- human suffering to gain attention for political/religious purpose
I: Classification Definitions: Part B. Spree vs. Serial killers

- **Spree killers are distinct from serial killers:**
  - Kill multiple people
  - Single act, or short period of time
  - No cooling off period
  - Expect to get caught, commit suicide, suicide by cop
  - Killing occurs in public places
  - Killing by automatic weapons, explosives

- **Similarities for spree and serial killers**
  - Planning and Preparation
  - Reliance on over riding power/force
  - Often no relationship to victim
Spree killer motivation, victim selection, relationship to victim, mobility of killing

- **Spree Killers**
  - Instrumental killings ---victim deaths regarded as a means to achieving a purpose; victims are chosen to become a symbol, “a representative victim.” Victims are often there by chance, (in the wrong place, wrong time), or have only a peripheral affiliation to the perpetrator

- **Serial killers**
  - Lust killings (sexual deviant)
  - Victim-specific targeted killer (prostitute, homeless)
  - Professional killer
The FBI defines mass murder as “Four or more murders occurring during the same incident, with no distinctive time period between the murders. These events typically involve a single location, where the killer murdered a number of victims in an ongoing incident.” The Colorado shooting by James Holmes was a classic example of a spree mass murder.

The Federal Bureau of Investigation (FBI) defines terrorism as “the unlawful use of force or violence against persons or property to intimidate or coerce a government, the civilian population, or any segment thereof, in furtherance of political or social objectives.” Sep 13, 2011

Mass shootings are “theatre” (public spectacle) in that their purpose is to create terror without the political agenda. The combination of a public spectacle resulting in random death followed by suicide is an attack on society, giving the perpetrator final control—denying justice.
Who is the spree killer?

- **Adam Lanza**, the perpetrator of the Sandy Hook Elementary School massacre, and **Elliot Rodger**, the Isla Vista spree killer,

- But what about **John Allen Muhammad and Lee Boyd Malvo**, the Beltway snipers? Does ongoing incident qualify?

- **Nidal Malik Hasan**, the 2009 Fort Hood killer, **James Holmes**, the Century Theatre movie theater mass murderer, **Jared Lee Loughner**, who shot Gabby Giffords, and did kill others, are each examples of spree killers.

- But what about **The Tylenol Killer**, the perpetrator of the Tylenol scare, who was never caught or **Dzhokhar Tsarnaev**?
Part 2. Demographic profiling of mass murderers and spree killers in particular

Serial killers common demographics

- Fox and Levin (2005) mass murderer characteristics
  - Male (94.4 %)
  - 20 to 29 years of age (43.3 %)
  - White (62.9 %)
  - Have a relationship with victims (family 39.4 %; other 38.2 %)

  *Ames Fox and Jack Levin, Extreme Killing: Understanding Serial and Mass Murder, Sage, 2005*

- Hickey (2009) four characteristics of mass murderers:
  - Give little thought or concern to inevitable capture or death
  - Commit crime in public places
  - Motive is retaliatory; based in rejection, failure, and loss of autonomy
  - The offense is an effort to regain a degree of control over their lives

Part 2. Importance of personal history -- demographic correlates

- Hempel et al. found the following characteristics of mass murderers:
  - Male single or divorced 40-50 years of age
  - Have paranoid and/or depressive conditions
  - Recently suffered a major loss related to employment or relationship,
  - Alcohol plays a very minor role,
  - Death occurs by suicide or at the hands of others (police)


- Meloy, Hempel, et al. studied adolescent mass murderers and found the following characteristics:
  - Male,
  - Described as "loners" by others,
  - Abused alcohol or drugs,
  - Bullied by others in the past,
  - Depressive symptoms and prior history of antisocial behaviors,
  - Recently suffered a perceived failure in love or school (Turvey 2008)

Is spree killer behavior attributable to mental disorder? It is becoming harder to ignore the fact that the majority of the people pulling the triggers have turned out to be mentally ill, and not receiving treatment.

- *60 minutes videos on Dangerousness and Mental Illness (.50)*
- *Psychotic spree killer Weston video (1.20)*

Cautionary Notice: There are problems when seeking to predict dangerousness or correlate illness with any low probability event.

- There is a heuristic tendency to over predict dangerous behavior:
  - Most people who have a mental illness are not violent.
  - People who commit violence are not mentally ill.
  - 95% of the time violence is not related to mental illness.
A majority of the killers are mentally ill, with many showing signs of it prior to their attacks.

(http://www.motherjones.com/politics/2012/11/jared--loughner--mass--shootings--mental--illness)

Michael Stone, M.D., almost all mass shootings are done “in family or workplace contexts by a perpetrator with no mental illness—or an undiagnosed and untreated one.”

“Most of these killers are young men who are not floridly psychotic,” “They tend to be paranoid loners who hold a grudge and are full of rage.”
Of those with mental illness, acute paranoia, delusions, and depression were found with high frequency among the 63 spree killers identified by Mother Jones reporters having mental illness. Specifically:

- At least 38 of the 63 mentally ill killers studied displayed overt signs of mental health problems prior to the killings.
- At least 36 of the 63 mentally ill killers studied committed suicide on or near the scene. 7 others died in police shootouts they had little hope of surviving (Suicide by cop). This makes a total of 43 of the 63.

(http://www.motherjones.com/politics/2012/09/mass-shootings-investigation?page=1)
Elliot Rodger Diagnostic formulation

- Personality was Narcissistic: Magnificent, beautiful, travelled, civilized, intelligent, sophisticated.
- Anxious and Obsessive: about girls having sex with other lesser men is wrong, “I deserve their love,” “it is horrible for me, not being with beautiful girls,” “others enjoy, not me,” rejected, detached,
- Emotionally pained/Depressed: “alone and tortured,” “life unfair,” “jealousy” “I hate all of you”
- Rodger’s injustice conclusions: Delusional? Borderline splitting? “superior alpha male,” demonize targets for destruction, “humanity is disgusting, wretched, depraved” complained:
- Revenge fantasy: “you denied me happy life, I’ll destroy your life,” “you deserve it, just for the crime of living a better life than me” “You never showed me any mercy, I will show you none”
Seung Hui Cho diagnosis

- Selective Mutism (anxiety disorder characterized by excessive shyness, fear or social embarrassment, and social isolation and withdrawal (Cho selective mutism video: 1.08)
  - Failure to speak in specific social situation like school
  - Interferes with school, social communication
  - Failure to speak is not due to a lack of knowledge, nor stuttering

- “Question Mark” persona (Cho Question Mark video 1.33)
  - Attempts to socialize lead to problems socializing, rejection response, and police calls
  - His answer: Look into girl’s eyes and see promiscuity
  - Reaction is to be suicidal
  - Commitment hearing, found a danger to self, and released with court order to obtain treatment
  - Thereafter became more isolated; dark feelings of self-loathing, humiliation, and anger
  - Destructive fantasies of victimhood and revenge

- Stress of graduation and stress of failure in the culture of success
  - Leave a mark, grab world’s attention, no longer victim, don macho image where aggression toward others and himself are merged.
  - Obsessive interest with Columbine shooters
  - New Persona, “Ismail Ax”
  - After months of planning and playing at being a killer, the committed acts of murder
Adam Lanza

- Initial diagnosis of Sensory Integration Disorder and Asperger’s (Adam Lanza video Sensory Integration Disorder and Asperger's 1.48)

- Relationship with his mother

- Difficulty with the diagnosis coping with change (Adam Lanza video Changes Pose Problems for Asperger's 1.07)
Mental illness and violence: Conclusions

- Most violence is not attributable to mental disorder. Placed in proper context, the vast majority of people with mental illness are not violent and never will be.

- The types of people more likely to be violent are:
  - Spouses with a history of prior violence, and access to weapons.
  - Certain types of mentally ill persons (persecutory delusional disorders) with a history of prior involuntary hospitalization (due to dangerousness) and access to weapons.
  - People with serious mental illness, like paranoid schizophrenia, do have a slightly higher risk of committing violence than members of the general population.

- Spree killers suffer from different types of mental illness, grouped into three categories
  - A small subset of spree killers do have psychotic disorder (Washington Navy Yard, Holmes)
  - Most often spree killers have non-Major Mental Disorders (Rodger, Cho, Lanza)
  - A small subset of spree killers do have psychopath disorder (Harris, Muhammad)
The Cases: Do mental disorders explain why spree killers kill?

- Charles Whitman, University of Texas shooter (Brian tumor)

- The Columbine High School shooters Harris (psychopath) and Dylion Klebold who was suicidal, good at keeping inner life secret. In diary he talked in his notebooks about wanting to die, feeling sad, invisible to girls, and depressed; he wanted his life to end.

- The Virginia Tech case: Seung-Hui Cho (selective mutism/social anxiety, major depression, perhaps later on delusional, fascinated with Harris and Klebold,

- The Dunblane massacre (pedophile, who was trapped)

- Jared Loughner (paranoid schizophrenic) shot Gabby Giffords and others in Tucson, Arizona

- James Holmes theatre massacre (paranoid schizophrenic)

- Adam Lanza Newtown Elementary School shooter (Asperger’s)

- Rodger (Narcissistic, Obsessional, Paranoid Personality)
Part 5. Guns: weapons of mass destruction

- Automatic assault weapon, the spree killer’s weapon of choice
  - Nearly 80 percent of the killers obtained their weapons legally
  - Three quarters of the shootings involved semiautomatic handguns, and more than a third of them assault weapons
  - At least half of the killers used high-capacity magazines in their attacks
  - No one of the 62 mass shootings was stopped by an armed citizen
  - Forty percent of the mass shootings have occurred since 2006, with seven of them in 2012 alone

- Does banning assault weapons solve the problem?

- What about carrying concealed handguns?

- Is the answer requiring yearly mental health checkups to qualify for owning a weapon? Probably not.
Policy failures: What to do about access by mentally ill dangerous persons to weapons?

- NRA position: “If we leave these homicidal maniacs on the streets…they’re going to kill.”
  - NRA equated individuals living with mental illness with “violent criminals and the evil-minded.”

- Federal law already prohibits people with prior involuntarily commitment into a mental institution from owning guns.

- The De-institutionalization of the mentally ill has led to:
  - The failure of the community mental health center movement to provide adequate treatment (poor compliance, inadequate follow up), and
  - It has been a flawed policy related to the balance of rights of privacy and public safety.

- AMA, APA, and APA expressed concerns about national background check allowing mental health authorities to share records of people deemed mentally unfit with the FBI’s National Instant Criminal Background Check System; their fear is increased involuntary commitment.
The State of Florida adopted a 2013 bill that bars individuals from buying guns if they have voluntarily sought mental health treatment and are then diagnosed as having been an "imminent danger." The bill was endorsed by the National Rifle Association.

The U.S. Senate in April 2014 rejected all proposed amendments to the "gun control bill." The defeat ended momentum for new federal guns laws. Amendments included:

- A proposed universal background check requirement applied at gun shows and for online sales (problem was federal record keeping regulations on private transactions),
- Sen. Dianne Feinstein's semi-automatic firearms ban,
- A 10-bullet magazine capacity limit, and
- Proposals for national concealed carry, allow concealed weapons across state lines and without a license, and
- Making gun trafficking a federal crime with penalties for straw purchasers.
Part 6. Cultural factors & disposition

- “Autogenic hypothesis”: Is mass murder “foreplay to suicide by cop?” (Mullen, 2004)

- Gender differences: why are spree killers so often white young males?
  - The “pseudo-commando” mass murderer profile is attractive to males.
  - Are violent video game effects, which possibly develop a tolerance to reject human compassion and embrace detachment, as a possible explanation?

- Media sensationalism of senseless shooting rampages could be counteracted by:
  - Never publish shooter’s propaganda
  - Don’t report biography of shooter or dwell on shooter’s motive
  - Minimize the gory details
  - No photos of the event
  - Talk about victims but minimize images of grieving families

  *Ari Schulman, What mass murderers want---how to stop them. Wall Street Journal, 11-8-13,*

- Media focuses on popular myths such as an etiology of psychotic breaks, childhood bullying/revenge, other distractors, etc.
Problem of false positives: One danger of profiling is that it may label people as threat who represent no threat; alternatively false negatives: label people as no threat who are a threat.

Actuarial Data for infrequently occurring events: Life insurance premiums are based on actuarial data, profiling spree killers involves clinical and actuarial data.

Analogy to screening for airport security: Young men of certain ethnicities (such as middle eastern descent) are targeted, treated with suspicion. Unfair?
- Patterns of data lead to indications that certain categories of people, statistically, may well represent a marginally higher threat.

Acceptance is based on:
- Use of non-invasive procedures
- Application to all airplane travelers
- Failure occurs with over reliance upon demographic characteristics
Path to violence for spree killers

- 1. Background/demographics (childhood, school, friends, family, juvenile criminality)
- 2. Mental Health History Issues
- 3. Negative view of humanity
- 4. Mental health reversal due to life stressors.
- 5. Exacerbation of symptoms (or circumstances) that lead to subjective sense of victimization
- 6. Revenge fantasy created and “blaze of glory” ending
- 7. Extensive Planning to implement revenge fantasy
- 8. Breach Tipping point that defines “point of no return,” “no turning back”
- 9. Spree killing event and likely suicide
Raifman Path to violence for spree killers

1. Background/demographics (childhood, school, friends, family, juvenile criminality)
   - Child is “different” from peers, doesn’t easily fit in, outsider, isolated
   - Asocial behavior setbacks adversely impact development
   - Insecure, shy, introverted, non disclosing
   - Lack flexibility, difficulty meeting outside expectations
   - Child slides out of the social mainstream, experiences stigma, depression, perceives victimization, eventual response: contempt/blame others
   - Inner turmoil, development of largely hidden idiosyncratic thinking and onset of narcissistic resentment

2. Mental Health History Themes (Heterogeneous)
   - 1. Psychopath: Conduct disorder, oppositional defiant
   - 2. Personality Disordered: Narcissistic, Borderline, Social Isolation/Anxiety
     - Grandiosity, resentment, self righteousness, sense of entitlement nurtures wounded narcissism
     - Exaggerate past humiliations, externalize blame
   - 3. Co occurring Major Mental Disorder (Delusional, Paranoid Schizophrenic, Depression)
3. Negative view of humanity (Rodger wretched humanity video 0.48)
   - Eric Harris, “I hate the fucking world.” (Contempt for others)
   - Elliot Rodger, “Humanity is disgusting, wretched…”
   - Siloing: surrounding oneself with like minded persons, reinforcing attitudes and stereotypes.

4. Mental health reversal due to life stressors.
   - Stress of life exacerbates as when Asperger’s sufferer Lanza was asked to meet his mother’s expectations that he make school changes, and potentially move out of state
   - Stress when Cho suffering from anxiety, social isolation, created “Question Mark,” and faced a set back socializing with girls, turns to face anticipated graduation and the demands of succeeding in the world.
   - Chronic stress Rodger experienced when his “last chance” to have girls embrace him ended with a physical altercation
   - Adam Lanza frequently changes schools (Adam Lanza video Mother’s Expectations Requires a Big Change 1.05)
5. Exacerbation of symptoms (or circumstances) that lead to subjective sense of victimization (Elliot Rodger subjective sense of victimization video 1.59)

- Withdrawal, video game violence interests, chat groups
- Demonizing others, deifying oneself (Injustice Collector)
- Desire for infamy remain hidden, separate from and present an outward social persona;
- Private expression of private angry persona in personal journals, diary or video blog
- Obsessional focus, fixation on specific ideas, being wronged
- Interest in weapons, affinity with other spree killers

6. Revenge fantasy created (aggression response to victimization) and “blaze of glory ending”

- More Siloing, withdrawal
- Rodger: “You denied me a happy life, I will destroy your life” leads him to define a “Day of retribution.”
- For Breivik it was to be the “vanguard of the European war”
- Copy cat and competitive aspects (e.g., killing the most); Columbine killers bragged about dwarfing the carnage of the Oklahoma City bombing; accomplishing three acts of death
7. Extensive Planning to implement revenge fantasy
   - Easy access to weapons (*Loughner video of gun practice 1.28*)
   - Draft of manifesto serves as justification, actions attributable to mission, greater good.
   - Seek to make a high profile chaotic event of mass death
     - Movie theatre, Washington Navy Yard, Tucson shopping center, mall, mass transit
   - Consider successive phases of the rampage event
     - James Holmes planned both his apartment explosion and the theatre rampage with meticulous effort
     - Columbine killers devised a three part plan
     - Breivik bombed Oslo, and then went to the summer camp island
   - Take extensive time developing the plan: Klebold and Harris planned for a year; Cho practiced, rented hotel room for planning activities
   - Suicide, if contemplated, is regarded as a necessary element of martyrdom – 1,2,3 in Columbine case

8. Tipping point that defines “point of no return,” “no turning back”
   - Rodger went to a party and was beaten up – “one last chance” (*One last chance trigger, Rodger 1.24*)
   - Ending friendships
8. Tipping point that defines “point of no return,” “no turning back” (cont.)

- Breach tipping point when uploading videos, manifesto
  - Rodger, Cho, Harris & Klebold each left behind video blog
  - Rodger, Cho, Breivik left behind or published a manifesto
  - Holmes mailed a notebook to Dr. Fenton
  - Whitman left a suicide note
- Give possessions away
- Include initial “sample” killing incident
  - Rodger killed roommates
  - Cho killed fellow university co-ed (initially thought her girlfriend)
  - Breivik bombed a government building in Oslo
  - Lanza killed his mother with four bullets to the head
  - Whitman killed his mother and spouse

9. Spree killing event and likely suicide
Prevention: Interrupt the path to violence

1. Background/demographics (childhood, school, friends, family, juvenile criminality)
2. Mental Health History Issues
3. Negative view of humanity
   - School early identification and referral
4. Mental health reversal due to life stressors.
   - Improve access to mental health treatment services
   - Vocational assistance
5. Exacerbation of symptoms (or circumstances) that lead to subjective sense of victimization
6. Revenge fantasy created (aggression response to victimization) and “blaze of glory ending”
7. Extensive Planning to implement revenge fantasy
   - Reduce access to weapons
   - Improve “If you see something, say something” response
   - Improve Internet monitoring of video blogs and postings
8. Tipping point that defines “point of no return,” “no turning back
   - Quick response to initial “sample” killing event to thwart main event
9. Spree killing event and likely suicide
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