

## Brief Reports

### What to Do With the Psychopaths? Treatment Successes and Failures

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The popular opinion about the treatment of psychopathy is that it is not very promising. The personality traits that define the psychopath seem to be not compatible with traditional psychotherapy. This article reviews outcome studies on the treatment of psychopaths to answer the question whether treatment of psychopaths has positive outcomes. This article also emphasizes the role of brain abnormalities in psychopaths that may lead to the conclusion that social deficits of psychopaths are a cause of brain damage and therefore not treatable at all. It appears that treatment is not at all useless for psychopaths. Rather, there has to be made more effort to tailor traditional treatment methods to the characteristics and needs of psychopaths. It also appears that treatment for adolescent psychopaths is more promising than that of adult psychopaths. Further it seems that the 'dose' of treatment determines the outcome: More treatment than 'treatment as usual' is needed to reduce violent recidivism in psychopaths.

*Keywords:* psychopath, traditional treatment, violent recidivism

Pendapat yang populer tentang perawatan/pengobatan psikopati adalah bahwa hal tersebut tidak banyak menjanjikan. Sifat-sifat kepribadian yang menggambarkan psikopat tampaknya tidak sesuai dengan psikoterapi tradisional. Artikel ini mereview hasil studi perawatan psikopat untuk menjawab pertanyaan apakah pengobatan psikopat memberi hasil yang positif. Artikel ini juga menekankan peran abnormalitas otak pada psikopat yang mungkin membawa pada simpulan bahwa defisit sosial para psikopat menjadi penyebab kerusakan otak dan karenanya tak mungkin diobati. Tampaknya perawatan tidak sama sekali tak berguna bagi para psikopat. Sesungguhnya, perlu lebih diupayakan mengemas metode perawatan tradisional sesuai kebutuhan para psikopat masing-masing. Tampak juga bahwa perawatan psikopat remaja lebih menjanjikan daripada psikopat dewasa. Selanjutnya tampak bahwa "dosis" pengobatan menentukan hasilnya. Lebih banyak pengobatan daripada "perawatan seperti biasanya" diperlukan untuk mengurangi kekambuhan yang ganas pada psikopat.

*Kata kunci:* psikopat, pengobatan tradisional, kekambuhan ganas

We probably all know psychopaths from movies. The bad guy with a grandiose sense of self-worth and a superficial charm who is neither afraid of the police nor impressed by the suffering of his victims – that is usually the psychopath. Unfortunately, psychopaths are not a creation of Hollywood but also exist in real life. The typical psychopathic personality is remorseless, callous, deceitful, and egocentric, fails to form close emotional attachments, shows low anxiety, has a superficial charm, and exhibits an externalization of blame (Lilienfeld, 1998).

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Yang, Colletti, Raine, Toga, & Narr (2010) also made a distinction between 'successful' psychopaths and 'unsuccessful' psychopaths. Successful psychopaths are those who are able to avoid criminal convictions, the unsuccessful psychopath is usually not able to do so. Many psychopaths end up in prison or dead. Many - but not all of them. Some of them even become successful leaders or businessmen (Cleckley, 1941). Thus one (successful) psychopath might be your boss – maybe you already guessed so - another (the unsuccessful psychopath) might be a dangerous murderer in a maximum-security prison. The first one will probably not attract attention and never be diagnosed as a psychopath and therefore is also not likely to seek treatment. The latter - the unsuccessful