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Equal Access Advocates



# LEGAL ABUSE SYNDROME

*Steps for avoiding and coping the traumatic stress  
caused by the Justice System*

## Dr. Karin Huffer, Introduction

*“As a marriage and family therapist with over 30 years of experience, Dr. Karin Huffer identified, in 1995, that extreme stress caused by our adversarial courts of law exacerbates health problems and can even cause PTSD and anxiety disorders. In response, she developed a healing 8-step protocol tackling prevention and recovery. Dr. Huffer is a trusted speaker, writer, and researcher on the topic of legal abuse syndrome and conducts webinars certifying advocates to put the protocols to work actively – right in the courtroom – to help disabled litigants that have nowhere else to turn to.”*

## OVERVIEW, WHAT IS L.A.S.?

The condition Legal Abuse Syndrome is a chronic “Psycholegal” Post Traumatic Stress Disorder. L.A.S. complicates the victim’s ability to adequately defend him or herself against further assaults or to effectively fight for rights, at a moment when victims most need their creative powers. L.A.S. is the obscure factor that is exploited by unscrupulous attorneys, white-collar criminals, and abusers of authority.

## EIGHT STEPS TO RECOVERY

### 1. DEBRIEFING

Anyone who cares about the victim can do debriefing. It all starts with quality listening.

### 2. GRIEVING

Grieving is serious business and must be seen as such by the victim, therapists, friends and family, and the courts.

### 3. OBSESSION

Every L.A.S. survivor has been in jeopardy and absolutely unable to do anything about something. That something, in the face of his or her impotence, will trigger fear-motivating obsession.

### 4. BLAMING

Someone to blame and/or something to attribute the (Criminal) act to is part of the struggle for the victim to manage and regain some sense of safety and security.

### 5. DESHAMING

Deshaming means exactly what it implies, getting rid of shame. Victims inappropriately feel guilty, incompetent, blameworthy, sensations of disgrace, dishonor, and regret.

### 6. REFRAMING

The idea is to take the individual's perceptions that lead to damaged self esteem, to a sense of vulnerability, or to shame, and reframe the picture with insights that empower, reduce anxiety, and affirm self.

### 7. EMPOWERMENT

Hanging on to denial is simply too costly. Nor does denial protect against the life-time of recurring reminders that will momentarily trigger L.A.S. symptoms. The price of denying ugly reality is living life as a fugitive from the ever-present facts.

### 8. RECOVERY

Recovery is the last step, which becomes a life-style of skilled problem solving. The veteran now meets and solves problems with honed wisdom, courage, and tools.

## TAKE ACTION

Find out more information on Legal Abuse Syndrome by visiting our website at [EqualAccessAdvocates.com](http://EqualAccessAdvocates.com)

## Need More Information?

*Everything you need to know about L.A.S is covered in Dr Karim's Book*



Legal Abuse Syndrome (Limited Edition – Author Signed – Hard Cover) is a book which helps victims overcome the pain caused by their psychological reaction to profound and prolonged injustice. Those who seek justice have been victimized by either deception or violence. When a victim pursues justice he becomes engaged in a “shotgun wedding” of sorts which unites the psychological and legal issues into a psycholegal condition. Recovery requires both psychological attention

and legal closure. The condition, which I have named “Legal Abuse Syndrome” (LAS), is a chronic “psycholegal” Post Traumatic Stress Disorder which complicates the victim’s ability to adequately defend himself or herself against further assaults or to effectively fight for rights, at a moment when victims most need their creative powers. LAS is the obscure factor that is exploited by unscrupulous attorneys, white-collar criminals, and abusers of authority.

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