



## The "Golden Child" in Cult Recovery

**Helena Lofgren**

**26 February 2023, 1 pm Eastern time**

- The "Golden Child" in Cult Recovery (Helena Lofgren). 26 February, 2023, 1:00 pm Eastern time (New York time). CE Hours 1.5
  - [Register for CE Units](#)
  - [Register without CE - Free](#) (donations appreciated but not required)

In my clinical work, I meet people who have left a cultic context, alone or together. It could be siblings who broke up with a narcissistic parent, family, or friends who withdraw from a cultic group together. Despite all the goodwill and love, it can be difficult to heal as there are many wounds and triggers in the relationship between the former members.

A difficulty can be the different experiences one has had in the same context. It can have several reasons. One of them is how the leader sees them. A leader/parent can sometimes appoint a person as "the golden child," i.e., the one who is good or ideal, a role model for others. At the same time, another can be appointed as a scapegoat, the evil one. These roles can also change but are sometimes more static. Afterward, the one designated as good and evil may face various difficulties in rehabilitation. This designation affects the

relationship between former members and those outside the group. Helena Löfgren will talk about how to address this in therapy.

In this session, you will learn:

1. Assessing cult factors which can affect therapy
2. Understanding the implications of the roles - the Golden Child and Evil child in a cult
3. Helping clients to handle being both a victim and an offender
4. Life narrative as a therapeutic tool

**Helena Löfgren** is a licensed psychotherapist and has a Bachelor of Psychology. She specializes in CBT and works with different forms of CBT, like Schema therapy, and includes mindfulness and self-compassion.

She was a member of the Unification Church in NY for two years in the nineties. It ended with a deprogramming, and she received rehabilitation at Wellspring Retreat and Resource Center. Since the mid-nineties, she has volunteered to help former members of cults. She co-founded the non-profit association SESAM for former members and was active on the board for many years.

For almost 15 years, she has worked clinically with patients from cultic contexts. In 2015, she presented her thesis at ICSA's conference in Stockholm 2015 (The theme was second-generation Jehovah's Witnesses from a Schema Therapy perspective).

She has written chapters in two books in Swedish (Manipulation pågår and Sektsjuka) and has been interviewed as an expert in several books. Löfgren participates in the media regularly to talk about undue influence. She also lectures on undue influence at

Uppsala University in Sweden, among other places. She is a member of the Radicalization Awareness Network (RAN) in the European Commission



International Cultic Studies Association (ICSA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6893. Programs that do not qualify for NBCC credit are clearly identified. ICSA is solely responsible for all aspects of the programs.

International Cultic Studies Association| PO Box 2265, Bonita Springs, FL 34133| Phone: (239) 514-3081| Fax: (305) 393-8193| Email:mail@icsamail.com