



The Icelandic Horn:

Introducing Culture into Our Discussions of Violence

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Cedar Counseling Center

- Specializing in domestic violence and sex offender rehabilitation in both English and Spanish
- Addressing specific cultural practices and including them into treatment plans



Or Maybe You Have Heard About Us



World Travelers

- United States
- Canada
- Mexico
- Peru
- Brazil
- Iceland
- France
- Greece
- Spain
- Australia
- New Zealand
- Jamaica
- South Korea
- Germany

Why?

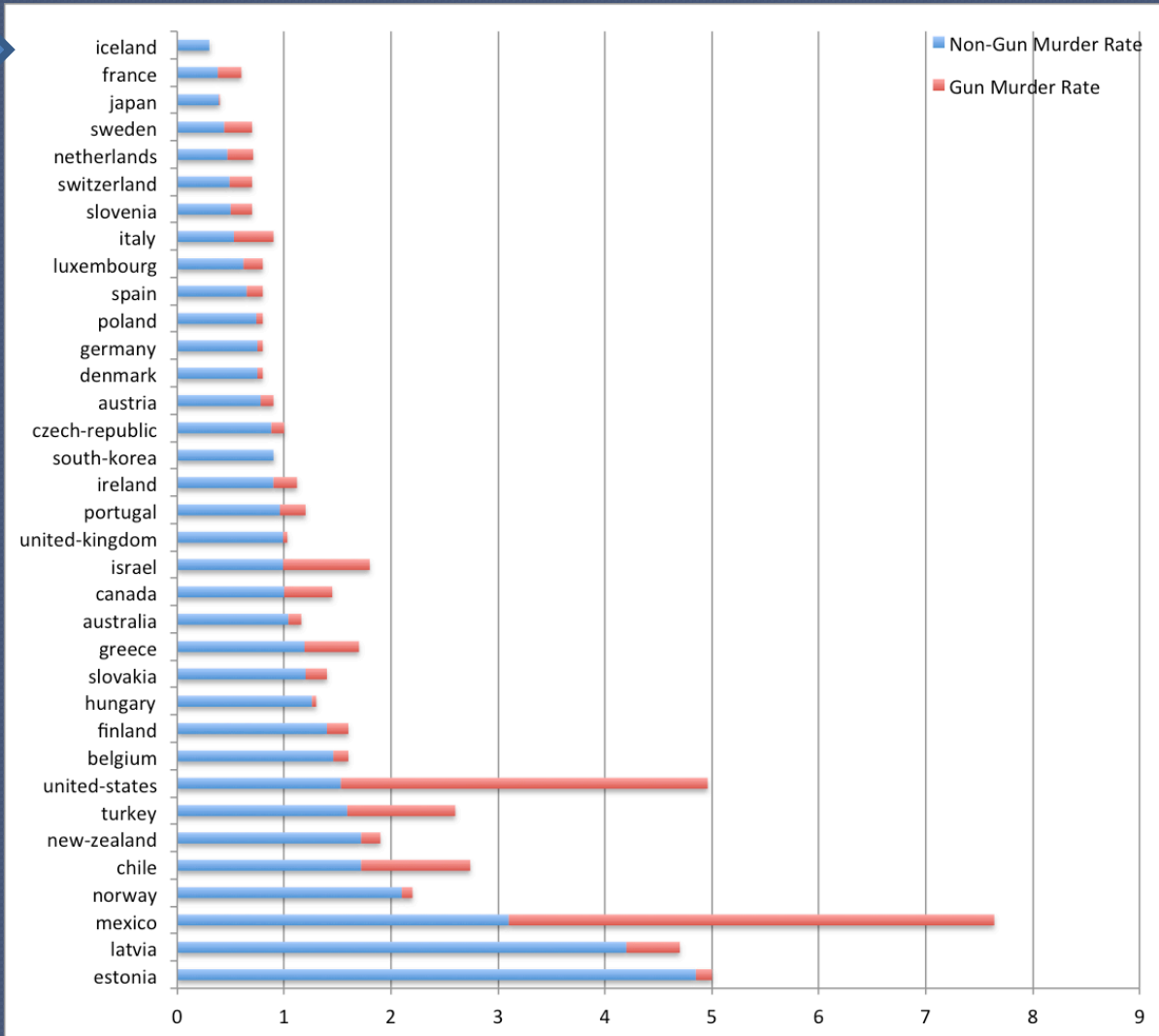


February 14, 2018

Yes, we know
it's a complex issue

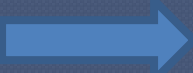


Global Rates of Violence

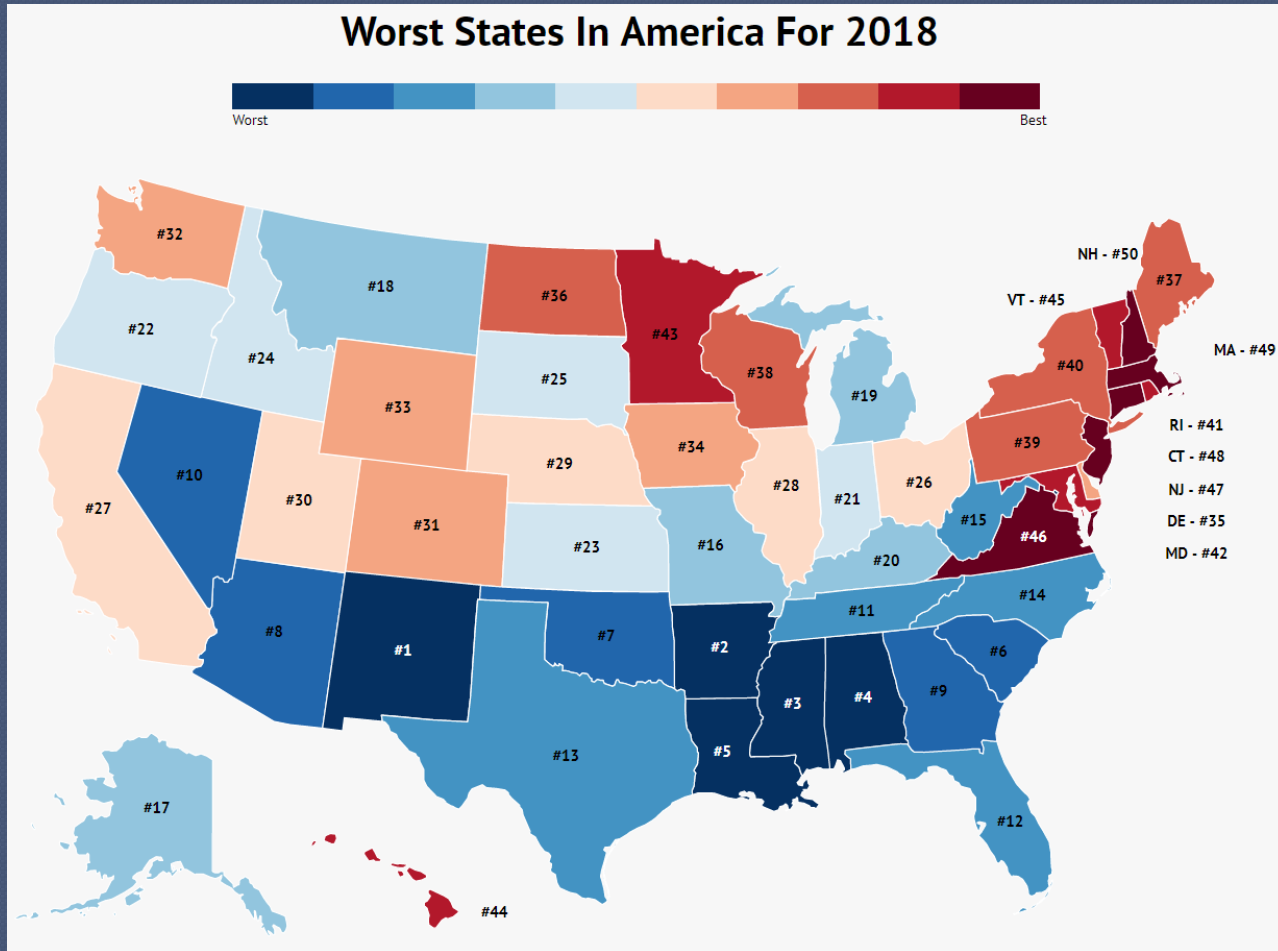


Most Dangerous Cities

THE FIFTY MOST VIOLENT CITIES IN THE WORLD



Crime and Violence by State

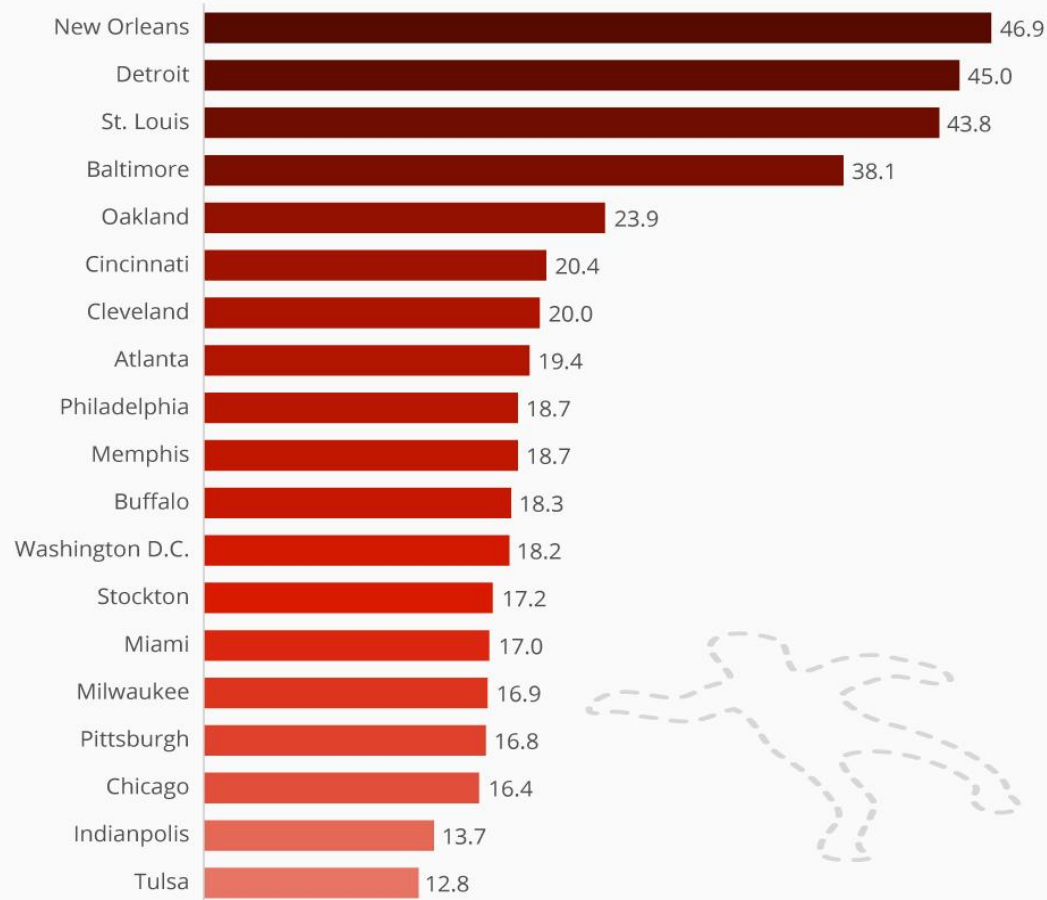


Blue = more violent

By U.S. City

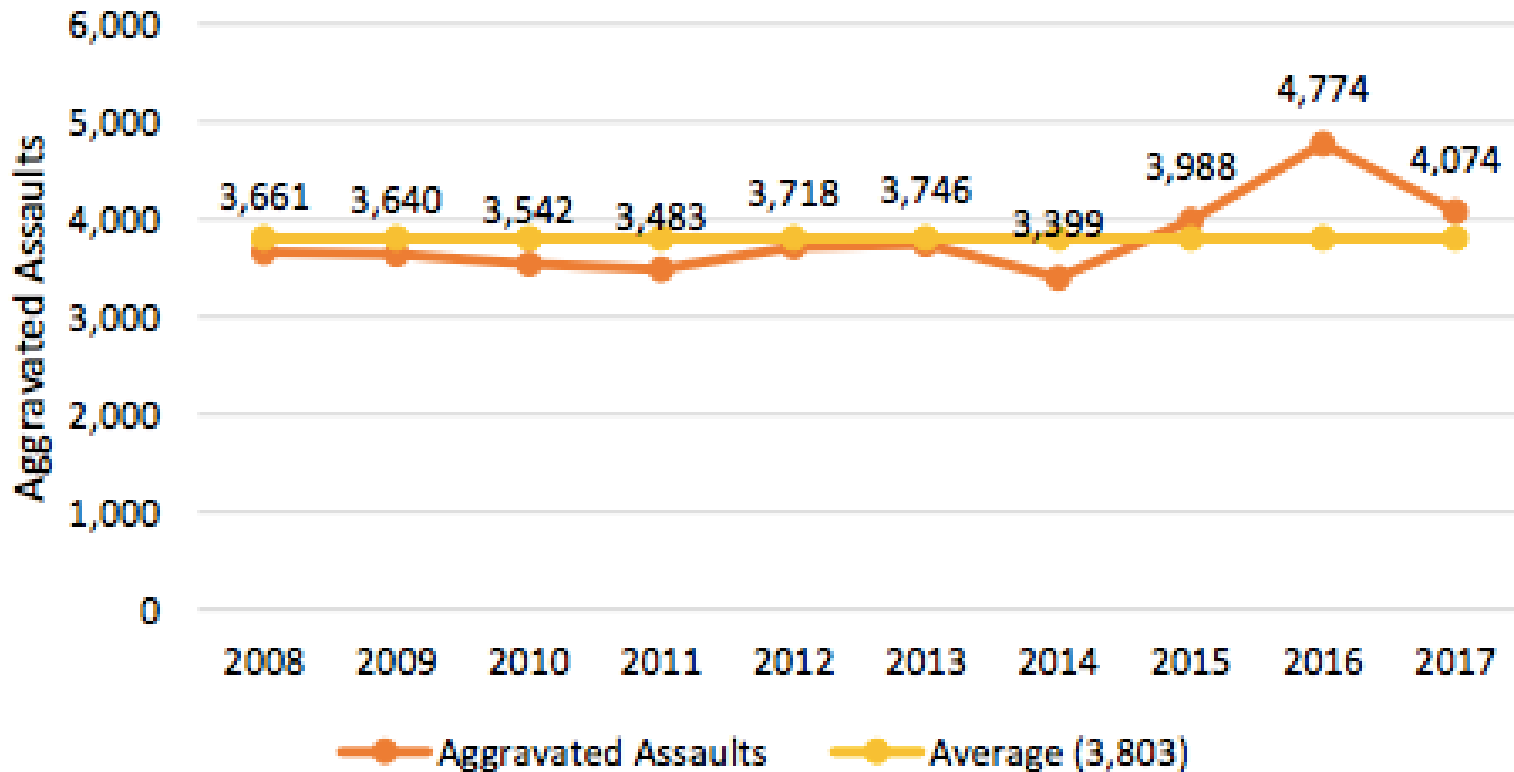
America's Most Dangerous Cities

Homicide rate per 100,000 residents over the last five years*



Utah Violent Crimes

Aggravated Assaults 2008 to 2017



Why Not?

2018 GLOBAL PEACE INDEX

A SNAPSHOT OF THE
GLOBAL STATE OF PEACE

THE STATE OF PEACE



Global Peace Index ● @GlobPeaceIndex · Jun 5

These are the top ten most peaceful countries in the world in 2018:

-  Iceland
-  New Zealand
-  Austria
-  Portugal
-  Denmark
-  Canada
-  Czech Republic
-  Singapore
-  Japan
-  Ireland

This is Iceland

why did they call it Iceland?



Kirkjufellsfoss Waterfall

A gun issue?

United States: 80
guns per 100
residents

Iceland: 30.3 guns
per 100 residents

Country	Guns per 100 residents (2007)	Rank (2007)	Comments
 United States	88.8	1	
 Serbia	58.2	2	[5]
 Yemen	54.8	3	
 Switzerland	45.7	4	
 Cyprus	36.4	5	
 Saudi Arabia	35.0	6	
 Iraq	34.2	7	
 Finland	32.0	8	[6]
 Uruguay	31.8	9	
 Sweden	31.6	10	
 Norway	31.3	11	
 France	31.2	12	
 Canada	30.8	13	
 Austria	30.4	14	
 Iceland	30.3	15	
 Germany	30.3	15	
 New Zealand	22.6	22	1993: 26.8. [2]
 Greece	22.5	23	
 Northern Ireland	21.9	25	
 Angola	17.3	34	
 Thailand	15.6	39	
 Australia	15.0	42	
 Mexico	15.0	42	
 South Africa	12.7	50	
 Turkey	12.5	52	
 Italy	11.9	55	
 Pakistan	11.6	57	
 Spain	10.4	61	
 Argentina	10.2	62	
 Russia	8.9	68	
 Iran	7.3	79	
 England and  Wales (England and Wales)	6.2	88	
 Scotland	5.5	93	
 China	4.9	102	
 India	4.2	110	
 Tunisia	0.1	178	

Iceland's Gun-Related Shootings

- 2007 P-T-P
- 2013 SWAT – the first time ever:
- “The police regret this incident and wishes to extend it’s condolences to the man’s family.”



WT...H?

- "The nation does not want its police force to carry weapons because it's dangerous, it's threatening," (State Run News Spokesperson) Arnorsdottir says. "It's a part of the culture. Guns are used to go hunting as a sport, but you never see a gun."

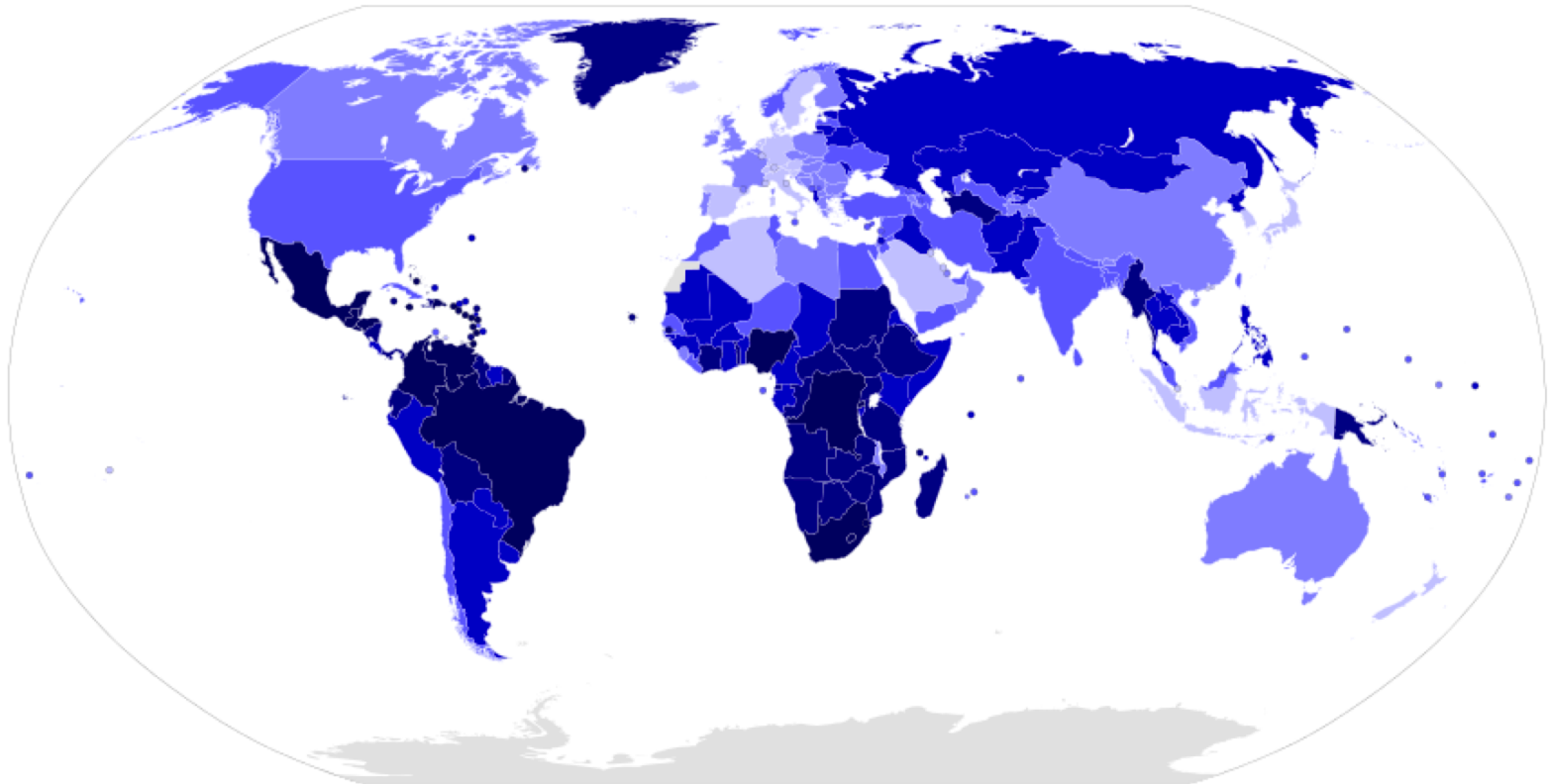
Did you know?



What's the point of having guns?

- ◉ Sport, target shooting & Hunting
- ◉ You don't take them in public
 - “When people view guns as a tool of self-defense they make them more accessible.”

Is it drugs?

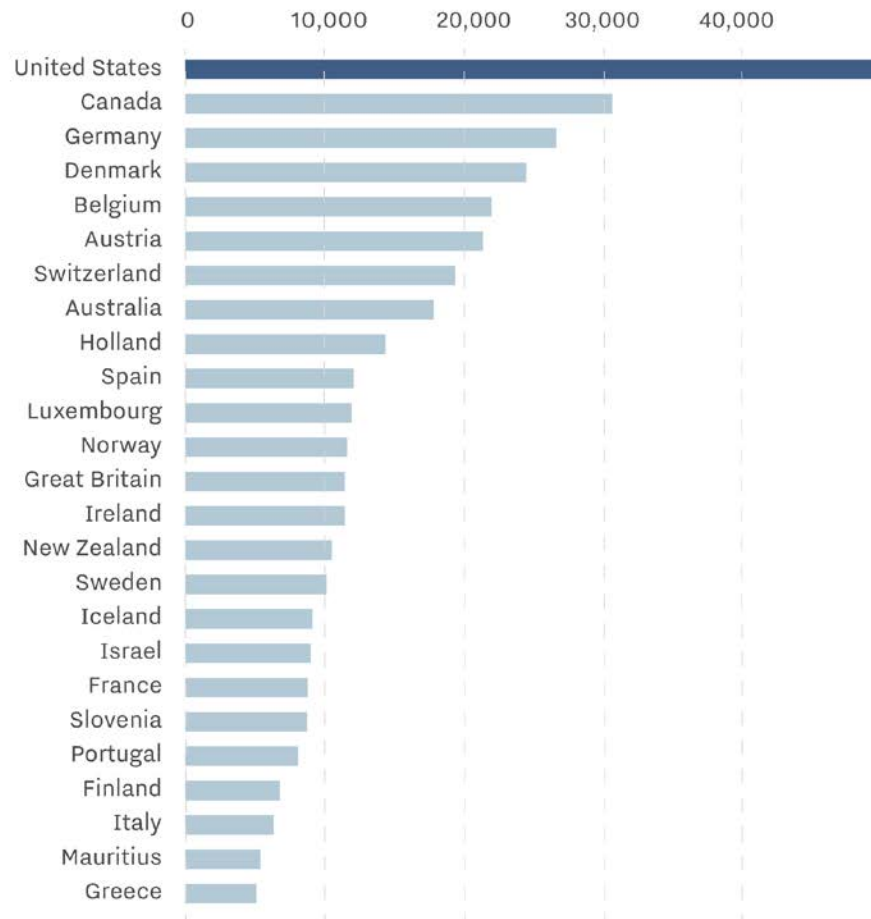


Murder rate per 100,000 inhabitants in 2012. 0-1 1-2 2-5 5-10 10-20 >20

https://en.wikipedia.org/wiki/List_of_countries_by_intentional_homicide_rate#/media/File:Map_of_world_by_intentional_homicide_rate.svg

Americans consume more opioids than any other country

Standard daily opioid dose for every 1 million people

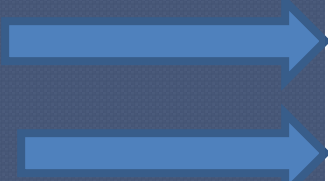
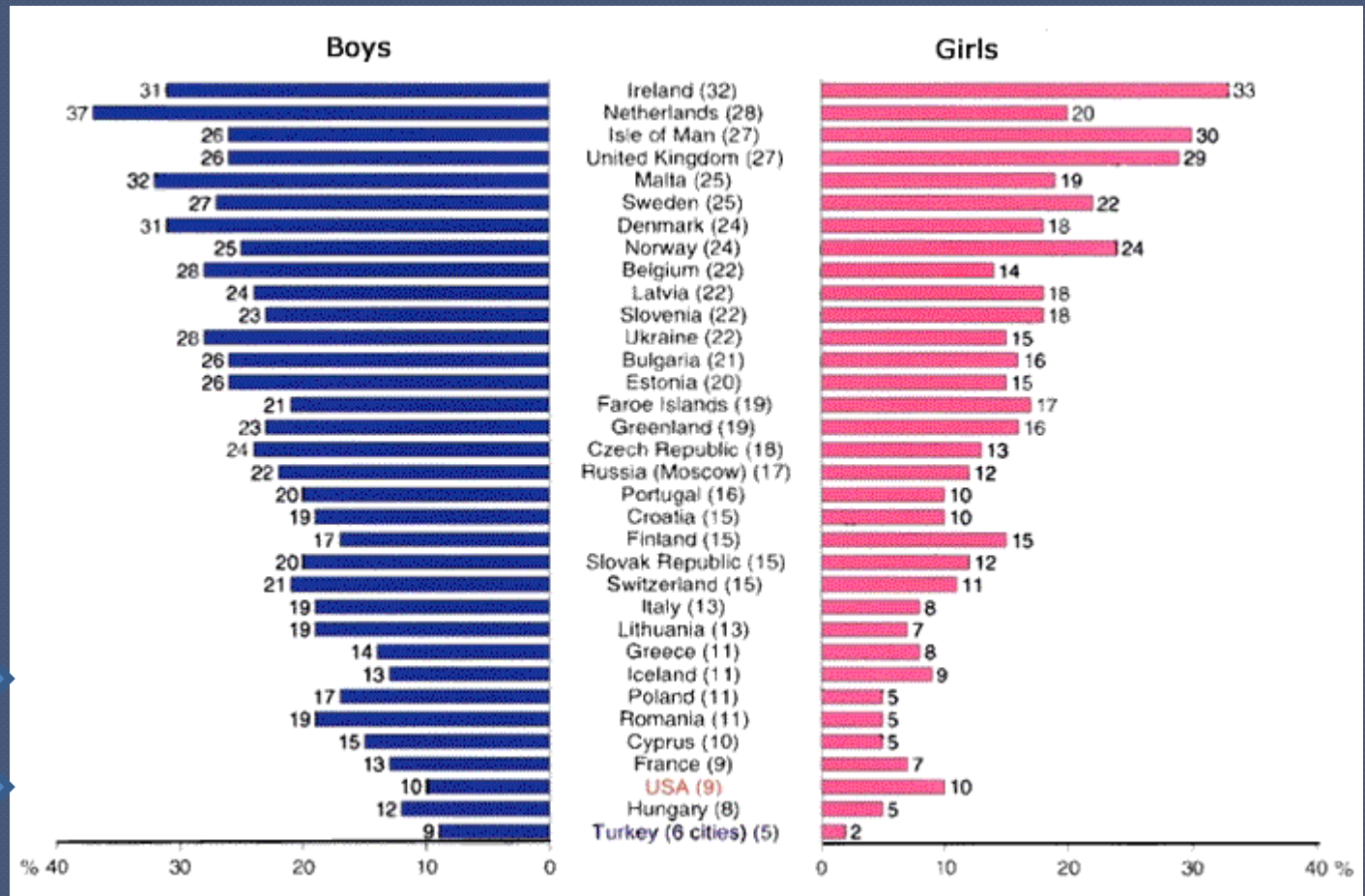


Source: United Nations International Narcotics Control Board
Credit: Sarah Frostenson

Vox

Opioids?

Alcohol Consumption



Alcohol Consumption & Time

Violent incidents between



12:00 to 18:00



18:00 to 22:00



22:00 to 00:00



00:00 to 06:00



Alcohol-related

23%



52%



83%

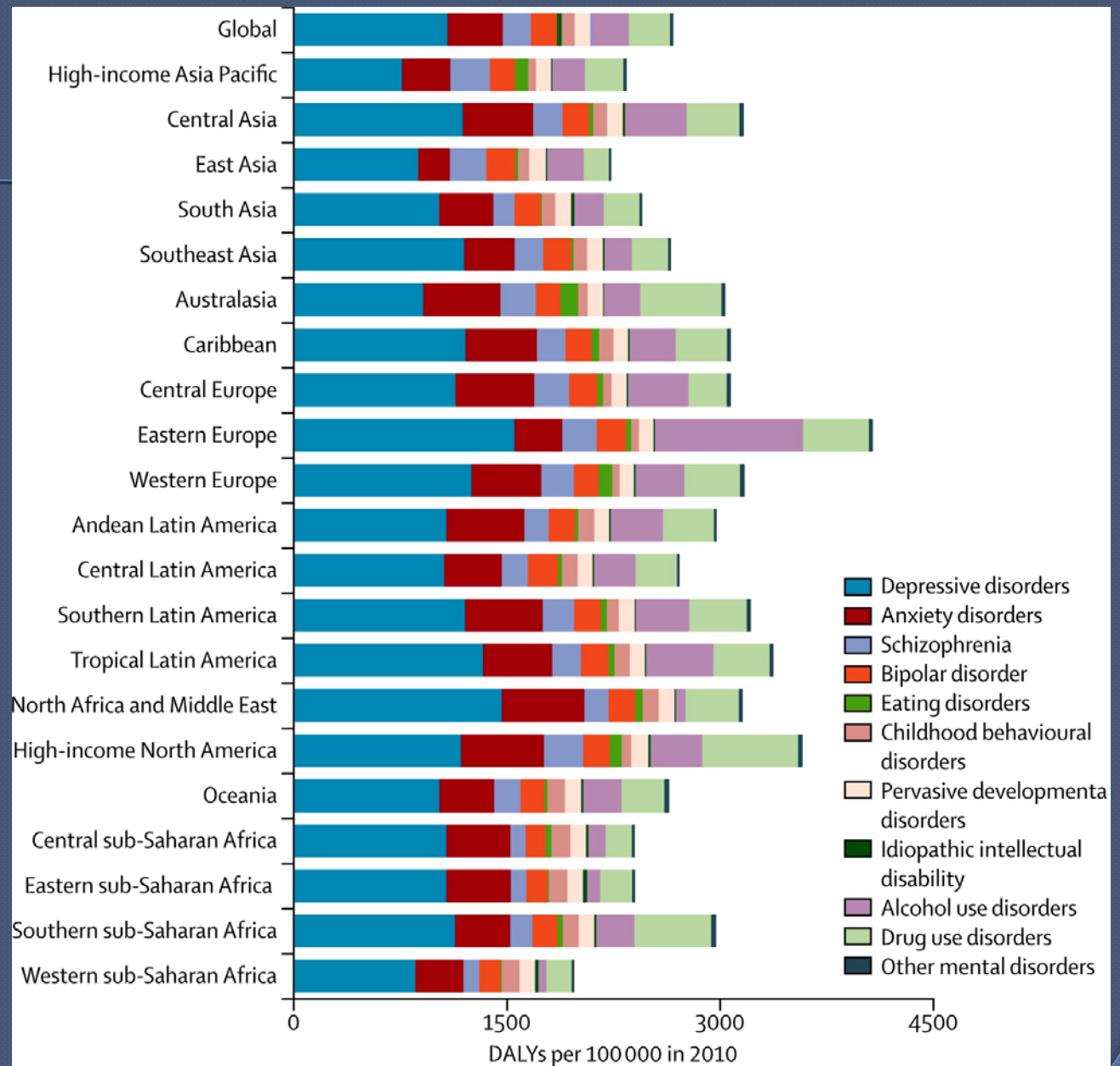


84%

Source: Crime Survey for England and Wales

Office for National Statistics

Can't be
 mental
 health – it's
 consistent
 everywhere



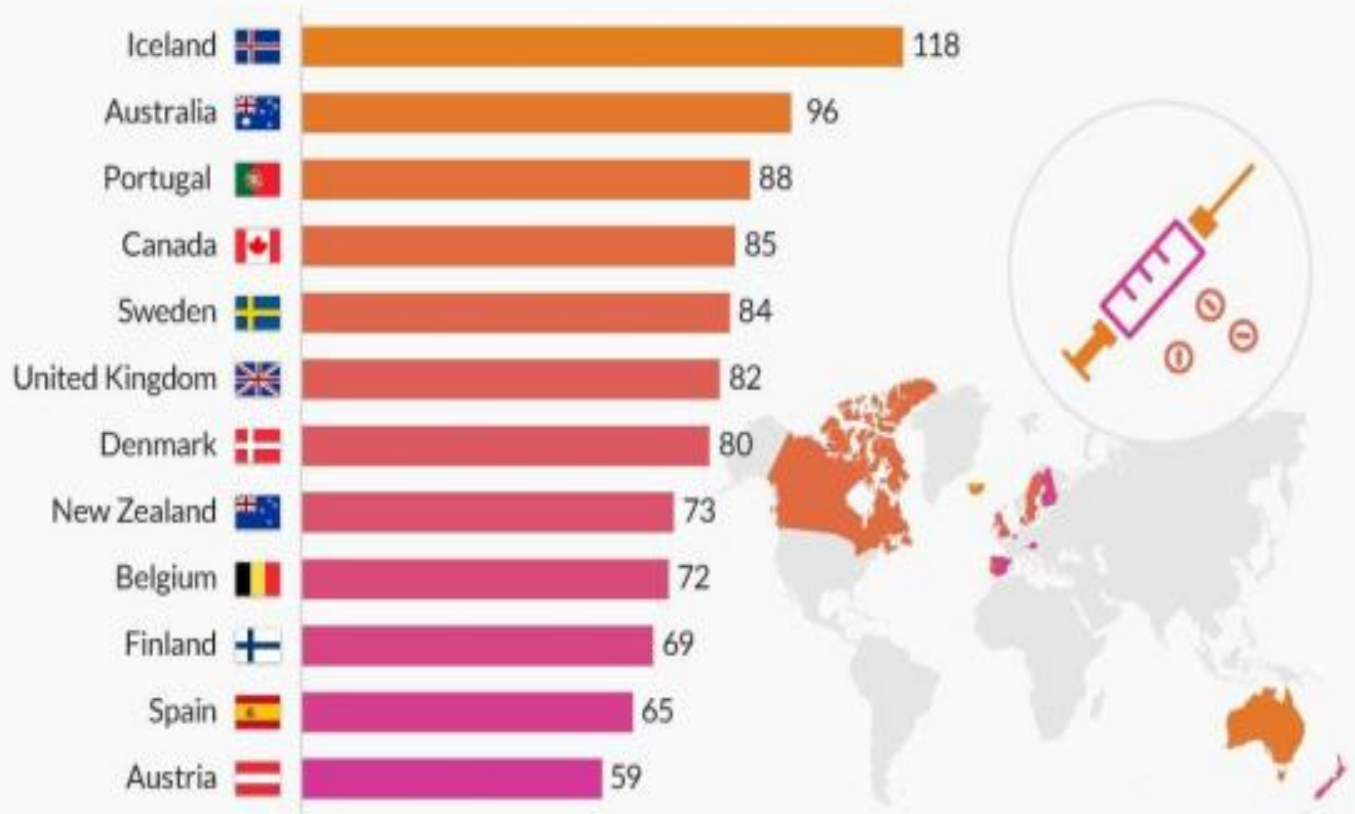
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Did You Know?

Iceland: 118 daily doses per 1,000 people

Global antidepressant drug consumption visualised

Defined daily dose, per 1,000 people per day in 2013



@StatistaCharts Source: OECD

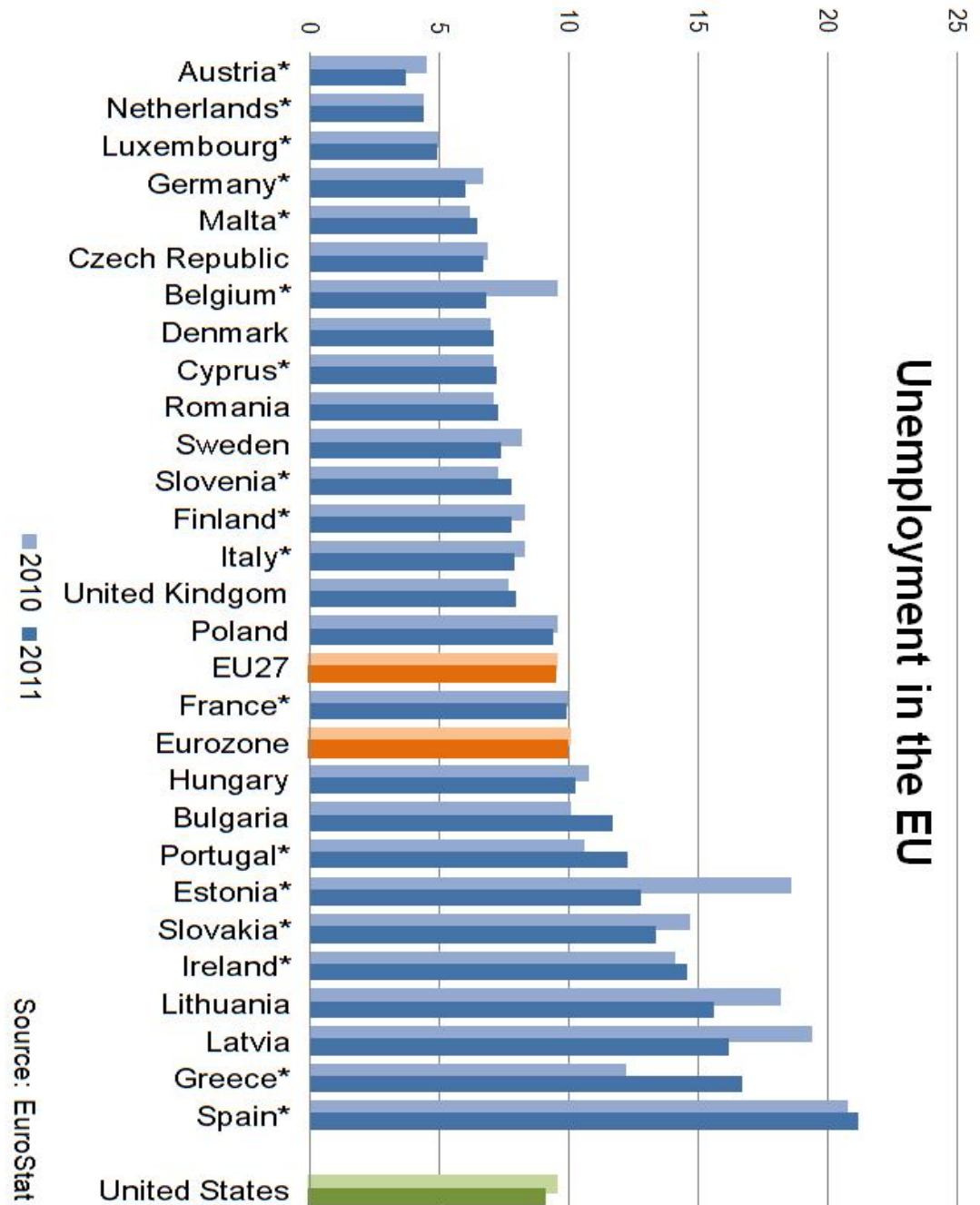
i100

from The INDEPENDENT

statista

As of 2/2018 Iceland's
Unemployment rate
was 2.7%

Is it
unemployment?



Hey, Where's Your Homeless Population?



Economic Capital

Inequity in Resource Distribution

- ◉ Stratification cultures = Inequality
 - Surplus = potential inequality
 - Survival during resource shortages = unequal access to wealth = increased “mortality” in lower classes

Corruption

CORRUPTION PERCEPTIONS INDEX 2017 ^{BW}

Perceived levels of public sector corruption in 180 economies

Economies perceived as
"Very Clean"

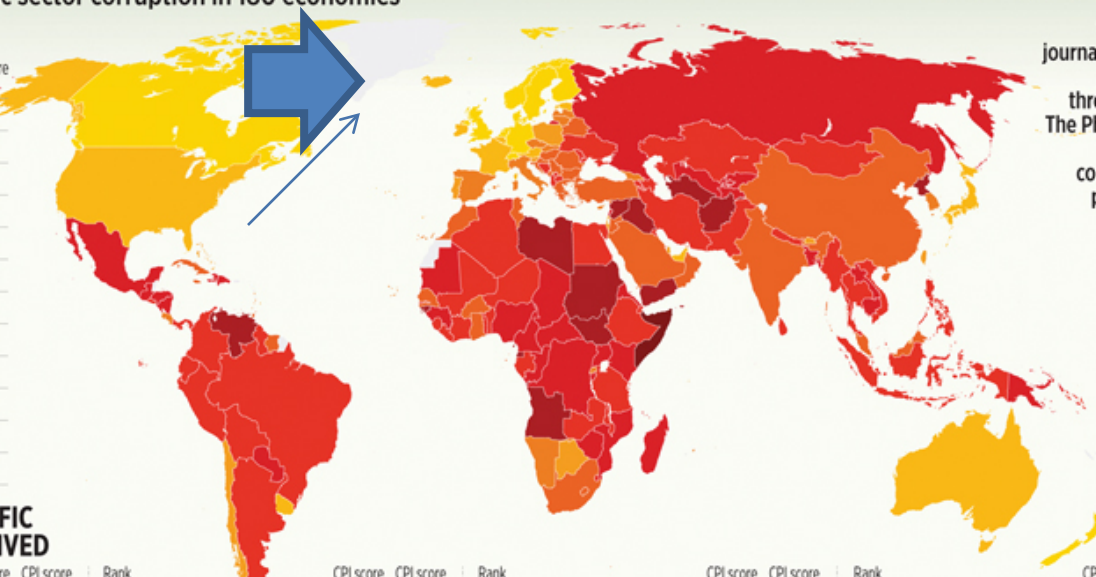
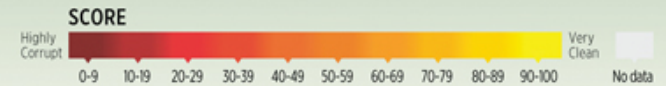
Rank		CPI score 2017
1	New Zealand	89
2	Denmark	88
3	Finland	85
3	Norway	85
3	Switzerland	85
6	Singapore	84
6	Sweden	84
8	Canada	82
8	Luxembourg	82
8	Netherlands	82
8	United Kingdom	82
12	Germany	81

HOW SELECT ASIA-PACIFIC ECONOMIES ARE PERCEIVED

Rank 2017		CPI score 2016	CPI score 2017
1	New Zealand	90	89
6	Singapore	84	84
13	Australia	79	77
13	Hong Kong	77	77
20	Japan	72	73
26	Bhutan	65	67
29	Taiwan	61	63
32	Brunei	58	62

Rank 2017		CPI score 2016	CPI score 2017
51	South Korea	53	54
62	Malaysia	49	47
71	Vanuatu	-	43
77	China	40	41
81	India	40	40
85	Solomon Islands	42	39
91	Sri Lanka	36	38
91	Timor-Leste	35	38

Rank 2017		CPI score 2016	CPI score 2017
96	Indonesia	37	37
96	Thailand	35	37
103	Mongolia	38	36
107	Vietnam	33	35
111	Philippines	35	34
112	Maldives	36	33
117	Pakistan	32	32
122	Nepal	29	31



"In some economies across Asia and the Pacific, journalists, activists, opposition leaders and even staff of law enforcement or watchdog agencies are threatened, and in the worst cases, even murdered. The Philippines, India and the Maldives are among the worst regional offenders in this respect. These countries score high for corruption and have fewer press freedoms and higher numbers of journalist deaths." — *Corruption Perceptions Index 2017*

Economies perceived as
"Highly Corrupt"

Rank		CPI score 2017
167	Angola	19
167	Turkmenistan	19
169	Iraq	18
169	Venezuela	18
171	North Korea	17
171	Equatorial Guinea	17
171	Guinea Bissau	17
171	Libya	17
175	Sudan	16
175	Yemen	16
177	Afghanistan	15
178	Syria	14
179	South Sudan	12
180	Somalia	9

SOURCE: CORRUPTION PERCEPTIONS INDEX 2017, TRANSPARENCY INTERNATIONAL BUSINESSWORLD GRAPHICS: BONG R. FORTIN

Arni Johnsen, PM



Linoleum

Did you know?

This is Iceland

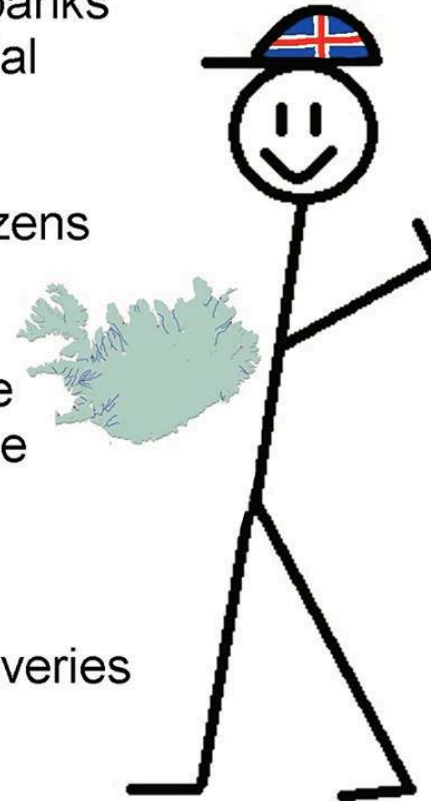
Iceland let its 3 biggest banks fail after the 2008 financial collapse

Iceland bailed out its citizens instead.

Iceland prosecuted those banksters that caused the meltdown.

Iceland had one of the strongest economic recoveries ever.

Be like Iceland.



Did You Know?

Millenials

Table 6. Correlations (*r*) Between the NPI Total Score, the NPI Scales of Leadership/Authority, Grandiose Exhibitionism, and Entitlement/Exploitativeness, the Psychological Entitlement Scale, and Measures of “Pathological” Narcissism (Study 3)

	NPI Total Score	NPI Scale Scores			Psychological Entitlement Scale
		Leadership/ Authority	Grandiose Exhibitionism	Entitlement/ Exploitativeness	
Psychological Entitlement Scale	.41	.26	.32	.36	—
Pathological Narcissism Inventory	.14	-.02	.13	.30	.28
Narcissistic vulnerability	.05	-.10	.07	.32	.24
Entitlement rage	.31	.08	.30	.44	.46
Contingent self-esteem	-.04	-.19	.06	.23	.14
Hiding the self	-.07	-.06	-.15	.05	-.02
Devaluing ^a	.02	-.07	-.01	.31	.19
Narcissistic grandiosity	.29	.15	.20	.16	.26
Exploitativeness	.40	.27	.18	.31	.25
Self-sacrificing self-enhancement ^a	.11	.06	.13	-.02	.12
Grandiose fantasy ^a	.17	.05	.16	.09	.22

Note. NPI = Narcissistic Personality Inventory. The Psychological Entitlement Scale used here refers to the measure developed by Campbell et al. (2004). The Pathological Narcissism Inventory used here refers to the measure developed by Pincus et al. (2009). Entries in boldface are significant at $p < .05$.

a. Variables for which the difference in dependent correlations between the Psychological Entitlement Scale and the NPI scale score for Entitlement/Exploitativeness was significant at .05.

I broke the law



“But rules are made...”

We're different



Genetics

Inherently Species-Driven



Capuchin Monkey Experiments

- ◉ **Fairness**/ “fair share”
- ◉ **Punishment** of those receiving “more”
- ◉ **Spite**

Did you know?



Skolavordustigur

Genetics & Evolution

Monkeys and Humans

- ◉ Attachment
- ◉ Rank & “Class” (hierarchy)
- ◉ Peer Group Influence
- ◉ Rough and Tumble Play
- ◉ **Testosterone** = Aggressive behavior
- ◉ Stress/ Trauma (effects on cognition, learning, memory, impulse control, empathy)
- ◉ **Empathy, reward & benevolence**

Some Monkeys



Not Every Monkey

- Group cohesion differs
- Old World Monkeys = males more aggressive
(vs. others have few M-F behavioral differences in pair bonds)
- Aggression/ Violence
- Anxiety = nurture/
sex



DID YOU KNOW?



20th Century Fox Research Library

01:09:13:10

Macaques

Hormones?

○ In Primates

- Aggression related to Testosterone

○ In Non-primates

- Aggression enhanced by Testosterone
- Aggression enhanced by Testosterone + Estrogen

○ Both Male and Female Primates

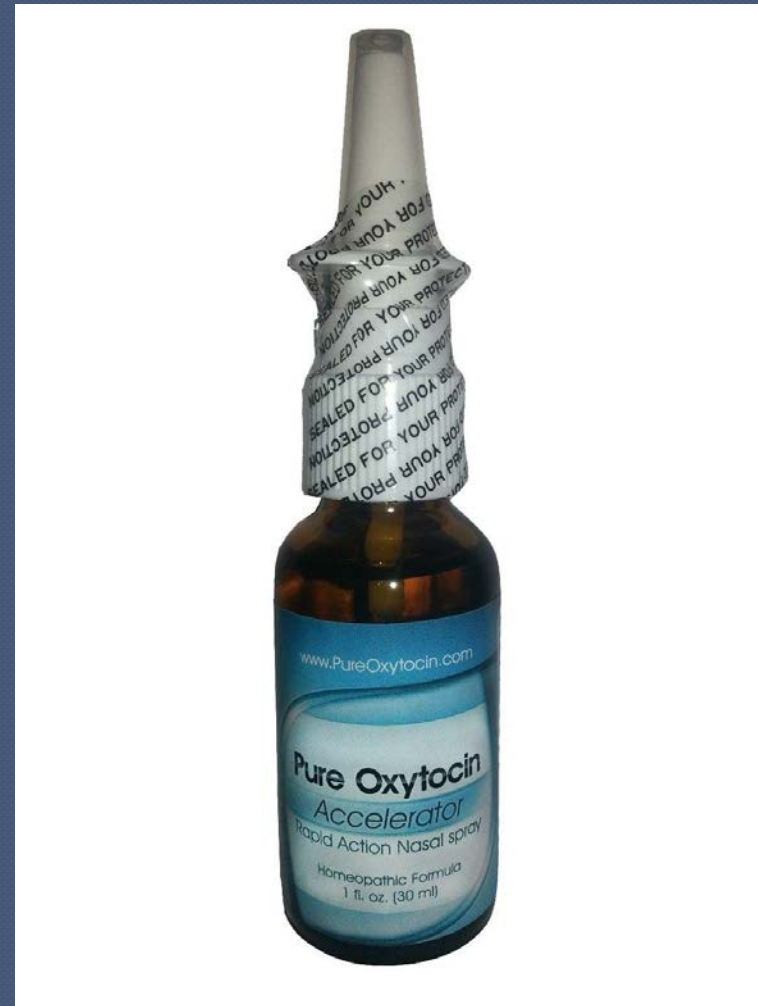
- Aggression increases during menses
- Aggression related to high T & E ratio

Did You Know?



DID YOU KNOW? Oxytocin

- Good: Social behavior, bonding, trust, emotional sensitivity
- Bad: Out-Group bias, hinders trust, reduces cooperation, triggers schadenfreude,



Schadenfreude



Cultural



Ivar the Boneless

“Berserkr” were feared by enemies and even their battle companions”

Cultural Universals

- Aesthetics
- Magic
- Baby talk
- Gods
- Induction of altered states
- Marriage
- Body Adornment
- Nepotism
- Afterlife
- Music
- Color terms
- Prohibitions
- Toilet training
- Kinship terms
- Numbers
- Cooking
- Names
- Dance
- Play
- Rituals
- Gossip
- Binary sex
- Humor
- Lying
- Symbolism
- Tools

Key Cultural Universals

- ◉ Murder & Violence
- ◉ Prohibition of violence & types of murder
- ◉ Right vs. Wrong
- ◉ Conformity
- ◉ Fairness
- ◉ Perception of gender = different natures
- ◉ Private sex & Prohibition on types of sex
- ◉ Empathy
- ◉ Reciprocity

Key Differences

Collective vs. Individualistic



Basic Human Interactions

Giving and Receiving Benefits

TAKE



ALTRUISM

EXCHANGE

COLLECTIVE



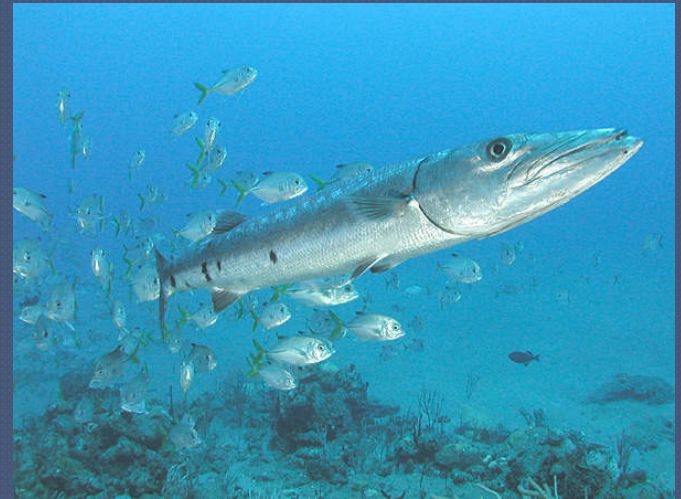
Individualistic Values

- ◉ Competition
- ◉ Achievement
- ◉ Dominance
- ◉ Looking out for #1
- ◉ Autonomy
- ◉ Uniqueness
- ◉ Noncooperation (vs. nonconformity)
- ◉ Needs & rights of the individual

Kill them with
kindness and
bury them with
a smile.

Individualistic Parenting

- Speak louder, loud music, animated expression
- **View self as teacher rather than protectors**
- Influential
- **Leader**
- Autonomy
- Value high energy affect
- **Individual competition**
- Hobbies of doing (vs. observing)
- Verbal assertiveness (vs. Cooperation)



Community of Sufferers

Individualistic Cultures Pull Together When...



SCOTT OLSON/GETTY IMAGES

“The worst of times, the best of times”

Collective



Relational

Collective Values

- ◉ Selflessness
- ◉ **Community**
- ◉ Affiliation
- ◉ Needs of group guide behavior
- ◉ **Harmony** & Interdependence
- ◉ Conformity = morality
- ◉ Supporting others is essential
- ◉ **Relationships are stable, strong and long-lasting** (“new” relationships are hard to form)

Well, that would explain...



Icelandic Collectivism

- **Everyone needs to pitch in** (winter = survive)
- Anonymity
- **Social approval**
- Not impossible to reach people of power
- Equal Opportunities:
 - **95% Rate serves as middle income** (low poverty or wealth)
 - Health care
 - **Attend same schools**
 - Less fear

Collective Parenting

- ◉ Mothers spend more time soothing
- ◉ Maintain contact
- ◉ Contact with other adults
- ◉ Value low arousal affect
- ◉ Co-sleeping
- ◉ Cooperation
- ◉ Fitting in
- ◉ Sharing
- ◉ Get along, think of others, accept and adapt
- ◉ Morality and conformity

Individualistic vs. Collective Perceptions

- **Define self personally:** *"I am a counselor"*
- **Memory = personal events:** *"I learned how to ski"*
- **Intrinsic Success =** *"I'm really good at ..."*
- **Norm Enforcement = guilt:** *"How could I live with myself?"*
- **Define self relationally:** *"I'm her husband/ their child"*
- **Memories:** *"That's the summer I met you"*
- **Success = situational:** *"Right place, right time"*
- **Norm enforcement = shame:** *"What will people think?"*

Relational Identity

○ Influence:

- Americans = remember how they influenced someone
- East Asians remembering who influenced them

○ Brains activate (emotion + PFC):

- Individualistic = when looking at pictures of themselves

○ *Force an American or East Asian to do the opposite and they secrete stress hormones

Temper Tantrums: A Global Phenomenon



All Cultures: In Group/ Out Group

- ◉ **Belonging & Security**
- ◉ Perception = shared experience
- ◉ Social ID's = shift to fit in
- ◉ Resources to members
- ◉ Similarities & affinity
- ◉ Positive Judgments
- ◉ Suffered in similar ways

All Cultures

IN GROUP

- Bias/ Favoritism
- Leniency, cover-ups, excuses
- More extreme decisions
- Increasingly “antisocial” = forgiven
- Bias & Favoritism
- Contempt & Hostility for the outgroup

OUT GROUP

- Incompetent
- Discrimination
- A threat
- Hindering In Group
- Harsh Judgments
- Derogation
- Focus on differences
- Negative image/ memory

Reciprocal Responsibility

- ⦿ “...the motivation and likelihood for helping ...may differ if the recipients are considered in-group or out-group members.”

Back to Iceland:
Hey, It's Awful Quiet Here



Attitudes & Schemas

- ◉ Retribution
- ◉ Sensitivity to Violence
- ◉ Violent attitudes: *when is it acceptable?*
- ◉ Trauma Schemas (Mistrust and Abuse):
expectation others will hurt, abuse, humiliate, cheat, lie, manipulate
- ◉ Narcissism = Entitlement/ Grandiosity

Honor Cultures

- **Willing to die for your honor** (“better to come back in a coffin than a coward”)
 - honor killings
- **Reputational consequences** for failing to do so
- **Power Vacuum** = minimal presence of rule of law
- Prestige is lost if challenges are left unanswered
- Taking retribution after affronts to the self, family, clan and place

Did you know?

Chiefs or Sachems

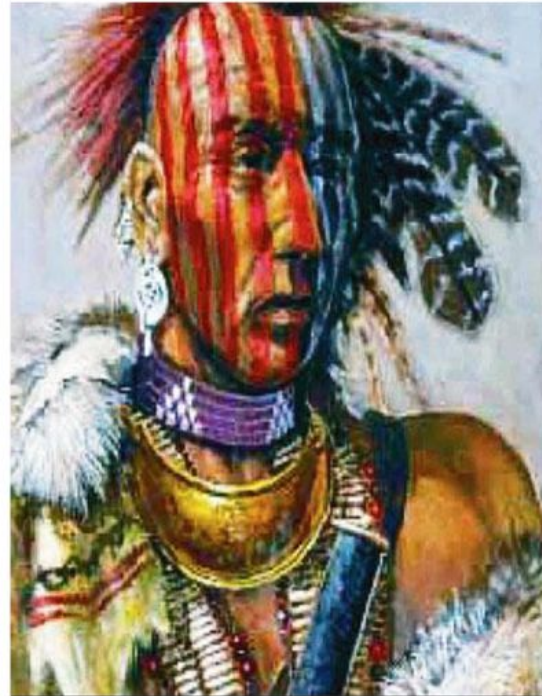
- Iroquois society was run by a council of **50 chiefs called Sachems**
- These men were chosen by the women who led the maternal families

Civil Chief

- Directed the normal activities of the clan

Military Chief

- In charge of settling conflicts with other groups



So What Are We Saying and Doing?

Theory into Practice



Our Perception of Violence and Peace

- Aggression may be biological but the expression is **CULTURAL**
 - How we organize the culture
 - How we think consciously and not
 - How we feel and not
 - How we develop relationships with family and strangers
 - How we perceive and act on violence

Do this



Reykjavik & Urban Planning



Downtown Reykjavik



Plaza in Peru



Canadian Community Centre



DID YOU KNOW?



The Hopi's and the Nuns

Collective Wellness

- Collective **NOT** Individual
- Restorative Justice
- Look into societies who claim to have wellness, what does "taking care of people look like?"
 - Financial risks & equity
 - Gender equity
 - Mental and Physical Health
 - Emotional: 93% of Philippines people report feeling loved (Armenia is 29%)

Collectivists

- ◉ **It only works if EVERYBODY listens, gives, trusts**
- ◉ **Everybody** takes responsibility
- ◉ Identity is connected with each other
- ◉ **Tolerance**
- ◉ **The Culture, The Community, The Family**
- ◉ Better perspective-taking = empathy
- ◉ Norm enforcement = you took so return it

We All Own It

How do you contribute to aggression in society?

Need

- ◉ Love
- ◉ Warmth
- ◉ Affection
- ◉ Reliability
- ◉ Happy knowing you exist (abortion rates)
- ◉ Responsiveness
- ◉ Stimulation
- ◉ Consistency
- ◉ Poor attachments lead to anxiety, depression

Benefits of Altruism

- ◉ Tranquility
- ◉ **Connections**/ intimacy
- ◉ Improved Self-Worth
- ◉ Greater Optimism
- ◉ Raised Self-Esteem
- ◉ **Compassion Satisfaction**
- ◉ **Physical health**/ longer life
- ◉ Decreases in depression & helplessness

The Pizza Rule



Punishment = Exclusion

Did you know?



SOCIAL FACTORS = TRAUMA RECOVERY

Questions?



Start the Turn