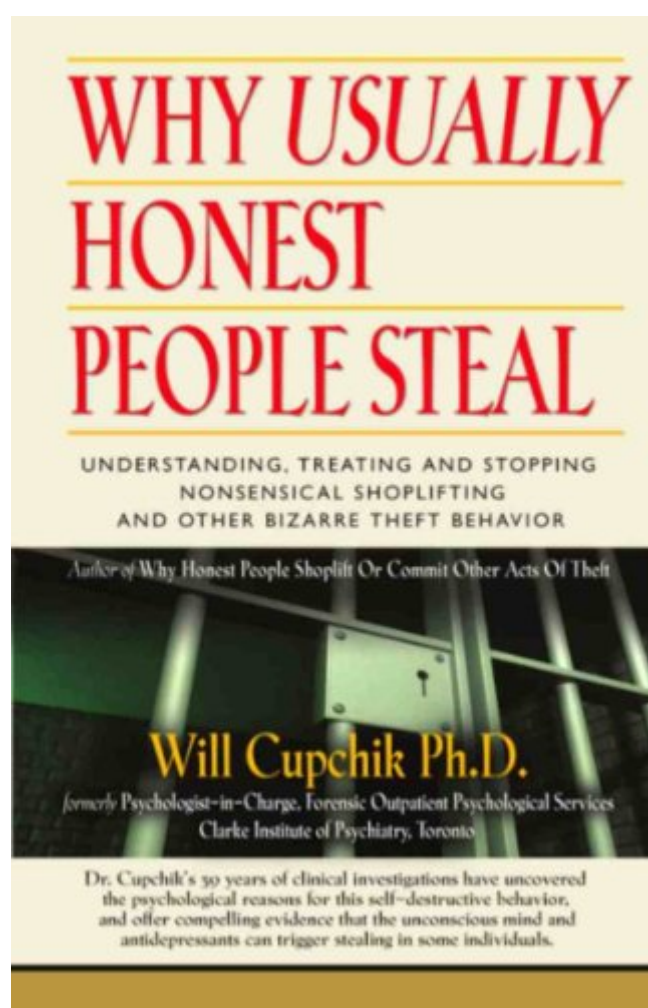


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WHY USUALLY HONEST PEOPLE STEAL: Understanding, Treating And Stopping Nonsensical Shoplifting And Other Bizarre Theft Behavior



Synopsis

For over 39 years, psychologist Dr. Will Cupchik has investigated the atypical theft behavior of usually honest, generally intelligent, often successful and sometimes even wealthy and/or prominent members of society, persons who he and his original co-investigator, psychiatrist Dr Don J Atcheson termed Atypical Theft Offenders (ATOs). These individuals are virtually always at a loss to adequately explain to themselves, other laypersons and the professionals they must deal with, sensible reasons for their personally and professionally self-destructive behaviors. This book will help you finally understand the reasons for such behavior and includes several original pen-and-paper tools, including the Theft Offender Spectrum, the Theft Offender Questionnaire, and the Brief Screening Interview Questionnaire. Using a number of composite remarkable cases, Dr Cupchik lifts the veil on the fascinating reasons for such atypical theft behavior. The book also offers a great deal of information garnered from Dr Cupchik's three major studies, including his most recent 2013 study that involved some 30 cases from his entire data base of over 700 cases. His findings offer important information about the personal histories and personality issues that many so-called Atypical Theft Offenders have in common, regardless of their socioeconomic backgrounds. Among his findings are the clear contraindications for the use of antidepressants for those persons who might commit acts of theft. One of the tables provided in this book allows the reader to compare his or her own personal history with those of the persons of the 2013 study on over 50 different factors. For twelve years (1974-86) Dr Cupchik worked on the forensic service of the Clarke Institute of Psychiatry in Toronto; here he began his investigations of ATO cases. Since 1986 he has worked with ATOs from within his private practice and now works with clients utilizing three different programs that he describes in this book: (1) an in-office, 4-day, 20-session Intensive Intervention Program; (2) a live Internet-enabled, 20-session Intensive Intervention Program, and (3) a 17-session, Skype-based Individualized Educational Program. Having assessed, and in most cases treated, over 700 such cases, Dr Cupchik has developed training programs for mental health professionals who wish to work with these fascinating clients. Dr Will Cupchik is a life member of the American Psychological Association, Canadian Psychological Association and Ontario Psychological Association. He was senior author of the 1983 groundbreaking, peer-reviewed article *Shoplifting: An Occasional Crime of the Moral Majority*, which is still available for reading online on the American Academy of Psychiatry and the Law website. He has taught psychotherapy courses to graduate students at the University of Toronto. In the early 1960s Dr Cupchik worked as a graduate electronics engineer designing navigational guidance systems for American and other countries' military airplanes.™

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Customer Reviews

I just finished reading Dr. Cupchik's book which is an updated version of his earlier--and similarly titled book "Why Honest People Steal." I appreciate his insights and explanations into why many people shoplift or steal who we'd least expect. I do wonder why he writes nothing about aftercare for his patients and spends only two pages (Page 170-171) refuting that any of his patients had been "addicted" to stealing because their thefts were so intermittent and/or infrequent. Apparently, Dr. Cupchik never counseled someone like me (I shoplifted about 1,000 times from age 15-25 between 1980-1990 and was arrested twice). I did become addicted to shoplifting and feel the great majority of my hundreds of clients I've counseled since 2004 (as well as those I've met since 1992 since starting Cleptomaniacs And Shoplifters Anonymous) reported addictive-compulsive symptoms including feeling a "high or rush" after stealing, cravings, withdrawal symptoms, some premeditation in their stealing vs. purely impulsive or unconscious acting out. and relapse after periods of abstinence. Most recount fairly frequent shoplifting urges and behavior over many years or decades

and, usually, multiple arrests. It seems as if Cupchik doesn't have a treatment plan for these folks. Indeed, according to his criteria, it's likely he'd consider me and most of my clients to be "typical theft offenders" (or at least "mixed type") or "plain thieves." While there is much to like about and learn from this book, I wonder if he has even taken the time to read my book "Something for Nothing: Shoplifting Addiction and Recovery" (2003) or the few others out there which discuss stealing as an addiction.

This is an outstanding yet uncomplicated book in which Dr Cupchik explains the previously unexplainable. We know from over 100 years of psychological studies that an individual's actions are based upon two major functions; our free will (which we control and call our "ego") and unknown forces from our unconscious. Negative or antisocial behavior by an individual is usually classified by its severity in general statements that infer or state outright that the offending party is either neurotic or psychotic, and we believe that his or her motivations have been severely affected by harmful active forces. Dr Cupchik has brought forward in this book something very different to understand, let alone discuss. Why do basically normal and even highly successful individuals (including some prominent persons) sometimes act totally out of character – by shoplifting or committing other kinds of theft. These people usually behave in a completely acceptable manner most of the time and yet, once in a while, they may go into stores or other places and steal from those locations. We can certainly understand why someone steals for profit, taking the material stolen and possibly then selling it to someone else. But why would successful individuals take the chance of ruining their reputations by stealing things they could have easily paid for and sometimes don't even want. Dr Cupchik has been examining this phenomenon for over 40 years and from his extensive experience assessing -and in many cases treating- over 700 such individuals, he has come to a very detailed and comprehensive understanding of such theft behaviors.

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