

BRAINWASHING

INTRODUCTION

Here we want to discuss basic principles of brainwashing. Psychiatrists use brainwashing. So does the military at its secret prisons. There are differences in the techniques, however the objective and overall result of brainwashing remains the same. The objective is to force a person to accept things and act in ways he would not normally be inclined to do. Both psychologists and psychiatrists officially approve of torture. The American Psychological Association has officially endorsed the use of torture. Psychiatrists and psychologists help the government design the torture techniques they use at their secret prisons. Techniques with equivalent effects are used on people sent to the domestic concentration camps called mental hospitals. Essentially, the endorsement of torture is a fundamental reversal and corruption of the basic tenants of medicine which had an original stated purpose of helping people and to uphold the mantra, "do no harm". Now, medical science has been "militarized" to use its special knowledge to torture people and crush them into submission to the fascist state.

SHARED TECHNIQUES

There are some techniques common to both the secret prisons and the *relatively* public concentration camps called mental hospitals. The "face slap" is commonly used in both torture facilities. This is an open handed slap in the face which generally will not leave marks. Not leaving visible evidence is important in mental hospitals because, unlike secret prisons, the people who run these "hospitals" can be civilly sued. Another cross over technique is called "stringing up". In this technique, the prisoner is handcuffed and the handcuffs are looped around a high object like window bars [which are common to both types of facilities] and then the prisoner is simply left dangling for hours, days, weeks or whatever is needed to cause him to submit. Some drugs are used in both types of prisons. Haloperidol has been reported to have been forced upon military prisoners. The apparent reason that physical torture methods are predominant in the secret CIA prisons and chemical [drug] torture is most common in domestic concentration camps [mental hospitals] seems to be that CIA interrogators are not doctors and also that drugs leave no physical marks whereas physical torture does. Prisoners in state hospitals will likely eventually be released. However, prisoners held by the military will most likely never see freedom. Therefore, no one cares what is done to them since they will never live to talk.

Another shared category is the stress technique. In CIA secret prisons these techniques are mainly physical. They can consist of holding a person in a physically stressful position or by applying stress by other means such as constant loud music or sounds. Another common CIA technique was named "frequent flyer". In this technique the prisoner was constantly moved from one cell to another

continuously - hour after hour, day after day.

Psychiatric drugs achieve equivalent stress effects using chemical nerve agents. These effects are called *extrapyramidal symptoms*. Two of the most common events are forcing a person's mouth to involuntarily stretch open as wide as possible and not be able to close. The prisoner stays in these stress positions unless he receives another drug to stop the effect. Therefore, these drug effects parallel the physically enforced stress techniques used by the CIA. The only difference is that one is drug induced and the other is caused physically by the "interrogator".

THE TERROR OF INDEFINITE CONFINEMENT

Both secret prisons and state mental "hospitals" subject the prisoner to an environment most people will never see: the state of indefinite isolation with no hope that you will ever see your home again. Like the wartime notice on the prison gate, "Abandon Hope All Ye Who Enter Here", this is now your fate. Indefinite confinement is terrifying enough even if you were being treated humanely by your captors. However, you are not going to be treated humanely. You are going to be tortured every minute of every day. Whether it is physical abuse in a secret CIA prison or drug torture in a state concentration camp, it will be an unending horror. Obviously, no one in a secret CIA prison is going to let you make a phone call to contact friends. Generally, you will be in a similar situation in a state concentration camp because you can and most likely will be denied any opportunity to contact the outside world if a "doctor" says that you are "too sick". Even relatives - assuming they can find you - can be blocked from communicating with you.

INFORMATION IN VS INFORMATION OUT

Torture is not very good for getting information out of a person. Most experts agree it simply does not work. The prisoner will do anything to stop the torture and so will say whatever he thinks will satisfy the interrogator and so spare him from more torture. The problem here is simply that whatever is said has no relationship to real truth. It is just whatever is needed to stop further torture.

However, if it is desired to get information *in* to someone instead, torture works just fine. In these situations, you just go out and kidnap any random person and tell them to confess to some elaborate plot they know nothing about. Eventually, with enough torture, you can get them to sign confessions to most anything and even do video interviews confessing to whatever you want. They will do this to avoid more torture.

BRAINWASHING IN CONVENTIONAL PSYCHIATRY

Here we wish to go over the basic brainwashing method used in conventional psychiatry. First, people are abducted by psychiatrists because they feel they have an illegal personality based upon the specifications in the current DSM [Diagnostic and Statical Manual]. So, what you want to do is to

suppress the person's natural personality and then program into them a new personality based upon what you - as an *expert* - believe they should be.

Phase I of this process is usually done in a state concentration camp where drugs are forced upon the prisoner. Reprogramming is not done here. The goal here is to place the prisoner into such a state of disorientation that he will accept the next step. In the drug literature this process is called making the prisoner "amenable to therapy" which means the prisoner is psychologically crippled enough to accept brainwashing.

A simple example may be useful here. A cat is a naturally independent animal. It has a different personality from, say, a dog. A dog will generally identify with its owner and follow him around. However, a cat will not. However, if you give a cat the brainwashing drug chlorpromazine, it will lose its sense of independence and will behave more like a dog because it simply can't think of anything independent to do.

This is the objective of phase I brainwashing. You want the prisoner so confused that it has no independent thoughts. In this state, it will look to some outside source for guidance. The outside source, of course, will be the psychiatrist who is more than willing to tell the confused prisoner how to think and what to do.

At this point, the prisoner can be released from the concentration camp and ordered to report to some type of out patient clinic where Phase II brainwashing will begin. In Phase II a brainwashing team generally consisting of a psychiatrist, a psychiatric nurse and one or more social workers will begin to implant their thoughts into the prisoner's mind. The program of new thoughts is called the "treatment plan" and will basically be a blueprint of how the prisoner is to live out the rest of his life under the *guidance* of the therapists.

Phase III brainwashing is called *resocialization*. This phase is less common today than in the past. Today, people stamped with labels by psychiatrists can generally qualify for government benefits and no longer have to work for survival. However, in the past, before these programs were available, the prisoner had to be programmed to accept some dead end job to make just enough money to barely survive. Female prisoners were generally programmed to be janitors or maids making up beds in some hotel. Males were often sent to welding school. This is a physically destructive job which is dangerous and will slowly ruin your eyes. However, since you are now *disposable*, no one cares. In a true example of this process, a young female who had a college degree in biology was "successfully rehabilitated" to be a janitor.

The therapists will be constantly on alert to the possibility that the prisoner's natural personality will attempt to reemerge. If they suspect this, they will immediately call the police to drag the prisoner back to the concentration camp where the process will begin anew. This will process will continue for the remainder of the prisoner's lifetime unless he can somehow escape.

RESISTING BRAINWASHING

The first step in resisting psychiatric brainwashing is to recognize and understand the process. Psychiatrists are generally overconfident in their abilities. If, for example, you can avoid taking their drugs and just pretend to be confused and pliant, they will believe you are being successfully brainwashed. If they believe this, they will gradually pay less attention to you because they are confident that you are under their power and will not resist them. This will provide you an opportunity to escape and hopefully find freedom somewhere. Remember, psychiatrists will never release you on their own. You are a fool if you believe this. If you do not take the initiative to escape, you will be followed and harassed until the day you die.