AI - Group Psychiatrists and Psychologists

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"Scientific torture"

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We have deliberately tried to withhold any information (date, results) we might possess based on experimental investigations of human behaviour which could provide hints or information to anybody, including anyone who might be inclined to abuse this information in order to harm people by the more sophisticated scientific methods discussed in this survey.

A. CONCEPTS

1. Starting points and aims

It has been stated by various sources, AI included, that torture is carried out based on scientific insights and methods. To be more precise, it is said that specific sophisticated scientific methods can cause changes in the mind. This is stated in books such as that of the French journalists Jean-Claude Lauret and Raymond Lasierra (1975). The Dutch translation of 1978 was commended by Bouvy on behalf of AI's Medical Group. The title of this work reflects exactly the prevailing views: "Tyrants in white coats; clean torture". These scientific torturers seem to use, for example, truth drugs, brainwashing, sensory deprivation, lie detectors, hypnosis, brainprogramming and other methods of controlling the mind. (There are other publications on the subject too).

The questions which people asked themselves in the Dutchgroup of Psychiatrists and Psychologists, in relation to what are viewed by many as powerful scientific weapons, were the following:

- Do these methods really enable their practitioner to control people, to change opinions, to detect thoughts unsympathetic to the regime and put people back on the right track?
- Are these and other methods really used on more or less strictly scientific grounds? Are they therefore scientific methods?
- If we take a sceptical attitude towards what is here suggested is the scientific power of the torturers, what are the means normally used to break people?
- Why is torture being used on such a large scale?
- Has AI, with its superior expertise in the legal field, made enough allowance for the problems of body and mind which are fundamental for an insight into torture to give the best possible assistance to the victims and to unmask the torturers?

So that the exchange of views would not become too wideranging, the problem of sensory deprivation was chosen
- because AI had been confronted with it recently in Western
Europe and it had given rise to rather heated discussion;
more dramatically, this is described as "isolation torture".
However, the intention of the group gradually became to
give concise explanations of what we do and do not understand as psychological torture methods, viewed in the light
of what is scientifically known about the influence at
behaviour.

Several drafts were discussed at three meetings of the group. But the author alone takes full responsibility for what is said in the report.

What is evident from this brief history is that all the members of the group, not forgetting the secretary, took part in originating and further developing the report.

The report has few pretensions. The subject is complex and, as we will see, the misunderstandings which some people have are deep-seated and cannot be cleared up in a brief examination. An attempt to do this requires a regular exchange of ideas with a good supply of information.

2. Why is torture used?

Often it is assumed that the sole or main reason for the use of torture is to make people reveal secrets, to force confessions from them. This explanation was already described as misleading in 1973 at the AI Benelux Conference in Schilde (near Antwerp) - in preparation for the anti-torture campaign in Paris in the same year. In several countries, it is primarily used as a means of intimidation of the population. To this we would add that indulgence of sadistic proclivities is not an assumption that explains the phenomenon of torture. Nor is the idea that in each human being there lurks a tormentor.

Very briefly, there are four aims in the order given:

- 1. The intimidation of the population or part of the population. It has been presumed before that terror, the reign of terror, is usually the first objective (Hueting, 1977).
- 2. The breaking of an individual political opponent, refusal to give a fair hearing, denial of the right to exist to a supposed group or organisation of people with different opinions. (See Bochum, 1977, for a thoroughgoing discussion).
- 3. To force somebody to change his opinion, to alter his attitude, to change his behaviour.
- 4. To exact confessions and elicit information.

3. Scientific methods

When we say that torture is used with help of scientific methods and based on scientific grounds, or when we deny it, we must be clear about what we mean. The essence of this problem concerns the mind, and the relationship between body and consciousness. This is as clear as daylight when we go through the reports of AI, familiarise ourselves with the publications on scientific torture methods, and speak with people who have been tortured. About this there must be clarity. At the Conference at Schilde in 1973, the same conclusion was reached: "The many mystifications and misunderstandings about torture must be analysed and unmasked...".

What is scientific method? In the most general meaning of the term, it is a well-considered, well-thought-out of acting to realize a clearly defined aim. This means, in our case, to obtain a better insight into the possibilities of influencing human behaviour.

The considerations which determine the method have their origin in a theory, a coherent whole of statements about the nature of the connections between the facts; data which have been gathered in a methodical way. Facts without theory cannot help to deepen our insight into a phenomenon. To call facts "hard" or "bald" does not change anything because insight must be demonstrated. That is possible by

predicting how a fixed phenomenon (in our case, human behaviour) will change under certain conditions. These include the intervention that shows that a form of conduct is being controlled and directed along a desired path.

Our question is whether this is possible by scientific torture.

To carry out interventions successfully, instruments must be handled in an appropriate way. In other words, one must be able to use a method. We have in mind here the carrying-out of the conditioning programme, the administering of an injection or a pill, the application of an instrument with amplifiers and electrodes, the isolation of a human being in a space that deprives him of the stimulation of his organs of sense.

Continuously present in the background of thinking and functioning is reflection. Without regular, ongoing reflection on aims and means in an open and socially involved exchange of thoughts, theories will become closed fabrications, methods blind rituals, and techniques weapons of destruction.

4. Behaviour, opinion and feeling.

In part B of this paper, we shall assess what are known as psychological torture methods. Central to our assessment is the question how far these methods can be termed "psychological" - or "scientific" in general - and what they can and cannot achieve. To anticipate, let us state what are, in our opinion, the main obstacles to producing a meaningful answer to the question.

If we assume that a person's opinion can be changed in a predetermined way with psychological or other methods, we underestimate the complexity of psychological functioning and overestimate the power of these methods. Yet many people evidently do think that an opinion can be directly influenced and guided (See part B). Probably because one realises insufficiently sharply that it is not all that easy to inferfrom external perceptible behaviour a person's opinion and feelings. One thus falls into the simplified view of human

behaviour that can lead to the belief that by means of pills, injections and conditioning, a person's behaviour and opinions can be subjected in a simple and direct way to the intentions of a dictator and his executioners. Once they have a suitable psychological method at their disposal, secrets can be revealed, political opinions fundamentally changed. But that is not the way it works.

How does it work then? Characteristic of scientific research is the indirect road it takes. Apart from the fact that a scientific method contains not a few precautions to obviate the fundamental imperfections of direct perception with the unaided eye, a process is deduced from combining the environmental variables (the stimuli or independent variables) and the behaviour variables (the reactions or dependent variables) about which the investigator establishes a theory. The insights obtained in this roundabout are far from the childish opinions which are exhibited in writings about "truth drugs" and "lie detectors".

To sum up very sketchily, in the case of changes in opinions we must reckon with three mechanisms which do not necessarily run parallel and even often reveal paradoxes, apparent contradictions. For example, we can:

- 1. say that taking a tranquillizer makes us feel fine;
- 2. believe that taking it can be dangerous and that it carries risks with it;
- 3. then decide to take a pill.

But with the same drug and the same person at a different time we may find that:

- 1. We do not feel fine;
- 2. We believe that the pill is harmless, but
- 3. we decide nevertheless not to take it.
- In both cases, a loop is the result, because the consequences of the act are being observed and evaluated in the light of the expectations.

In the second half of this survey we shall take a bird'seye view of the so-called scientific torture methods. To avoid making the situations vague and unreal in outlining them, only some of the matters will be considered. In the abundance of methods used to break people scientifically one can distinguish three groups:

- psychological, including psychosocial;
- psychophysiological, including psychobiological and sociobiological;
- psychopharmacological.

B. METHODS

5. Psychological methods

The most psychological methods frequently referred to are the following three which cause people to change their opinion quickly and directly, without spilling blood.

- 1. Brainwashing, a term coined in 1951 by the American journalist Eduard Hunter to explain the political change of opinion by some American soldiers who fell into the hands of the Chinese and North Koreans.
- 2. Behaviour modification. This supplies methods which came from behaviour therapy. Behaviour therapy was developed during conditioning research as an alternative for psychoanalytical therapy.
- 3. Sensory deprivation, a method that was developed in the fifties at first in Canadian, later in other psychological laboratories to study the mechanisms of the activation level (from sleeping to waking and being alert to overstraining and excitement).

5.1. Brainwashing.

A good starting-point for assessing brainwashing is the AI Report on Torture (1973, p. 45). "Biderman was instrumental in debunking the myth that the Chinesehad used mysterious or magical means to "brainwash" the Allied Prisoners of War". For futher amplification, there is plenty of literature available. The essence is the supposed connection between conditioning research and "Chinese methods" or "communist methods" in general. What should we visualise when we think

of brainwashing?

- (a) A strict division of the day. Erratic changes are made in such a way that the individual becomes conscious that he is to a great extent, if not completely, dependent on those who devise and change the division of the day.
- (b) Contrasting personal relations between the warder (the questioner and the prisoner, possibly in quick variations with several warders, each performing a role.
- (c) Contradictions and divisions are brought about in the group of prisoners.
- (d) The prisoner is left uncertain as to how long he will be imprisoned.
- (e) The prisoner's opinions about the society, the class, the education and the culture in which he has been brought up are undermined and, if possible, destroyed.
- (f) An attempt is made to change the image that the prisoner has of himself by means of a written account of his life, from which it appears how naïve and misled the author has been so far.
- (g) Finally, the building up of new, given ideas.
- (h) One thing and another is encouraged and discouraged by a more or less planned programme of punishments and rewards.

The assumptions on which this method of changing a person's opinion are based, are not difficult to guess. The individual must be confused so that he will be more susceptible to changes in his personal and social life than he had hitherto thought possible. His way of seeing things and interpreting them must be changed. In the case in point he must be "converted" to, let us say, the Chinese concept of society.

The above descriptions give rise to some questions because there may be doubt about the appropriateness of this Chinese re-education method.

1. It is known that by far not every American prisoner started thinking and feeling in a Chinese way. One thinks of some thousands if one makes a liberal estimate, but it was obviously sufficient to embarrass politicians, and

authorities of the American and Canadian armies and secret services. An considerable smaller number remained "brainwashed" for some time after their return to their native country (Lifton, 1961; Brown, 1963).

- 2. One can also wonder to what extent experienced police officers and soldiers did not discover those means themselves and use them for first-, second- and third-degree interrogation.
- 3. An accurate survey does not show very clearly considered and goal-directed applications of the then known conditioning methods.
- 4. There is an abundance of research on topics like "experimental neurosis", "stress", and kindred situations in which the breaking point and the limits of endurance and resistance of men and animals are investigated. The results have been published since decades in America and Europe, and are freely reported and discussed during scientific congresses.
- 5. Then the social psychological aspect, (chapter Attitude and Attitude Change). The results of that confirm to a high degree what we can expect: to force people to say things is one matter, to do something is another to buy this brand of tooth-paste, to vote for that person.
- 6. On the other hand, in a police state it is not very difficult to make people do or say things. To change their opinions and feelings, however requires much more subtile methods than (the threat of) dismissed, explosion and torture. (Note that we are not now discussing advertisement or propaganda, although they do follow on naturally from our discussion.

Surveying the whole field, it can be determined that the use of ideas such as brainwashing, reprogramming, thought reform, mind control, and so on, shows slight acquaintance with psychological research, testifies to a trivial and mechanistic view of the working of human behaviour and suffers from excessive sensitiveness to journalistic discoveries.

5.2. Behaviour modification

Brainwashing - or what passes for it - has its Western conterpart in the conditioning methods which can be summarised under the heading "behaviour modification". This method is based on the psychological theories of learning which have been developed in America and other Western countries. In a negative sense they are described as Skinner methods, behaviour technology, coercive methods, the nightmare of behaviourism, and so on. What is more, a warning or accusing finger is pointed at prisons and psychiatric institutions, in particular the modern recently built ones.

If we compare brainwashing with behaviour modification, then the first method can be conceived as a form of respondent conditioning and the second as operant conditioning. In the case of respondent conditioning, the experimenter gives a conditional stimulus (tone, light, gesture, word) which he follows up with a reward (drink, food, money, approval, privileges), After the appearance of the conditioned stimulus the subject has to react in a certain way so that the experimenter can follow with a reward. During the conditioning process the required reaction will also appear when the reward (the confirmation, the unconditioned stimulus) fails to come, so only on the appearance of the signal (the reaction is then conditioned). The experimenter can otherwise have the signal followed by a punishment: an electric current or the withdrawal of favours. The subject must then learn how to escape the punishment after the signal is given, or what to do and what to leave in order to receive a reward.

In the case of operant conditioning the succession of stimiliand responses is different. The experimenter takes care that the subject can obtain a reward or avoid a punishment after the performance of certain actions (operations). That is the way so-called stimulus-response contingencies are effected. It is under the control of the experimenter because he is the one who selects the form of behaviour that will be reinforced. The way it has to happen is prescribed by the theory of conditioning.

Replace the word "experimenter" by "warder" and "subject of experiment" by "prisoner or political obstructionist", and we are outside the laboratory and into the realm of scientific torture methods. How must we look upon this?

First, we must point to the most important difference between two methods. With respondent conditioning the individual must learn which (conditioned) stimulus announces which event. After he can prepare himself to receive a reward or to escape punishment. With operant conditioning the individual must perform certain actions and leave others undone, to obtain a reward or avoid punishment.

The most important similarity is that in all cases, one assumes that the behaviour of the individual can be changed by bringing certain changes in his environment to his attention. This leads in the long run to the directing of his attention and in general to purposive behaviour. This psychological point of view implies acceptance that behaviour can be changed to much greater extent than one is inclined to accept in other disciplines such as psychiatry and ethology. It implies also the view, nowadays universally held, that all vegatative systems can be conditioned. In other words that initial coincidences in the external environment can very well result in conditioned reactions in the internal environment.

Returning to our main question, the following must be clearly distinguised. With animal conditioning, it appears that every animal, whatever his "personality" may be, can be brought to breakdown. This process will be faster and more intense when it is supported by general measures to break down resistance, for example, by manipulations with food, rest and sleep. The industry which discovers and sells pharmaceuticals and psychopharmaceuticals has already done a great deal of routine research into this.

However, no data is available to us - neither at first hand, nor from AI, nor from scientific sources and talks with researchers from different parts of the world - that justifies

the suspicion that conditioning methods in the sense described above are used to break people. Perhaps it happens in modified forms, and it would probably be worthwile to verify it. But in AI's Report on Torture of 1973 a number of cases are mixed together, and therefore insufficiently distinguished. When three publications of the American Biderman (1957 and 1960) are quoted, one begins to notice, with complete justification, that the Chinese do not have mysterious and magic powers in the form of brainwashing at their disposal. But equally well there follows an unclear and muddled story about conditioning, stress, arousal, deprivation, fear, a great number of other psychological and medical concepts, and simple beating-up. These things are put together and presented under the label DDD (dependency, debility and dread). A new invention? Hardly, because it comes from the period of the Cold War, in which two other medical men (Sargant, 1957; Meerloo, 1954) contributed, with lack of appreciation of the usual rules and customs of scientific researches, to politicise conditioning research.

Twenty-five years after the Korean War the myth of brain-washing is still doing well. The daughter of a well-known father joined a group of rather rough subversives of the social law for a while. Out of social compassion? Out of recalcitrance? For a kick? Out for love? No, brainwashed, pleaded the Hearst lawyers. And successfully.

5.3. Sensory Deprivation.

Sensory deprivation (SD) links up with the conditioning methods discussed above. We speak in an unfavourable sense of isolation torture (Teuns, 1975, 1976; Keller, 1978). As stated in the beginning, SD formed a subject that would be looked at closely by our group, as an example of the theoretical, methodological and technical sides of psychological torture. During the discussion, the need was felt to place SD in a wider context and against a more general psychological, psychiatric and social background. We are now more in a position to do better, so we can form an opinion about

its meaning, despite the extreme brevity of the treatment, now perhaps on less shaky grounds.

Because gradually a final assessment is really becoming necessary. For some time, discussions has flared up about the isolation of prisoners both in Western Europe and in the United States. (Psychiatric institutions are discussed as well, but we shall not discuss the problem here). Where does SD come from and what does it mean?

In general, deprivation means a drastic reduction or a distortion of sensory stimulation. The method can boast of a long tradition in the physiology and the psychology of perception research. To judge the individual contribution (and the interactions) of the nerve mechanisms and the stimulus of the outside world to behaviour, animals have long been used for experiments in which light stimulation is eliminated (growing up in the dark), brought back to an equable field (by constant illumination, with frozen glass goggles), or distorted (by lenses and prisms).

The Canadian psychologist Donald Hebb has assumed that the central nervous system does not wait to be stimulated to react as a consequence but is continuously in an active state, be it on a higher or lower level of intensity. Hebb further presumed that the state cannot only be disturbed by an overloading of the system - for example, by pain, fear, tiredness, but also by underloading - for example, by monotonous pursuits and... by means of sensory deprivation.

These considerations led to the carrying out of experiments which regularly got into the newspapers in the fifties and sixties - something which (unfortunately) does not happen to the most important research. Volunteers were brought to sound-proof and echo-free spaces. They were put on a bed of foam rubber, goggles were attached, tubes were put around the elbows and knees, constant noise and light brought about a reduction of the environmental changes to a minimum. (A stimulus is defined as an environmental change, not as a definite level of energy). According to naïve expectations

this was now the height of dolce farniente. But it appeared to lead to an almost untenable situation within some hours or days, depending on the person and the technique used.

Restlessness, fear, hallucinations, disorientation, destruction of the identity, inability to concentrate, and other highly unpleasant experiences caused suffering to the subject of the experiment.

It should not cause surprise or suspicion that on the military side there was great interest in this kind of experiment, if one thinks submarines, divers, under-sea laboratories, pole settlements and space vehicles. Besides, long and monotonous watch-posts, observation and guarding tasks, which also occur in civilian situations. Also non-psychologists, such as speleologists, desert travellers and mountainers, contributed their experience.

These cooperative efforts have given us a better view of the working of the central nervous system of perception, and of what we vaguely define as motivation, stress and attention. Yet the intervention of environmental deprivation of the whole person, in striking contrast to the more rigorous techniques that consisted of the strictly delimited components of behaviour, did not produce much in the way of important data. Summarised reports of Vernon (1963) and Kubie (1969) reveal clearly why: it is too much a hit-and-miss method. Summarising, we can repeat after the researchers: facts without a theory. We mentioned the value of this at 3 above.

From information from AI and through long talks with former political prisoners from Latin America, we sometimes get the impression that blindfolding for many successive hours in interrogation centres may be a technique that is borne out by deprivation experiments. But this measure is not itself the worst which these prisoners have to undergo. We shall be coming back to this central thesis of our argument.

The deprivation technique that can be more helpful to research

is only restricted to modern prisons in technologically advanced countries, while there is a regular exchange of research and (prison) practice. Whether this happens purposively and on a reasonable level of refinement and knowhow is outside our field. But whether the term "isolation torture" as a concept with the above-mentioned implications is right and justified seems to us open to question. What is not open to question is the need to have regular and not uncommitted exchange of thoughts between representatives, governments, practitioners and behaviour researchers. The problem of so-called isolation torture offers ample arguments not to wait until panic reactions break out in several involved groups.

Without going into the general problematic nature of detention, it must also be mentioned that isolation, with understimulation of the intellectual, perceptual, emotional and physical functions, contributes to a possible dismantling process for a varying period of time. Consequently, the pure contribution of sensory deprivation is difficult to measure. As regards deprivations, to give the concept more shape, we can make a rough distinction between four kinds.

- 1. Sensory deprivation in the strict sense of the word: the absolute removal of all external stimulation and, in some aspects, also of the internal (from muscles and joints). This aim can only be approximated to, apart from toilet functions, by, for example, keeping the subject floating with a schnorkel in a water tank kept at a suitable temperature.
- 2. Perceptive deprivation, by which pattern perception is wiped out by frosted glasses or by blindfolding, white noise through a headphone and a minimum of movements.
- 3. Perceptive isolation, by staying in surroundings that are changed as little as possible, which is possible in a prison cell or at the poles.
- 4. Social isolation, by cutting off contact with people, others than warders, especially with members of the family and kindred spirits. The contacts with the warders can

also be eliminated if arrangements are made for that. To each of these forms of deprivation and isolation, an extra dimension can be added which intensifies the suffering: to leave the individual in uncertainty about the duration of the situation. The notion of time is quickly distorted, though great individual differences occur here. But apart from the 24-hours cycles and the chain of days, weeks, months and years, the remark of Cohen (1952, p. 107) about his stay in German concentration camps is of importance: " more serious than being without freedom was the fact that one did not know how long one was to be locked up, and one could not have any influence over it". (Cohen's italics). This psychistrist also quotes other writers and ex-prisoners who mention the fact that suffering that is caused by a life without definite points in the future breaks people probably the most thoroughly.

6. Psychophysiological methods.

With psychophysiological methods it is tried to discover and to explain causal or correlational relationships between behavioural and physical variables. One has to keep in mind that, given a certain stimulus strenght, the psychological and physiological reactions generally do not show an easy to interpret reflection, neither of the stimulus, nor of each other's response pattern. This is so, because these reactions and their interrelations are heavenly influenced by the experience of the subject and his expectancies of how to understand the situation, and how to cope with the demands of the task.

We shall limit ourselves to some of the best known psychophy-siological methods.

- Psychosurgery. (Not to be confused with the neurosurgery of localised traumas in the brain). Certain tracts and pathways are cut or certain areas or nuclei destroyed, aiming to resolve or deeply alter distinct forms of behaviour.
- Brain stimulation or electric stimulation of the brain (ESB). Stimulation of well-covered areas of the brain.

- Electroshocks with large electrodes applied to the skull.
- Pain research with small electrodes applied to the hand or pulse. Sometimes used as unconditional stimulus in conditioning research or in applying behaviour therapy. On the other hand, application with less noble intentions -namely to break people quickly and thoroughly is very general.
- Obstructing the nerve transmitters to the breathing muscles with curare-like drugs like succinyl choline. Thus successive periods of agonizing fear of death are aroused.
- Lie detectors, a deceiving name for well known laboratory instruments with simple amplifiers, filters, pens and/or oscilloscopes. Simultaniously several physiological changes are registred like heart frequency, ventilation, skin resistance/conductance, motor tremor, pupil size. So far no problem, if we step aside the baseline problems. But what these reactions psychologically mean is not that easy, and the more so for a policeman of some secret service.

7. Psychopharmacological methods.

From lie detectors to truth drugs is only a little step. By psychopharmacological methods we mean the administration of pharmacological substances which alter the activity of certain areas of the central nervous system, especially the brain, and by this way the behaviour. Behaviour in the wide sense of the word: motor, thinking, feeling, talking.

The techniques to get the drugs at the right places, and to design the experiments so that the outcomes are psychologically interpretable are formidable. The so-called truth-drug is a point in case. These are sedatives and hypnotics such as sco-polamine, sodium amytal, or sodium pentotal, injected intravenously. In low doses they calm down people who feel excited, anxiously, and who want to get rid of their troubles with the help of a therapeutist. They can also make people stale, apathetic, sleepy, dull. But to say that such drugs can fetch the truth - whatever that may be - from under somebody's scalp is more than comic; it is contrary to common sense. But this

version of the possibilities of these drugs is also at divergence with the fundamental goals of Amnesty International. It is an insult to the victims, and gives a non-existing mythical power into the hands of dictators and their accomplices. We come back to this point later.

To sum up in connection with abuses (proved or putative), rather florid names are sometimes used for the psychopharma-ceutic groups.

- "Torture with injection". By this is usually meant the involuntary administration of (major) tranquillisers (neuroleptics).
- "Truth drugs". Sedatives and hypnotics such as sodium amytal and sodium pentotal, administered intravenously.
- "Chemical strait-jackets" neuroleptics and anti-psychotics such as haloperidol
- Speed peppills" such as amphetamine, which repress the appetite and prevent sleep and subsequently cause disturbance.
- "Hallucinogens" or psychodysleptics, such as the renowned LSD.

A good starting-point for approaching this social as well as individual problem is the first sentence about pharmacological torture in Report on Torture 1973, p. 51: "Of all aspects of torture, pharmacological torture is the one which seems most prone to misconceptions. If a drug existed that could make people tell the truth and reveal all their secrets and memories, that could make them change their beliefs and allegiences, every drug company, doctor, psychistrist and newspaper in the world would be extolling its virtues".

Nevertheless, with the last sentence the difficulties begin. The pharmacological industry mentions in its leaflets benefits inadequately supported by research, talks lightly about the side-effects and reels off a great deal of sheer nonsense. Pills to learn better? to improve your concentration? to strengthen your memory? to cycle or run faster? The journalists Lasierra and Laurent stick to truth drugs. Let's be fair: the common efforts of the biological and social sciences and the pharmaceutical industry have not yet succeeded in deve-

loping a sleeping pill that can bring about just that: an refreshing and undisturbed sleep.

Let us listen what the victims themselves have to say.

In Appendix VI on p. 429 of the book by Bloch and Reddaway (1977), Buckowski and Dr. Gluzman declare:

"Remember that the psychiatrist is an ordinary man possessing no supernatural powers. The view which exists in certain circles that the psychiatrist can "fathom your souls with his gaze, read your thoughts, or force you to tell the truth" is absurd. There are no therapeutic, hypnotic or pharmacological pressures that can reveal your secret thoughts and make you talk if you do not wish to". Truth drugs? Ridiculous.

On p. 438 we read: "Finally, rumours of "pharmacological" interrogation in psychiatric institutions are not without some foundation. A method exists called the "amytal interview", in which you may be given an intravenous injection of sodium amytal. Shortly after the injection (within seconds), the victim goes into a brief period of intoxication similar to an alcoholic state; he then passes into a deep sleep. The principle is the rather banal one of "drinking loosens the tongue". The "disinhibition" method, for so it is officially called, is used in cases when it is desired to bring to light the patient's concealed delusions, hallucinations and so forth. We can competently state that the method is ineffective; do not be afraid of it, stay in control of your condition (this is possible), and the effect of "loosening your tongue" will not be achieved".

These are important statements which support and even justify the basis of this survey. Unmask the torturer in the white coat as a common injecter, he can indeed make or break you, but his methods are pedestrian, unscientific, not specific and can be used by anyone who can put the contents of an ampoule into a muscle by injection. Very easy indeed. But as to whether one can say that the political beliefs of a dull, injected victim can be changed to the right side of a certain system? Childish nonsense, of course.

The consequence to the victim are not childish however.

As said at the beginning of this survey, nothing is to severe, so radical, so frightening as direct torture: beating, kicking, burning, crushing and much more. And all this sometimes in the presence of members of the family. Our opinion is that this sort of treatment cannot be surpassed by any other. It is only in this case that the thought of it makes us shudder.

Buchowski states in his book (1978), p. 283: "And they started giving everybody the agonising haloperidol in doses large enough to fell a horse". In Bloch and Reddaway Gershuni says more about this medicine on p. 204:

"This medicine makes me feel more awful than anything I have experienced before; you no sooner lie down than you want to get up, you no sooner take a step than you are longing to sit down, and if you sit down you want to walk again". This is the course of events in the hospital of the Oryol prison. A description that agrees completely with those of others. One can add that the anti-psychotic frequently used in the Western world probably causes a disturbance in the systems of the short-term memory, which can lead to a continuous feeling of falling behind during conversations. A feeling that is "agonising" indeed, especially when the victim thinks this could mean a lasting disturbance.

AI notices increasing abuses of tranquillizers and sedatives in East Europe. Just like other psychopharmeuticals they are rough not very specific medicine, and just as electricity cannot change or form an opinion, biochemistry cannot either. In this case only a shift is accomplished in the dimension of soothing and relaxation through sleepiness, drowsiness, mustiness and apathy to disturbed sleep and unconsiousness.

Amphetamines are powerful sleep repressives, and bring about serious danger of physical and mental dependance. The effects occurin phases of (paradoxically enough) relaxation and innerrest to a slight depression. Apart from that the individual can very easily have his balance upset during that period, being nervous, quickly irritated, talkative, restless.

LSD and hallucinogens in general have a powerful disorienting and hallucinating effect. The individual quickly has his ballance upset and he falls into conditions of severe fear and loneliness. But to neither group of methods, we repeat, may opinion-changing qualities be ascribed. Neither can they drive persons to surpass the limits of their creative, intellectual and physical capacities, but that is another story.

8. Conclusions.

- 1. There do not exist methods which can accomplish by mechanical, electrical or chemical techniques changes of a psychological, psychophysiological or psychopharmacological kind whereby a political opinion can be changed directly in a planned direction. This is the most important conclusion of the foregoing argument.
- 2. The straightforward inflicting of pain is still the means most used and also the most terrifying and frightening to break people, not to reform their view of society in a certain way. Every torturer knows that he can't kick a different philosophy into his victim.
- 3. We would like to add to point 2 that there are various levels of atrocity. The consequences of psychopharmenticals, also when they are seriously misused, are essentially less horrible for the victim than direct torture by electrical and mechanical means, or for members of the family who have to witness these atrocities.
- 4. There exist not only outside but also inside AI some considerable misconceptions about the meaning of being scientific. And also about the possibilities and limits of scientific power to, for example, reform people's opinion. Words such as brainwashing, lie-detectors, truth-drugs, programming of the mind, torturers in white coats, clean torture, and others increase the impression that a torturer can reform the mind with scientific methods. Nothing is less true; a torturer can only break somebody's spirit.
- 5. Ascribing magical power to so-called scientific torture methods means at the same time:

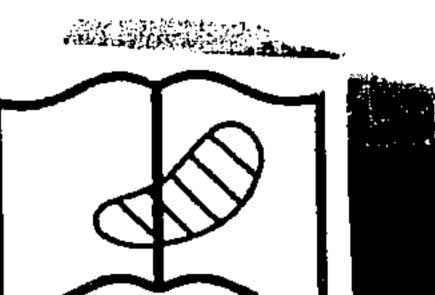
- a misjudgment of true scientific power;

- a gross overestimation of the power of the torturer;
- an undermining of the resistance of those who are tortured and those who are threatened with torture;
- and an offence to those populations and population groups about whom it has been proved in recent years (as far as it is not yet known) again and again that the disappearance of the military and political apparatus has left the free spirit unbroken.
- 6. When we take cognizance of the painful facts, that should urge us to direct attention to the application and improvement of the possibilities which scientific methods of influencing behaviour can offer, in order to make the life of tortured people more bearable.
- 7. We should also be more inclined to unmask the torturers as ordinary sycophants instead of dressing them in white coats and gaping in admiration at their so-called scientific methods "for grinding people to pieces", as a tortured person tried to explain to Barudy (1977).
- 8. Should the question be asked whether AI is sufficiently abreast of today's behaviour research? One can wonder about this if one notices that AI relies on investigations which date from the time of the Cold War and are written by people who are not behaviour researchers and cannot at least give an appearance of being reasonably well informed of that research.
- 9. Do we not, in addition to point 8, have to ask ourselves whether the specific expertise of AI has been too limited up to now to the legal side of the problem? Do not the principles and developments outlined above force AI to develop more expertise with regard to the mechanisms of behaviour and the ways behaviour can and cannot be influenced?

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The following series of figures is intended to give a systematic overview of some of the main concepts uses in the foregoing pages. Beginning with the concept of threshold, via relationships between psychological and physiological variables and conditioning schemes towards the idea of inputand output thresholds, pattern recognition, and ways of perceiving the world.

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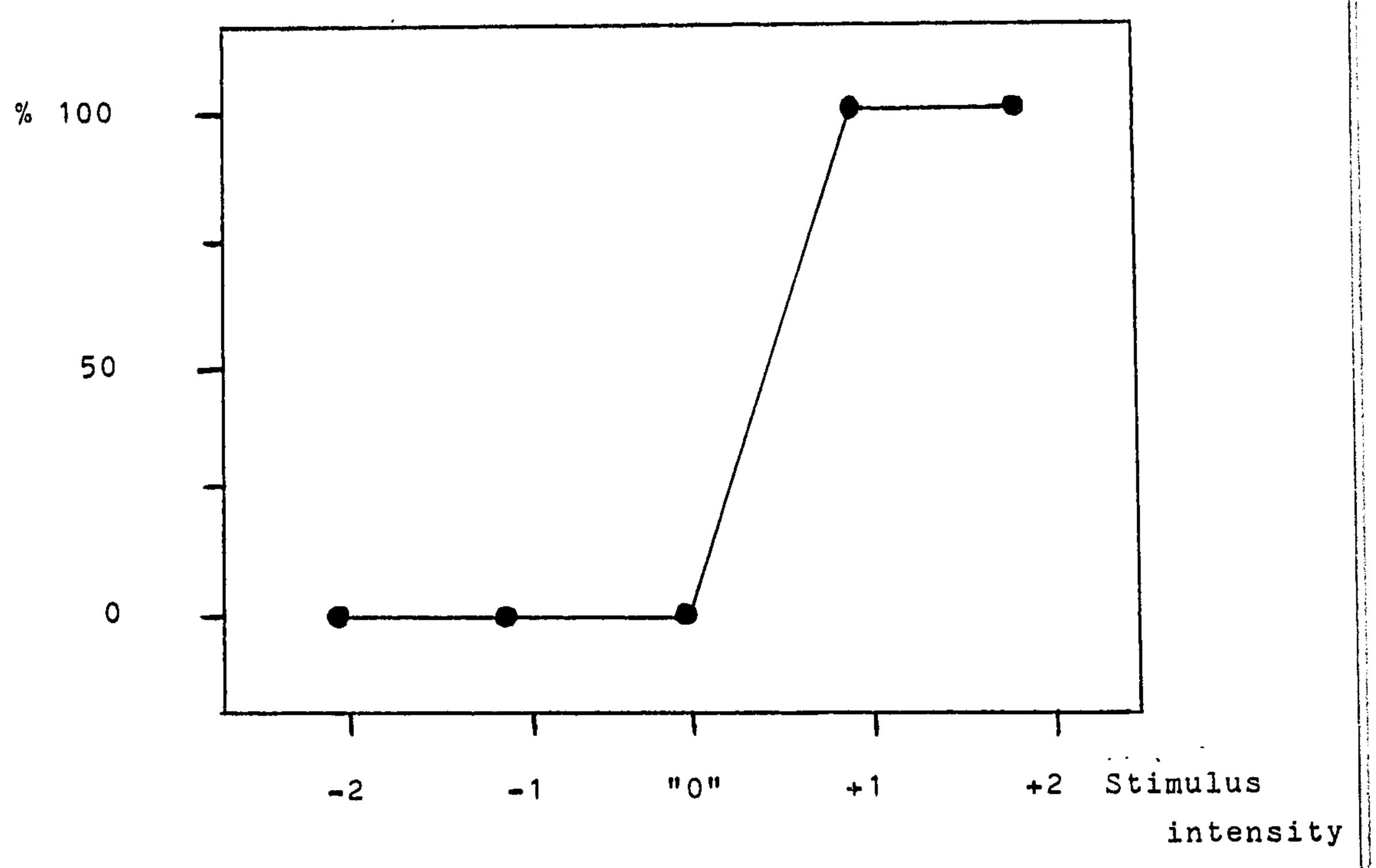


Figure 1. The naive conception of a threshold "0". On the X-axis the intensity of a stimulus, shown in arbitrarily chosen physical units, with "0" value of psychological threshold. On the Y-axis, the percentage of reactions "Yes, I perceive". For example, an electric current or a psychopharmacological, and the answer "Yes, I feel something". This represents the intuitive model of the perception threshold: an all-or-nothing affair; literally a fixed threshold that must be taken in one step to get inside. Yet everybody who is forced to think about this for a while knows that this model certainly does not represent behaviour reality and give a true picture of reality.

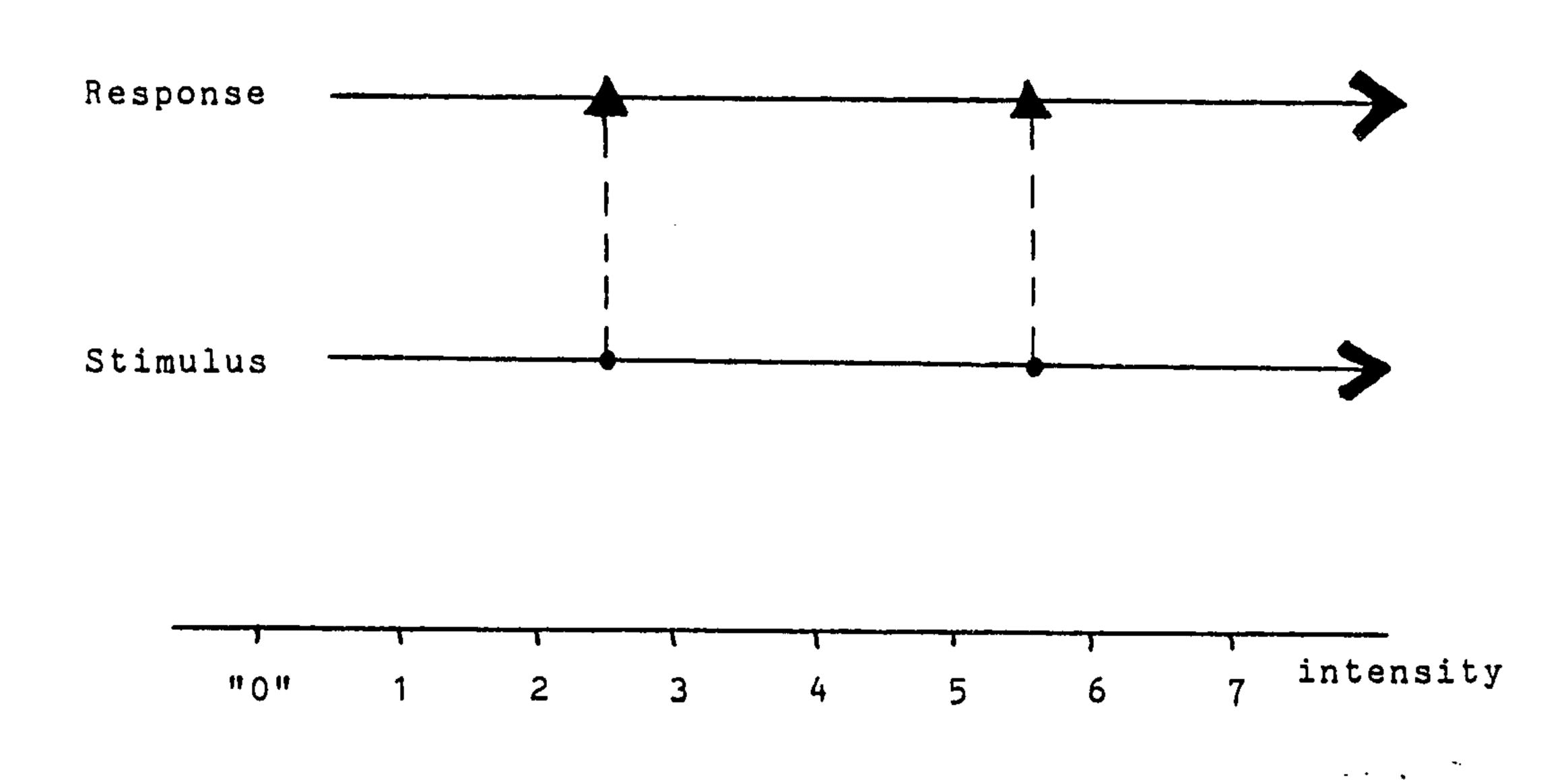


Figure 2. Here we see two axes of increasing strength of the stimulus S and the reaction R. The naïve theory is that once above the perception threshold (see diagram 1), with a certain stimulation strength, a fixed answer-value applies that shows the intensity of the perception directly. When we have a stronger stimulation (5) the answer is: "Now I feel more" (5); when we have a weaker stimulation (2) "I feel less" (2). This theory is mechanical and distorts reality.

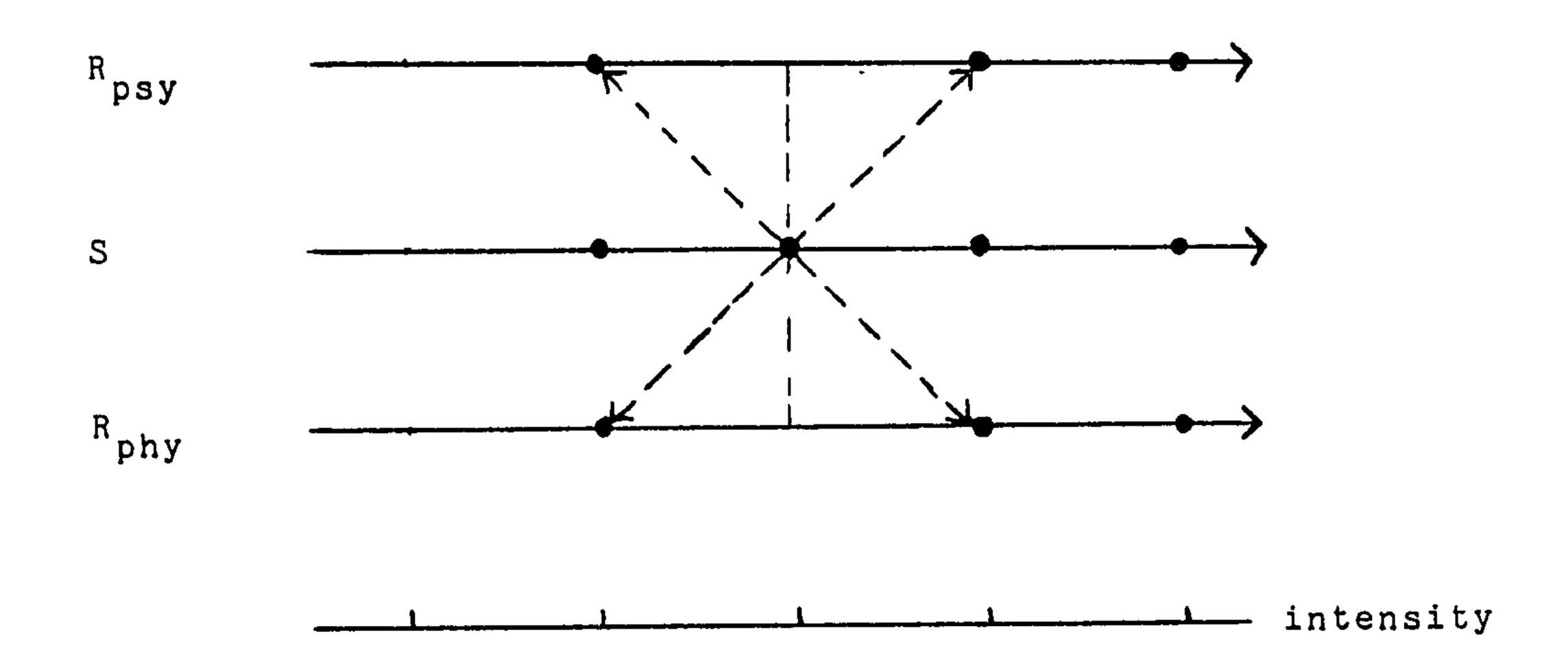


Figure 3. The same stimulation can cause divergent psychological and physiological reactions. A weak psychological reaction can even go together with a strong physiological reaction, and the reverse. One can imagine this by thinking of what are called "catch-trials" in experimental research. If the observer (subject) is told of the possibility that he will sometimes not get a stimulation although one is announced, he will raise his threshold to say "Yes". He wants more evidence before he decides to answer. Compare also the research and application of the placebo in medical science. All this implies that it is of essential importance to know that the sensitivity of the sensory system is one thing, the yardstick for saying that one feels or does not feel something is another thing, and the physical changes another again.

		reaction "pain gone"		
		yes +	no -	
administered	farmacon +	+ + 75	+ - II 25	
	placebo -	- + 1 33	67	

Figure 4. After the preceding diagrams it will be no surprise to be told that in the psychopharmacological reaction of strong pain-killing morphine, only 50% can be ascribed to the pharmalogical characteristics of the drug, and the other half to psychological influences. The pharmacentical leads in 75% of all cases to the reaction "no pain anymore". (In fact something like "it does not bother me anymore". The model demands more variables, which are left out of the model). In 25% of all cases the reaction is "I still feel pain". Moreover in 33% the placebo gives the reaction: "The pain is gone". In the positive reaction to the pharmacentical one third is a placebo reaction. So 50% remains for the pharmacological reaction "The pain is gone". For those who are familiar with the theory of signal detection (TSD): in noise (placebo) one third of the answers are false positive (false alarms, error type I), in signal (pharmacological) one fourth of the answers are false negative (failure, error type II) (Hueting, 1977).

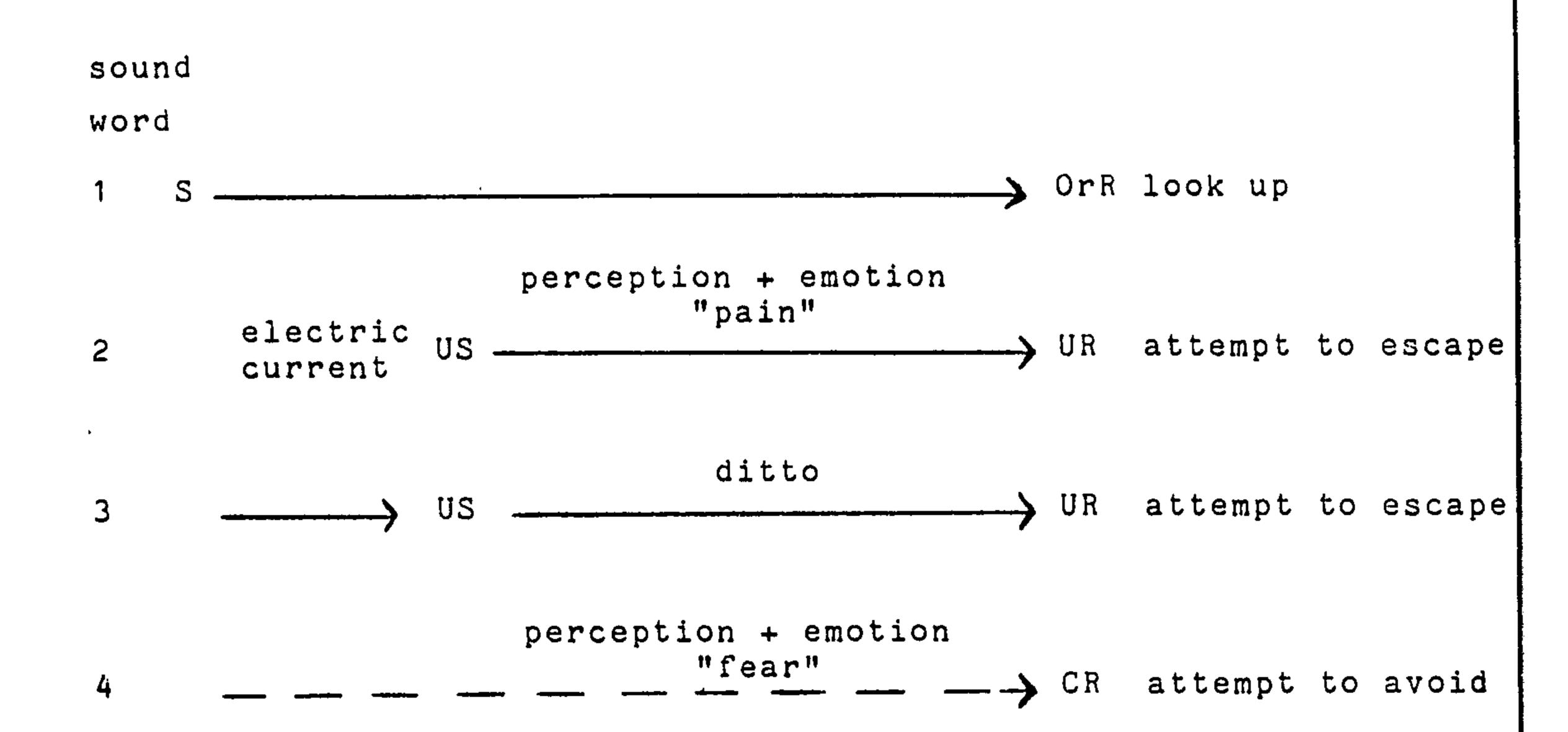


Figure 5. Phases of responding conditioning. Antecedent to the conditioning programme in the conditioning situation an arbitrary stimulus (chosen by the experimenter) will be offered the so-called neutral stimulus. It is succeeded by an orienting reflex OrR. Futher an unconditional stimulus US is chosen. In the drawing this is an electric current that leads to all kinds of escape efforts accompanied by the perception of current and the emotion of pain. Otherwise it is possible that it is an US, which is reacted to with an approach and a feeling of satisfaction or joy: eating, drinking, smoking, appreciation or favours. After that the conditioning programme can begin with connections between CS and US, leading to the conditional reaction (CR) that will come about without the interference of US, so only on the appearance of the CS that at first only caused an OrR. In this case it can be an effort of avoidance in the way the torturer wants it, e.g. clean the floor with the tongue, say "Heil Hitler" and confess anything that is wanted.

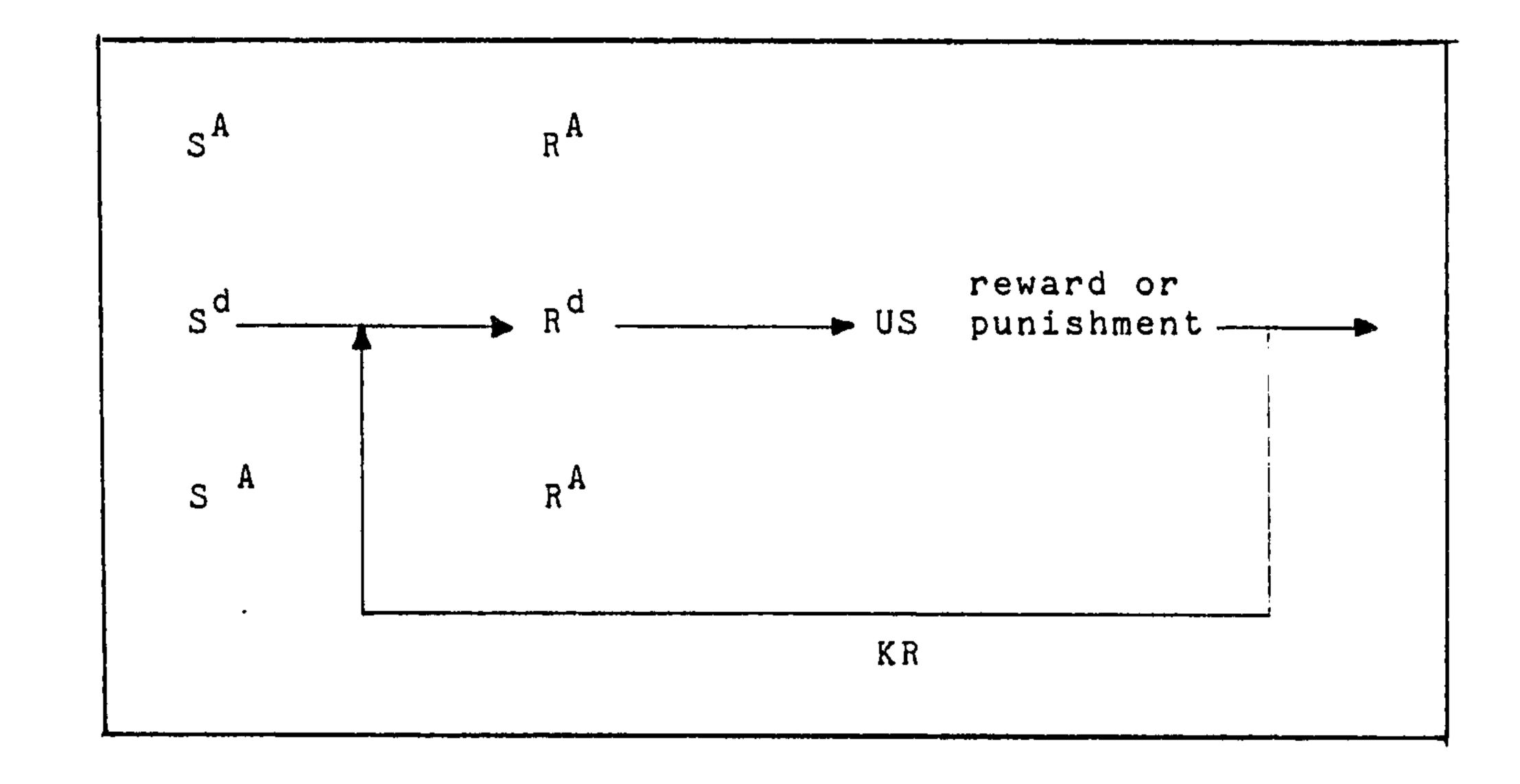


Figure 6. The production of operant conditional reflexes. The individual learns which stimulus (the discriminatory stimulus S^d) leads to which effect by perceiving the consequences of his acts (knowledge of results KR), feedback. It is essential that a certain form of behaviour increases in frequency by the carrying-out of acts (operations) which increase the chance of obtaining a reward, or to avoid a punishment. Or it is essential that a certain form of behaviour decreases in frequency and the individual learns to repress a certain form of behaviour. Responses to a S delta are not reinforced and extuinguish by habituation.

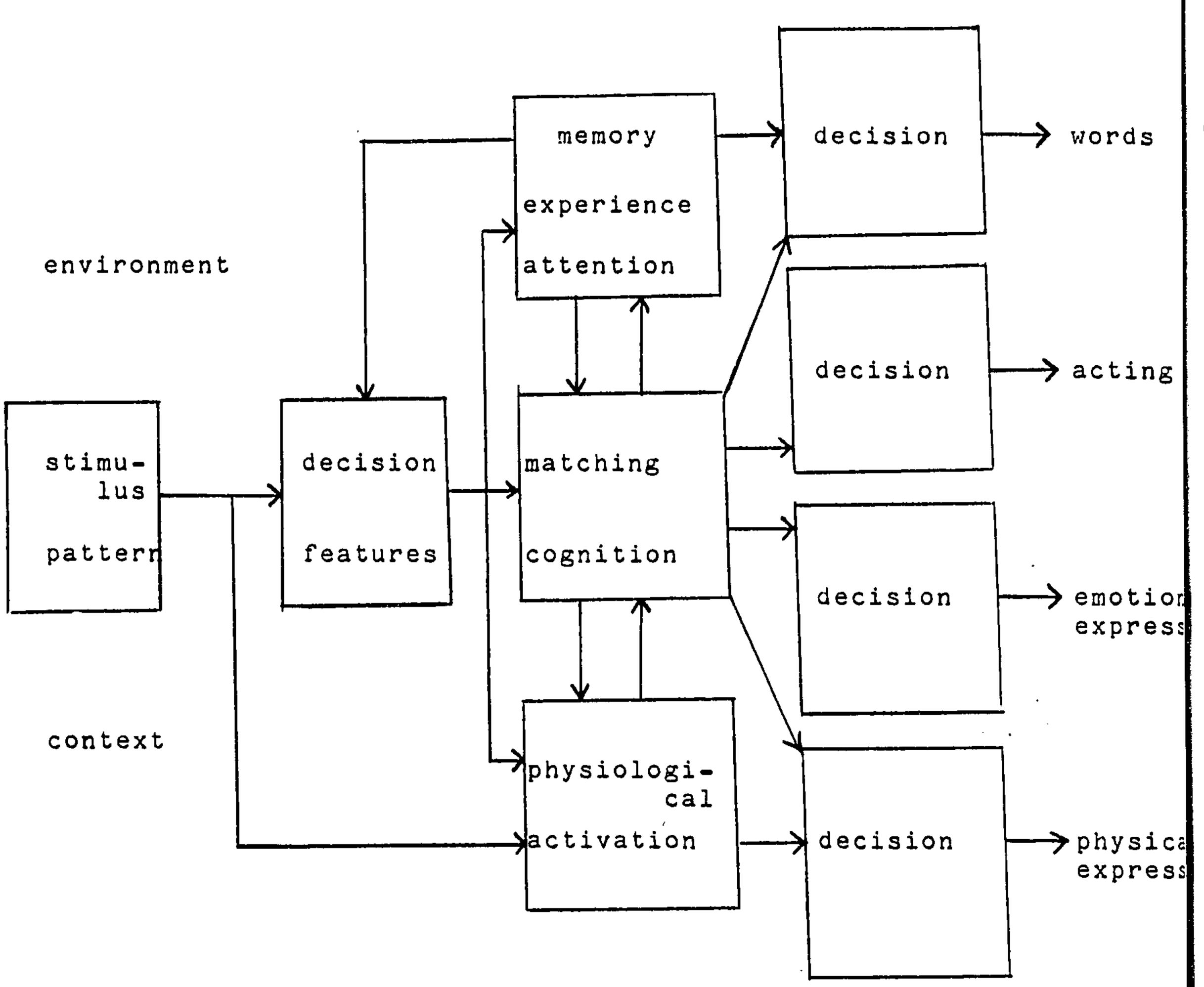


Figure 7. A diagram of some psychological mechanisms and their mutual connections in a rough draft. It is essential that they are looked upon as information processing models in which some features are put in and processed. The final conclusions are put out, or they are stored in the memory. In this paper we have tried to clarify some of the characteristics of the system. With these the effects of means such as brainwashing and truthdrugs could be reasonably explained. With these experimental conclusions and the theories drawn from these conclusions the conduct of human beings can be predictably influenced, although not nearly with the magical power that in the naive view is ascribed to brainwashing and truth-drugs.

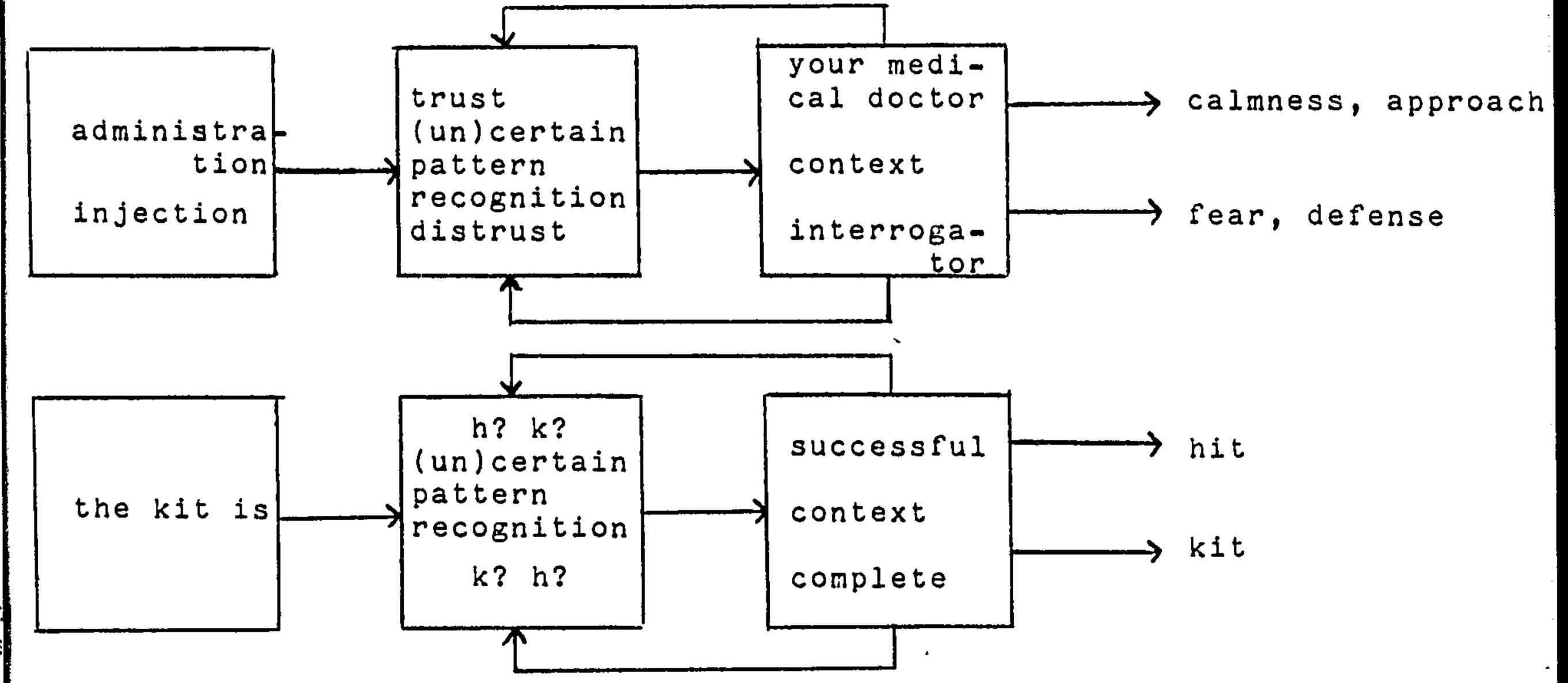


Figure 8. Two very simplified examples to show the application of the information processing system of figure 7.

From these two figures one can, among other things, deduce that: there exist a perception and an execution threshold; that both thresholds are subjected to the working of the information processing mechanism; there are four kinds of output to distinguish, based on different mechanisms of which the activity can be directed and can even show mutual contradictions; that to the same physiological activities cognitively different "causes" can be attributed; that feelings and overt behaviour are deeply influenced by expectancies.

