

A Layman's Guide to Brainwashing and Mind Control at Behavior Modification Programs for Teens

From 1951¹ to 1972¹ the C.I.A. conducted a variety of mind control experiments on their own agents, military personnel, psychiatric patients, prisoners, and the general public. These experimental projects were entitled "Bluebird", "Artichoke", MKULTRA, and MKSEARCH. The C.I.A. uses the term behavior modification interchangeably with mind control and brainwashing.

In the 1970's, following the Senate Hearings condemning these experiments, behavior modification programs for "troubled teens" began propping up around the country. Programs such as Provo Canyon School in Provo, UT began torturing and brainwashing children in 1974, but, it filed for its license and zoning shortly after MKSEARCH was supposedly discontinued.

Based on information gathered by HEAL⁵, behavior modification programs are sharing their data with the N.S.A., C.I.A., Foreign and Domestic Military Personnel, and other government and scientific research operations. This suggests that the brainwashing experiments continue in the form of teen "help". We invite you to compare the brainwashing methods described by Dr. William Sargant in his research into the techniques of brainwashing used in Communist China and Stalinist Russia to the phase/level system(s) used at programs such as Provo Canyon School and Kids Helping Kids/Pathway Family Centers.

According to Dr. William Sargant's² research into brainwashing, there are four primary phases:

"The first phase...is called "the phase of physical control and lasts about two months. Novices are allotted all sorts of...physical tasks, often of a demeaning nature...During this period of physical exhaustion...themes are designed to instill a maximum of disillusionment in the mind...After two months of "physical control" a **second phase** of more intense indoctrination begins. Physical work is now reduced, and the number of small and large group meetings greatly increased. Care is taken that for six and sometimes seven nights a week the trainee shall go to bed mentally and physically completely exhausted...Finally, the remainder reach a **third stage [phase]** of "crisis" and breakdown. This occurs after about six month's training [brainwashing]...With this [third phase] total disruption of old behavior patterns, the new ones **[fourth phase]** become much more firmly implanted...In place of his [the trainee or brainwashed person] feeling of guilt he is now fired with the conviction that he must publicize his newly found security and help others find peace of mind through service to the Organization [Cult]. It takes at least another four months of intense work to consolidate the hold on the now willing mind. Some rewards are given for enthusiasm and in appreciation of the conversion of the trainee."

The residential "treatment"/boot camp/wilderness therapy/behavior modification program industry uses a similar level/phase system in their

“conversion” of normal kids to “Stepford” children. Here’s an example of the phases in a modern day behavior modification program:

Phase 1. Deny all contact with outside world. Deny interaction between “students”. Deny basic needs as punishment (food, sleep, clothing, heat, water, etc.). Create confusion and use physical and mental exhaustion as a tool to breakdown “old behaviors”. This causes a complete mental breakdown in the child. (Forced betrayal of one’s self.)

Phase 2. Once a child becomes “agreeable” to submission, small “rewards” are given for obedience and the risk of being returned to the earlier phase is held out as the worst punishment one can receive. Children are persuaded to make up stories (false confessions) about themselves and others in the program in order to get rewarded for their “honesty”. (Forced betrayal of one’s peers.)

Phase 3. The child has no more opinion of him/herself based on own self-image or the reflection of his/her peers. The child completely loses and disassociates between “old life/old behavior” and “new life/new behavior”. (Complete mental/emotional breakdown and intentional creation of disassociative disorder.)

Phase 4. The child is completely submissive and brainwashed. The child hates everything they once were or knew. The child only feels safe in the program and only credits the program with his/her success. Child is given “responsibility” to “lead” other children. (Child is now brainwashed and actively aiding his captors in brainwashing others.)

These methods are destructive and violate every sacred human right. And, according to world-renowned psychiatrist, Dr. Peter Breggin³, “To [sic] force thousands and even millions of teenagers into...treatment against their will would not only be unethical, wrong-headed, and useless, it would further humiliate and alienate them.” Our children deserve better.

1 <http://www.rossinst.com/blue.htm>, & <http://www.wanttoknow.info/bluebird10pg>

2 Sargant, Dr. William. “Battle for the Mind”. Malor Books. Cambridge, MA. 1997 (pp. 181-184)

3 Breggin, Dr. Peter R., “Reclaiming Our Children”. Perseus Publishing, New York, NY. 2000. (p. 26)

4 http://en.wikipedia.org/wiki/Kids_Helping_Kids#Length_of_stay_.2F_Level_system

5. <http://www.heal-online.org/teen.htm>

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