I. THE THEORY OF COERCION

A. THE PURPOSE OF ALL COERCIVE TECHNIQUES IS TO INDUCE PSYCHOLOGICAL REGRESSION IN THE SUBJECT BY BRINGING A SUPERIOR OUTSIDE FORCE TO BEAR ON HIS WILL TO RESIST. REGRESSION IS BASICALLY A LOSS OF AUTONOMY, A REVERSION TO AN EARLIER BEHAVIORAL LEVEL. AS THE SUBJECT REGRESSES, HIS LEARNED PERSONALITY TRAITS FALL AWAY IN REVERSE CHRONOLOGICAL ORDER. HE BEGINS TO loose THE CAPACITY TO CARRY OUT THE HIGHEST CREATIVE Activities, TO DEAL WITH COMPLEX SITUATIONS, TO COPE WITH STRESSFUL INTERPERSONAL RELATIONSHIPS, OR TO COPE WITH REPEATED FRUSTRATIONS. THE USE OF MOST COERCIVE TECHNIQUES IS IMPROPER AND VIOLATES

B. THERE ARE THREE MAJOR PRINCIPLES INVOLVED IN THE SUCCESSFUL APPLICATION OF COERCIVE TECHNIQUES:

DEBILITY (PHYSICAL WEAKNESS)

FOR CENTURIES "QUESTIONERS" HAVE EMPLOYED VARIOUS METHODS OF INDUCING PHYSICAL WEAKNESSES:
Prolonged constraint; Prolonged exertion;
Extremes of heat, cold, or moisture; and
Deprivation of food or sleep. A THE ASSUMPTION IF THAT LOWERING THE SUBJECT'S PHYSIOLOGICAL RESISTANCE WILL LOWER HIS PSYCHOLOGICAL CAPACITY FOR RESISTANCE; HOWEVER, THERE HAS BEEN NO SCIENTIFIC INVESTIGATION OF THIS ASSUMPTION.
MANY PSYCHOLOGISTS CONSIDER THE THREAT OF INDUCING DEBILITY TO BE MORE EFFECTIVE THAN DEBILITY ITSELF. PROLONGED CONSTRAINT OR EXERTION, SUSTAINED DEPRIVATION OF FOOD OR SLEEP, ETC. OFTEN BECOME PATTERNS TO WHICH A SUBJECT ADJUSTS BY BECOMING APATHETIC AND WITHDRAWING INTO HIMSELF, IN SEARCH OF ESCAPE FROM THE DISCOMFORT AND TENSION. IN THIS CASE DEBILITY WOULD BE COUNTERPRODUCTIVE.

ANOTHER COERCIVE TECHNIQUE IS THE QUESTIONER SHOULD BE CAREFUL TO MANIPULATE THE SUBJECT'S ENVIRONMENT TO DISRUPT PATTERNS, SUCH AS ARRANGING MEALS AND SLEEP SO THEY OCCUR IRREGULARLY, IN MORE THAN ABUNDANCE OR LESS THAN ADEQUACY, ON NO DISCERNIBLE TIME PATTERN. THIS DISORIENT THE SUBJECT AND DESTROYS HIS CAPACITY TO RESIST. HOWEVER, IF SUCCESSFUL, IT CAUSES SERIOUS PSYCHOLOGICAL DAMAGE AND THESS IS A FORM OF TORTURE DEPENDENCY.

HE IS HELPLESSLY DEPENDENT UPON THE "QUESTIONER" FOR THE SATISFACTION OF ALL BASIC NEEDS.

DREAD (INTENSE FEAR & ANXIETY) SUSTAINED LONG ENOUGH, A STRONG FEAR OF ANYTHING VAGUE OR UNKNOWN INDUCES REGRESSION. ON THE OTHER HAND, MATERIALIZATION OF THE FEAR IS LIKELY TO COME AS A RELIEF. THE SUBJECT FINDS THAT HE CAN HOLD OUT AND HIS RESISTANCE IS STRENGTHENED.
A WORD OF CAUTION: IF THE DEBILITY-DEPENDENCY-DREAD STATE IS UNDULY PROLONGED, THE SUBJECT MAY SINK INTO A DEFENSIVE APATHY FROM WHICH IT IS HARD TO AROUSE HIM. IT IS ADVISABLE TO HAVE A COERCIVE TECHNIQUE READY TO USE TO REGRESSION-INDUCED.

II. OBJECTIONS TO COERCION

A. THERE IS A PROFOUND MORAL OBJECTION TO APPLYING DURESS BEYOND THE POINT OF IRREVERSIBLE PSYCHOLOGICAL DAMAGE SUCH AS OCCURS DURING BRAINWASHING. BRAINWASHING INVOLVES THE CONDITIONING OF A SUBJECT'S "STIMULUS-RESPONSE BOND" THROUGH THE USE OF THESE SAME TECHNIQUES, BUT THE OBJECTIVE OF BRAINWASHING IS DIRECTED PRIMARILY TOWARDS THE SUBJECT'S ACCEPTANCE AND ADOPTION OF BELIEFS, BEHAVIOR, OR DOCTRINE ALIEN TO HIS NATIVE CULTURAL ENVIRONMENT FOR PROPAGANDA RATHER THAN INTELLIGENCE COLLECTION PURPOSES. THIS TECHNIQUE IS ILLEGAL AND MAY NOT BE USED.

Moreover, some psychologists feel that the subject's ability to recall and communicate information accurately is as impaired as his will to resist. This objection has some validity, but the use of coercive techniques will rarely confuse a resistant subject so completely that he does not know whether his own confession is true or false. He does need mastery of all his mental and physical powers to know whether he is a spy or not.

III. JUSTIFICATION FOR USING COERCIVE TECHNIQUES

* THESE TECHNIQUES SHOULD BE RESERVED FOR THOSE SUBJECTS WHO HAVE BEEN TRAINED OR WHO HAVE DEVELOPED THE ABILITY TO RESIST NON-COERCIVE TECHNIQUES.

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IV. COERCIVE TECHNIQUES

L-8 A. ARREST

THE MANNER AND TIMING OF ARREST SHOULD BE PLANNED TO ACHIEVE SURPRISE AND THE MAXIMUM AMOUNT OF MENTAL DISCOMFORT. HE SHOULD THEREFORE BE ARRESTED AT A MOMENT WHEN HE LEAST EXPECTS IT AND WHEN HIS MENTAL AND PHYSICAL RESISTANCE IS AT ITS LOWEST. IDEALLY IN THE EARLY HOURS OF THE MORNING. WHEN ARRESTED AT THIS TIME, MOST SUBJECTS EXPERIENCE INTENSE FEELINGS OF SHOCK, INSECURITY, AND PSYCHOLOGICAL STRESS AND FOR THE MOST PART HAVE GREAT DIFFICULTY ADJUSTING TO THE SITUATION. IT IS ALSO IMPORTANT THAT THE ARRESTING PARTY BEHAVE IN SUCH A MANNER AS TO IMPRESS THE SUBJECT WITH THEIR EFFICIENCY.
- cut hair
- issue
- baggy
- clothing

A PERSON'S SENSE OF IDENTITY DEPENDS UPON A CONTINUITY
IN HIS SURROUNDINGS, HABITS, APPEARANCE, ACTIONS,
RELATIONS WITH OTHERS, ETC. DETENTION PERMITS THE
"QUESTIONER" TO CUT THROUGH THESE LINKS AND THROW THE
SUBJECT BACK UPON HIS OWN UNAIDED INTERNAL RESOURCES.
DETENTION SHOULD BE PLANNED TO ENHANCE THE SUBJECT'S
FEELINGS OF BEING CUT OFF FROM ANYTHING KNOWN AND
REASSURING.

LITTLE IS GAINED IF CONFINEMENT MERELY REPLACES ONE
ROUTINE WITH ANOTHER. THE SUBJECT SHOULD NOT BE
PROVIDED WITH ANY ROUTINE TO WHICH HE CAN ADAPT.
NEITHER SHOULD DETENTION BECOME MONOTONOUS TO THE
POINT WHERE THE SUBJECT BECOMES APATHETIC. APATHY IS
A VERY EFFECTIVE DEFENSE AGAINST "QUESTIONING".
CONSTANTLY DISRUPTING PATTERNS WILL CAUSE HIM TO
BECOME DISORIENTED AND TO EXPERIENCE FEELINGS OF FEAR
AND HELPLESSNESS.

IT IS IMPORTANT TO DETERMINE IF THE SUBJECT HAS BEEN
DETAINED PREVIOUSLY, HOW OFTEN, HOW LONG, UNDER WHAT
CIRCUMSTANCES, AND WHETHER HE WAS SUBJECT TO
"QUESTIONING". FAMILIARITY WITH DETENTION OR EVEN
WITH ISOLATION REDUCES THE EFFECT.
C. DEPRIVATION OF SENSORY STIMULI

Solitary confinement acts on most persons as a powerful stress. A person cut off from external stimuli turns his awareness inward and projects his unconscious outward. The symptoms most commonly produced by solitary confinement are superstition, intense love of any other living thing, perceiving inanimate objects as alive, hallucinations, and delusions. Deliberately causing these symptoms is a serious impropriety and although conditions identical to those of solitary confinement for the purpose of "questioning" have not been duplicated for scientific experimentation, a number of experiments have been conducted with subjects who volunteered to be placed in "sensory deprivation tanks". They were suspended in water and wore black-out masks, which enclosed the entire head and only allowed breathing. They heard only their own breathing and some faint sounds of water from the piping.

To use prolonged solitary confinement for the purpose of extracting information in questioning violates policy.
To summarize the results of these experiments:

**Extreme**

1) A deprivation of sensory stimuli induces stress and anxiety, which is a form of torture. Its use constitutes improperity and violates policy, the more complete the deprivation, the more serious the stress and anxiety the subject is subjected.

2) The stress and anxiety become unbearable for most subjects. They have a growing need for physical and social stimuli. How much they are able to stand depends upon the psychological characteristics of the individual. Now let me relate this to the "questioning" situation. As the "questioner" becomes linked in the subject's mind with human contact and meaningful activity, the anxiety lessens. The "questioner" can take advantage of this relationship by assuming a benevolent role.

3) Some subjects progressively lose touch with reality, focus inwardly, and produce delusions, hallucinations, and other pathological effects. In general, the more well-adjusted a subject is, the more he is affected by deprivation. Neurotic and psychotic subjects are comparatively unaffected or show decreases in anxiety.
D. THREATS AND FEAR

The threat of coercion usually weakens or destroys resistance more effectively than coercion itself. For example, the threat to inflict pain can trigger fears more damaging than the immediate sensation of pain. In fact, most people underestimate their capacity to withstand pain. In general, direct physical brutality creates only resentment, hostility, and further defiance.

The effectiveness of a threat depends on the personality of the subject, whether he believes the "questioner" can and will carry out the threat, and on what he believes to be the reason for the threat. A threat should be delivered coldly, not shouted in anger, or made in response to the subject's own expressions of hostility. Expressions of anger by the "questioner" are often interpreted by the subject as a fear of failure, which strengthens his resolve to resist.

A threat should grant the subject time for compliance and is most effective when joined with a suggested rationalization for compliance. It is not enough that a subject be placed under the tension of fear; he must also discern an acceptable escape route.
THE THREAT OF DEATH HAS BEEN FOUND TO BE WORSE THAN USELESS. THE PRINCIPAL REASON IS THAT IT OFTEN INDUCES SHEER HOPELESSNESS; THE SUBJECT FEELS THAT HE IS AS LIKELY TO BE CONDEMNED AFTER COMPLIANCE AS BEFORE. SOME SUBJECTS RECOGNIZE THAT THE THREAT IS A BLUFF, AND THAT SILENCING THEM FOREVER WOULD DEFEAT THE "QUESTIONER’S" PURPOSE.

THE PRINCIPAL DRAWBACK TO USING THREATS OF PHYSICAL COERCION OR TORTURE IS THAT IF A SUBJECT REFUSES TO COMPLY, AND A THREAT HAS BEEN MADE IT MUST BE CARRIED OUT, IF IT IS NOT CARRIED OUT, THEN SUBSEQUENT THREATS WILL ALSO PROVE INEFFECTIVE. THE USE OF EMPTY THREATS CARRIED OUT THE USE OF EMPTY THREATS COULD RESULT IN SUBJECT'S LOSING RATHER THAN LOSING SELF-CONFIDENCE.

EVERYONE IS AWARE THAT PEOPLE REACT VERY DIFFERENTLY TO PAIN BUT THE REASON IS NOT BECAUSE OF A DIFFERENCE IN THE INTENSITY OF THE SENSATION ITSELF. ALL PEOPLE HAVE APPROXIMATELY THE SAME THRESHOLD AT WHICH THEY BEGIN TO FEEL PAIN AND THEIR ESTIMATES OF SEVERITY ARE ROUGHLY THE SAME. THE WIDE RANGE OF INDIVIDUAL REACTIONS IS BASED PRIMARILY ON EARLY CONDITIONING TO PAIN.

THE TORTURE SITUATION IS AN EXTERNAL CONFLICT, A CONTEST BETWEEN THE SUBJECT AND HIS TORMENTOR. THE PAIN WHICH IS BEING INFLECTED UPON HIM FROM OUTSIDE HIMSELF MAY ACTUALLY INTENSIFY HIS WILL TO RESIST. ON THE OTHER HAND, PAIN WHICH HE FEELS HE IS INFLECTING UPON HIMSELF IS MORE LIKELY TO SAP HIS RESISTANCE.
FOR EXAMPLE, IF HE IS REQUIRED TO MAINTAIN RIGID
POSITIONS SUCH AS STANDING AT ATTENTION OR SITTING ON
A STOOL FOR LONG PERIODS OF TIME, THE IMMEDIATE SOURCE
OF PAIN IS NOT THE "QUESTIONER" BUT THE SUBJECT
HIMSELF. HIS CONFLICT IS THEN AN INTERNAL STRUGGLE.
AS LONG AS HE MAINTAINS THIS POSITION, HE IS
ATTRIBUTING TO THE "QUESTIONER" THE ABILITY TO DO
SOMETHING WORSE, BUT THERE IS NEVER A SHOWDOWN WHERE
THE "QUESTIONER" DEMONSTRATES THIS ABILITY. AFTER A
PERIOD OF TIME, THE SUBJECT IS LIKELY TO EXHAUST HIS
INTERNAL MOTIVATIONAL STRENGTH. THIS TECHNIQUE MAY
ONLY BE USED FOR PERIODS OF TIME THAT ARE
NOT LONG ENOUGH TO INDUCE PAIN OR PHYSICAL
INTENSE PAIN IS QUITE LIKELY TO PRODUCE FALSE
CONFESSIONS, FABRICATED TO AVOID ADDITIONAL
PUNISHMENT. THIS RESULTS IN A TIME CONSUMING DELAY
WHILE INVESTIGATION IS CONDUCTED AND THE ADMISSIONS
ARE PROVEN UNTURE. DURING THIS RESPITE, THE SUBJECT
CAN PULL HIMSELF TOGETHER AND MAY EVEN USE THE TIME TO
DEVISE A MORE COMPLEX CONFESSION THAT TAKES STILL
LONGER TO DISPROVE.

SOME SUBJECTS ACTUALLY ENJOY PAIN AND WITHHOLD
INFORMATION THEY MIGHT OTHERWISE HAVE DIVULGED IN
ORDER TO BE PUNISHED.
IF PAIN IS NOT USED UNTIL LATE IN THE "QUESTIONING"
PROCESS AND AFTER OTHER TACTICS HAVE FAILED, THE
SUBJECT IS LIKELY TO CONCLUDE THAT THE "QUESTIONER" IS
BECOMING DESPERATE. HE WILL FEEL THAT IF HE CAN HOLD
OUT JUST A LITTLE LONGER, HE WILL WIN THE STRUGGLE AND
HIS FREEDOM. ONCE A SUBJECT HAS SUCCESSFULLY
WITHSTOOD PAIN, HE IS EXTREMELY DIFFICULT TO
"QUESTION" USING MORE SUBLIMATED METHODS.

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F. HYPNOSIS AND HEIGHTENED SUGGESTIBILITY

THE RELIABILITY OF ANSWERS OBTAINED FROM A SUBJECT
ACTUALLY UNDER THE INFLUENCE OF HYPNOTISM IS HIGHLY
DOUBTFUL. HIS ANSWERS ARE OFTEN BASED UPON THE
SUGGESTIONS OF THE "QUESTIONER" AND ARE DISTORTED OR
FABRICATED.

HOWEVER, THE SUBJECT'S STRONG DESIRE TO ESCAPE THE
STRESS OF THE SITUATION CAN CREATE A STATE OF MIND
WHICH IS CALLED HEIGHTENED SUGGESTIBILITY. THE
"QUESTIONER" CAN TAKE ADVANTAGE OF THIS STATE OF MIND
BY CREATING A "HYPNOTIC SITUATION", AS DISTINGUISHED
FROM HYPNOSIS ITSELF. THIS HYPNOTIC SITUATION CAN BE
CREATED BY THE "MAGIC ROOM" TECHNIQUE.

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For example, the subject is given an hypnotic suggestion that his hand is growing warm. However, his hand actually does become warm with the aid of a concealed diathermy machine. He may be given a suggestion that a cigarette will taste bitter and he could be given a cigarette prepared to have a slight but noticeably bitter taste.

A psychologically immature subject, or one who has been regressed, could adopt a suggestion that he has been hypnotized, which has rendered him incapable of resistance. This relieves him of the feeling of responsibility for his actions and allows him to reveal information.

There is no drug which can force every subject to divulge all the information he has, but just as it is possible to create a mistaken belief that a subject has been hypnotized by using the "magic room" technique, it is possible to create a mistaken belief that a subject has been drugged by using the "placebo" technique.
STUDIES INDICATE THAT AS HIGH AS 30 TO 50 PERCENT OF INDIVIDUALS ARE PLACEBO REACTORS. IN THIS TECHNIQUE THE SUBJECT IS GIVEN A PLACEBO (A HARMLESS SUGAR PILL) AND LATER IS TOLD HE WAS GIVEN A TRUTH SERUM, WHICH WILL MAKE HIM WANT TO TALK AND WHICH WILL ALSO PREVENT HIS LYING. HIS DESIRE TO FIND AN EXCUSE FOR COMPLIANCE, WHICH IS HIS ONLY AVENUE OF ESCAPE FROM HIS DEPRESSING SITUATION. MAY MAKE HIM WANT TO BELIEVE THAT HE HAS BEEN DRUGGED AND THAT NO ONE COULD BLAME HIM FOR TELLING HIS STORY NOW. THIS PROVIDES HIM WITH A RATIONALIZATION THAT HE NEEDS FOR COOPERATING.

THE FUNCTION OF BOTH THE "PLACEBO" TECHNIQUE AND THE "MAGIC ROOM" TECHNIQUE IS TO CAUSE CAPITULATION BY THE SUBJECT, TO CAUSE HIM TO SHIFT FROM RESISTANCE TO COOPERATION. ONCE THIS SHIFT HAS BEEN ACCOMPLISHED, THESE TECHNIQUES ARE NO LONGER NECESSARY AND SHOULD NOT BE USED PERSISTENTLY TO FACILITATE THE "QUESTIONING" THAT FOLLOWS CAPITULATION.
IV. REGRESSION

As I said at the beginning of our discussion of coercive techniques, the purpose of all coercive techniques is to induce regression. How successful these techniques are in inducing regression depends upon an accurate psychological assessment of the subject and a proper matching of method to source.

There are a few non-coercive techniques which can be used to induce regression, but to a lesser degree than against policy to use them to produce regression. Following is a list of these techniques which require "questioner's" control of the environment. For example: to abuse:

A. Persistent manipulation of time
B. Retarding and advancing clocks
C. Serving meals at odd times
D. Disrupting sleep schedules
E. Disorientation regarding day and night
F. Unpatterned "questioning" sessions
G. Nonsensical questioning
H. Ignoring half-hearted attempts to cooperate
I. Rewarding non-cooperation

In general, thwarting any attempt by the subject to relate to his new environment will reinforce the effects of regression and drive him deeper and deeper into himself, until he no longer is able to control his responses in an adult fashion.
WHETHER REGRESSION OCCURS SPONTANEOUSLY UNDER
(INADVERTENTLY)
DETENTION OR IS INDUCED BY THE "QUESTIONER"; IT
CALLS
FOR REMEDIAL TREATMENT AS SOON AS IT IS NOTICED.
NOT BE ALLOWED TO CONTINUE BEYOND THE POINT NECESSARY
IN SOME CASES
TO OBTAIN COMPLAINTS. A PSYCHIATRIST SHOULD BE CALLED.

PRESENT IF SEVERE TECHNIQUES ARE TO BE EMPLOYED, TO
INSURE FULL REVERSAL LATER. AS SOON AS POSSIBLE, THE
"QUESTIONER" SHOULD PROVIDE THE SUBJECT WITH THE
RATIONALIZATION THAT HE NEEDS FOR GIVING IN AND
COOPERATING. THIS RATIONALIZATION IS LIKELY TO BE
ELEMENTARY, AN ADULT VERSION OF A CHILDHOOD EXCUSE
SUCH AS:
1. "THEY MADE YOU DO IT."
2. "ALL THE OTHER BOYS ARE DOING IT."
3. "YOU'RE REALLY A GOOD BOY AT HEART."