

29 April 2017.

In the house of Ignorance there is,
no mirror in which to view your soul
Kahlil Gibran.

Is it simply just ignorance that psychoanalysis has become a tool of abuse or is it intentional? What I will put forward is that methods of teaching / rehabilitation are in fact methods intentionally designed to damage the psyche of participants, to crush the spirit and demasculate the individual.

The backdrop for this exploration is a prison.

I am of the hope that once you understand the methods and techniques that are being employed you may gain the awareness of similar indicators that have influence in your life.

To demonstrate the intent and goal of these courses run in the prison industry I will firstly refer to a book written by Bateson G. 'Towards a Theory of Schizophrenia. Behavioral Science (1956) 1, pp. 251-64.'

Double Bind.

The childhood of future schizophrenics is characterized by repeat experiences of being put into a double bind by, typically, their mothers. This experience consists in being made the object of incompatible,

contradictory emotional demands in a situation in which there is no avenue of escape and in which no other member of the family rescues the child from the bind by either compensating for or correcting the mother's behaviour or by elucidating it to the child.

The schizophrenic's response to a double bind is to lose the capacity to distinguish the logical status of thoughts. In other words, his DEFENCE against confusion, and his own and his mother's AMBIVALENCE, is to lose the capacity to understand those nuances which enable one to have INSIGHT into motives and to appreciate discrepancies between overt and concealed meanings. In lay language, a double bind is an 'impossible' position.

Strictly speaking, the double bind is not a PSYCHOANALYTICAL concept, since it refers to an INTERPERSONAL situation and not to an internal CONFLICT or developmental process. Although originally formulated as a theory of schizophrenia, it has been adduced as an explanation of neurotic behaviour.

The possibility that an analyst may put a patient into a double bind has also been envisaged. See Family Process (American journal), Laing (1961), Lidz (1964).

The possibility that an analyst may put a

patient into a double bind was envisaged by Bateson in 1956. Here we are in 2017 and it has gone far beyond something that might happen. The Double Bind is at the core of course structure being implemented right now in our prisons.

Is it simply just ignorance that psychoanalysis has become a tool of abuse or is it intentional? It could be argued that I am attempting to validate a theory. However before I demonstrate that this theory is a reality - know this:

'Behaviour therapy which is derived from a theoretical position - that provided by learning theory - is concerned with the removal of the psyche from psychology and attempts to understand human nature by dehumanizing it'. Charles Rycroft 1968.

Even that proposition does not go far enough in explaining to you what is occurring in your prisons - however this might:

Courses that are run have an average of 10 prisoners - 2 facilitators. Many of the participants have recent and past diagnoses of schizophrenia as well as other social disorders.

One particular fellow in the course I was in was seriously medicated with 400mg Saracole daily and 400mg of spirisone

(depo) injections fortnightly. He was a diagnosed schizophrenic. Many also were on antidepressants.

Prior to beginning the 9 month course we are given a series of questions.

Personal and intimate questions. We are to hand them in to strangers who we don't know from a bar of soap. The beginning of: [incompatible, contradictory emotional demands] Contradictory because strangers are demanding the answers.

Attendance is guaranteed because of the fact that if we do not attend there is no chance at parole or progression in the system. [no avenue of escape]

The majority of the course is the examining of our past - the hows and whys of every aspect. To a room of strangers.

All the while one of the psychologists will be taking notes.

They refuse to tell you what they write. Yet they continually say that they are here to help and there is no right or wrong answers.

They play the nice guy for a while until they procure enough personal info in order to know which buttons to push. And push them they do. Whenever someone says something they don't like - they zero in. That separation - the us & them scenario is created.

Every person in that group as soon as the 3rd week know that they are being profiled.

The courses are structured in such a way that on average there is 3 sessions of the exploration of negative emotions and feelings, followed by an hour or so of positive exploration. This ambivalence (confusing and contradictory 'learning' technique, eventually causes the loss of capacity to distinguish logical status of thought. In other words, defence against confusion.)

It is not a matter of challenging belief systems or core beliefs. In the right setting, that is a wonderful thing. I have studied philosophy for over 16 years now. I love intellectual exploration of everything on every level - it is stimulating - it's learning.

We are constantly told that the course is evolving. In the 2 year gap that occurred between when I first attempted the course and the completion in 2016 some things had changed. They had included 20 modules of 'knowledge' from NZ, designed for manic depressants. This format took the negativity to another level again.

If you were not depressed or anxious before the modules - you will be after them.

9 months of this wears thin.

This 'impossible' position is a double bind.

That is why I have mentioned in the past that to me it was like someone attempting a tap dance on my psyche. It was an invasive and disrespectful process - made even more so by the analytical reports created by people who have little or no knowledge on what it is to help and heal - in which every aspect of a persons gains, knowledge and understanding is discredited.

- This double bind method is the cutting edge of the wedge, that is punitive punishment. This process is not rehabilitation - it is abuse.

So what is the answer? I do not think psychological torture is the answer.

All I am able to do is demonstrate some real knowledge that enabled me to begin a process of healing:

'We can acknowledge our negative thoughts and feelings. However, it is not always necessary or helpful, to dwell on them or to seek an explanation as to where and how they originated. The problem with trying to understand our limitations and difficulties is that our focus can be drawn downwards into a maelstrom of mental theory and causative hypotheses; then we are focused on the difficulty and not the

reality that transcends all difficulties.
 So long as our primary focus is on difficulty, we cannot transcend it.

To be an objective observer even in our own lives enables us to create distance enough to work through things without the intensity and hinderance of emotional conflict either imposed or self imposed.
 A kind person would teach you that principle.

The course that I participated in had us bashed around the head with every bad action - negative emotion - every diminishing experience that we have ever had in our lives - plus a few more added.

Is it simply just ignorance that psychoanalysis has become a tool of abuse or is it intentional?

I thought it was just ignorance until I percurved the end report through F.O.I.
 (freedom of Information)

The analysis was the salt that is rubbed into the open wounds the course created.
 Thereby - intent.

How did I deal with all that. I transcended.

Man's will is a floating shadow
 In the mind he conceives
 And the rights of mankind pass and
 Perish like the Autumn leaves
 Kahlil Gibran