

# THE SOCIAL CREDITER

## FOR POLITICAL AND ECONOMIC REALISM

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### Hate Therapy

#### SENSITIVITY TRAINING FOR "PLANNED CHANGE"

FROM *American Opinion* FOR JANUARY, 1968, WE REPRINT EXTRACTS FROM A STUDY BY MR. GARY ALLEN:

Sensitivity training is a concept in which Leftist behavioral scientists are "merging science and democracy" with the stated purpose of bringing about a change in "the total system" through interpersonal Group Dynamics in small sessions involving ten to fifteen people. It is, in short, brainwashing. The significant factor that separates Sensitivity Training from other forms of Group Dynamics is that it is based upon *self-criticism* and *group-criticism*. Before delving further, let us review the use and effects of these within their historical context.

As early as the twelfth anniversary of the Russian Revolution, the Communist Party included among its slogans: "Through Bolshevik Self-Criticism we will enforce the dictatorship of the proletariat." In their book, *The Iron Curtain*, Leftist authors Harry and Bonaro Overstreet reveal how authorities in the U.S.S.R. use group-criticism and self-criticism to make their tyranny almost self-enforcing:

*It is "perfect" because the individual has no real life outside the several collectives to which he belongs; and within any one of these, he can at any time, without warning, have his future put in jeopardy—by having some fellow member accuse him of some deviation from the approved norm of behavior . . . What is at issue now, is not the offense itself, but, rather, the manner of his response to group criticism . . . he is on the spot . . . alone. He cannot expect his friends to rally to his support; for each of them is endangered by his offense . . . Thus, there is set going one of the strangest and potentially most destructive rituals ever devised.*

Once accused, a person must not defend himself, "his only proper recourse is to self-criticism. It is up to him to admit the rightness of the group's criticism . . . If his self-abasement is up to the group's specifications, he may get by with nothing worse than censure". The individual has no rights and is at the mercy and whim of the group. The Overstreets explain:

*To the non-Communist mind, this ritual of collectivized coercion can scarcely seem other than incredible. Why do decent human beings take part in it? Why do they not make the whole design unworkable by defending the accused? . . . In collective after collective, day after day, throughout . . . the U.S.S.R. the rituals of control are enacted . . . every member of every group knowing that, sooner or later, he will be cast in this role of fearful isolation. It is thus that every segment of the populace is gradually conditioned to fit the Party concept of the "new man".*

The group and self-criticism technique—Sensitivity Training—is used today in every Communist country in the world. Their thought-control people have learned from experience that it is an effective weapon not only for producing "mass man" or "group man", but also for locating "reactionary individualists" who may become opposition leaders. As Mao Tse-tung put it:

*We have the Marxist-Leninist weapon of criticism and self-criticism . . . Conscientious practice of self-criticism is still another hallmark distinguishing our Party from all other political parties . . . To check up regularly on our work and in the process develop a democratic style of work, to fear neither criticism nor self-criticism, and to apply such good popular Chinese maxims as, "Say all you know and say it without reserve" . . . This is the only effective way to prevent all kinds of political dust and germs from contaminating the minds of our comrades and the body of our Party. (Quotations from Chairman Mao Tse-tung, *Foreign Language Press, Peking, 1966, pp. 258-259.*)*

The Sensitivity Training concept, using group and self-criticism based on the studies of Pavlov, was, of course, implemented in Korea among American prisoners of war as a method of group control through "brainwashing". In his book, *In Every War But One*, author Eugene Kinkead delves into the disturbing behavior of American prisoners of war held by the Chinese in Korea. The Communists' success, he notes, was not based on torture tactics, *but on the use of group and self-criticism*. Again—Sensitivity Training!

Prisoners were put into criticism groups soon after their capture and those with strong convictions, the "reactionaries" who did not buy the Reds' "new morality", were quickly removed from the group lest their strength contaminate the others. The factor valued most by the Communists was *participation* in the group confession by each prisoner. No prisoner group would be allowed to eat until every member had participated in confessing something and criticizing someone. Thus the pressure came from the group and not the group leader.

Edward V. Hunter, the acknowledged expert in the field who coined the word *brainwashing*, describes the process:

*A prisoner could prove that he had accepted Communism only by self-criticism, that is, by confession. And it didn't matter what he confessed, no matter how trivial, as long as he did. One man, honestly unable to think of anything, finally confessed that he had failed to brush his teeth that morning. The group "leader" was content. For the man, by the act of confessing, had submitted to the system. He had in effect said, "I submit, you're the boss".*

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### FROM WEEK TO WEEK

The Portuguese Foreign Minister, Dr. Nogueira, combines in his Press statements a high degree of political realism with a nicety of diplomatic language which perhaps does not allow him to spell out all the implications of his observations. He observes that the reality following the Arab-Israeli war is the vast expansion of Russian power in the Middle East. But the question is: by what other means than such a war could such a situation have been brought about? But for the existence of Israel, the Russian infiltration into the Middle East would be seen as aggression, of potentially and probably fatal consequence to Europe.

It cannot be conceded that the diplomats of the West are so inferior in comprehension to Dr. Nogueira that they cannot see this situation; but they do not speak of it. But who would doubt that they would view with extreme alarm an anti-Communist build-up in the Middle East? Thus it can be seen that the creation of 'Israel' was a long-term strategical move of crucial importance.

An article by Jon Kimche in *The Illustrated London News*, Dec. 30, 1967, describes the actuality of the Russian presence in the Middle East and North Africa, and discloses that seventy per cent of the world's oil reserves are in this area, and that the total number of Soviet personnel in six Arab countries is 25,000. But, of course, within this 25,000 are the men with their fingers on the triggers of the complex armaments of today.

An accompanying map shows that an arc with Odessa as its centre and with a radius of only 1,600 miles covers the vital Middle East area from Algiers to Kuwait. This area, and France, are *denied to the West*.

The British Government is constantly being exhorted to get out of debt. With the sudden ending of Lend-Lease in 1945, the then Labour Government borrowed nearly a thousand million pounds sterling from the U.S.A.—and squandered it. Since then there have been various other borrowings, together with repayments of principal and the payment of interest. Nevertheless, according to *Political Intelligence Weekly* (Jan. 5, 1968) Britain now owes nearly 40% more than the amounts originally borrowed.

This debt, of course, is an instrument of control over British policy—while it sticks by the rules of a non-self-liquidating financial system, the British Government is not a free agent. But the disgusting feature is that the Wilson administration appears to revel in the situation instead of denouncing it. And the 'Conservatives' are too brain-washed to be aware of it.

An A.B.C. news broadcast on Jan. 12, 1968, announced that the Wilson administration is implementing an agreement with Moscow for technological co-operation between Britain and the USSR, including, probably, the exchange of technicians. As is made clear in the carefully documented book *Peace or Peaceful Coexistence* the Central Committee of the Communist Party is *absolutely confident* of final victory for Communism, peaceful coexistence being nothing but the strategy of disarmament of anti-communism.

Because de Gaulle and Wilson do not proclaim themselves Communists, and are not known to carry Party cards, most people are disinclined to regard them as Communists. But in practice, a Communist is anyone who furthers Communist objectives. Wilson is at least a Fabian Socialist, adhering to the ultimate objective of Communism—One-World Government. De Gaulle's achievement is not to have excluded Britain from Europe, but to have wrecked NATO. Britain can be acquired as a province—"Airstrip No. 1"—when the time is ripe.

Forget Communism if you like—the word has been made disreputable. But watch anti-anti-Communism progressing like a forest fire, and recall some elementary algebra.

The only fresh significance in the Wilson Administration's fresh instalment of disarmament and depression is that it probably marks the absolute point of no return. That is to say, that in the highly unlikely event of a new and genuinely patriotic and informed Administration coming to power, it could not retrieve the situation. The Greatness of Great Britain was a financial phenomenon, backed, of course, by military and naval sanctions. From being the world's creditor, Britain has become the world's bankrupt, disarmed and disgraced and administered by traitors. Shooting the latter might be feasible and exemplary, but even a reformed financial system without the protection of physical sanctions could no longer restore Greatness.

In 1960 we published in these pages an essay entitled *The Last Chance: A Conspectus*. It recommended a "course of action (which) would rapidly bring into the open the real situation we are in, and we should soon see whether it is still possible to extricate ourselves, or whether it is already too late. If we do not do this, the end is certain, so that at least we should be backing a chance against a certainty". As Douglas quoted, "*Si monumentum requiris, circumspice*".

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## The Middle East

"But I do not think that this ('The U.N. on its own is unable and powerless to maintain peace, it only possesses the strength given it by the powers, and only solves that which the latter wants it to solve and in the way they wish') is the fundamental aspect of the present crisis in the Near East. The serious issue appears to be something else, and it is desirable to emphasise it, especially since it does not seem to be receiving the attention it deserves. I refer to the presence of the Russian fleet in the Mediterranean. We all know that it has long been Russia's imperialistic dream to reach the Mediterranean and to establish her presence there. For centuries she has tenaciously pursued this objective, but has never succeeded. But it may be said that it has now been achieved. In fact, the Russian fleet now sails freely in the Mediterranean, and with such units as the Soviet Union wants. But far more serious is the fact that it is calmly accepted that Russia is entitled to do so. The international legislation of the Russian naval presence in the Mediterranean is a considerable political factor. It means that, for the first time in history, it is recognised that Russia has the right to participate in the political settlement of the problems of that area. It means that Russia is accorded the position of a power—a guarantor, with others, of respect for any settlement that may be reached of that region's outstanding problems; and since, in order to guarantee such respect for whatever may be decided, it is necessary to be present in force, Russia finds in the obligation which she thus assumes the very foundation for the demonstration of her power. But a fleet requires support and bases, and these the Soviet Union has organised on some North African shores, which means that not all the Mediterranean shores will from now on be secure for the West. If the Security Council's unanimity when voting for the cease-fire signifies, from a military point of view, that the great powers wish to avoid a confrontation, this very unanimity signifies, politically speaking, the admission of Russia to the group of the Mediterranean powers. This is a highly positive gain for the Soviet Union. It is true that Russia found herself compelled to review her initial position: having begun by insisting that the cease-fire should be accompanied by the withdrawal of Israel's forces within her frontiers, Moscow ended up by retreating and accepted an unconditional cease-fire. This is a victory for the position of Israel and the United States. It is true that the Soviet Union later asked for another meeting of the Security Council, alleging that Israel had not observed the cease-fire. The allegation is specious and artificial, but it means that the matter is far from closed. But if we consider the Russian positions in the Arctic, and if we see how these positions have advanced in the Baltic and in Central Europe, and now in the Mediterranean, we must conclude that what is happening in the Near East transcends by far the Israeli-Arab quarrel and could influence the future of Europe for a long time."

—Dr. Franco Nogueira, Portuguese Foreign Minister, in a preliminary address at a press conference in Lisbon on June 8, 1967.

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## Hate Therapy

(continued from page 1)

What were the effects of such Sensitivity Training sessions on the prisoners in Korea? Kinkead graphically describes the results: "Self-criticism and mutual criticism encourage criticism outside the group. When you are used to criticizing yourself it is easier to criticize others. This creates informers, stool pigeons, sometimes called 'canaries' (because they sing so well). It takes teamwork and secrecy to dig a tunnel, lay plans, etc. But the canaries, sometimes numbering three out of every four Army P.W.'s, always sang to the group leader." So effective was the Communists' Sensitivity Training program that not one prisoner escaped from a Communist P.O.W. camp.

Major William E. Mayer, the chief neuro-psychiatrist of the U.S. Army in charge of rehabilitating returned American P.O.W.s from Korea, stressed the importance to the Communists of building mutual distrust among those who should have trusted each other more. Thanks to Chinese-style Sensitivity Training, fellow prisoners became the enemy, and the captors the ones to be trusted. As Mayer put it: "... once you abandon this concept of the individual and visualize him as does the Marxist as a fragment of a class in that greatest of all realities, the struggle between the classes, then of course informing becomes not a miserable, mean, nasty renunciation of individual loyalties, it becomes an exercise in social responsibility which is exactly the way it was encouraged and exactly the way it grew even among Americans."

Collaborating with Hunter in his definitive book, *Brainwashing*, was Dr. Leon Freedom, an eminent Baltimore neuro-psychiatrist who explains why the Sensitivity group confession process was so incredibly effective for the Communists:

*... confession is analogous to a psychological catharsis—a mental purge. This explained the Reds' stress on what they called self-criticism and mutual criticism, always within the group structure. Out of this came what psychiatrists term resistances, transferences, and counter-transferences. The entire process is similar to the familiar clinical practice known as free association. By it, the individual's defenses are removed, his resistance overcome.*

What Dr. Freedom is talking about is nothing more than the Sensitivity Training now being promoted in the United States under about twenty different pseudonyms, most of them as misleading as possible. Titles under which Sensitivity Training is being given include: Group Dynamics, Group Confession, Group Discussion, Marathon Interpersonal Competence, Nude Marathon, Interpersonal Relations, Self-Evaluation, T-Group Training, Auto-Criticism, Operant Conditioning, Self-Honest Sessions, Human Potential Workshops, Human Relations, Lab Prayer Therapy, Class In-Group Counseling, Synanon Games Clubs, and Basic Encounter Group.

This name game, which is used to disguise group and self-confession, will now undoubtedly be expanded even further as informed persons begin exposing Sensitivity Training as the dangerous scheme it is . . .

Sensitivity Training is offered throughout the country in a variety of ways. In colleges it is most often given once or

twice a week as a "lab"; in police departments and other Civil Service jobs, classes may be given weekly or semi-weekly; and, many private groups meet once a week in a home. Some lab designs call for starting at a weekend retreat—then meeting weekly for a specific time, and concluding with a marathon session (the loss of sleep aids suggestibility).

To produce the optimum condition for applying the brainwash it is best to totally remove the subjects from normal surroundings and get them away for a retreat in a rural area where the full environment can be controlled. There "marathon sessions" in which persons are subjected to twenty-four to forty-eight hours of gruelling "sensitizing" without sleep and with little food, *à la* Korea, are most effective. Though, certainly, such marathons can take place in a home or at a motel.

The session generally begins with an introductory talk from the group's "leader" or "trainer". At one of the introductory sessions which I attended the group "leader", a Professor from U.C.L.A., addressed us for about forty-five minutes using jargon right out of a textbook in introductory psychology, the assorted clichés no doubt included to impress us with how scientific it was all going to be. This, of course, gives the whole experiment an aura of being clinical.

We were told again and again that we were going to be in on something very new that is destined to reshape the world.

The "leader" informed us that Sensitivity Training was based on the newest concepts of psychology: he said that while in the past it had been believed that man was totally shaped by his environment, now scientists had discovered that there was "a sliver of freedom" in our lives. We were told we could use this "sliver of freedom" to escape total environmental determinism and "change" our lives. Well, you must admit, that does sound impressive.

The Professor's key word was "*change*". The world must be changed and Sensitivity Training, he said, is the key to "changing human nature and producing a new societal or democratic man". Does that have a familiar ring? The same "Liberals" who foisted on us the fraud of environmental determinism now find it expedient to allow for "a sliver of freedom", as a rationalization for speeding collectivism . . .

The "leader" keeps the discussion oriented around personal feelings. Telling the naked truth about how one feels about one's self and others is the cardinal virtue. "Feeling" and expressing emotion are what is expected; "intellectualizing" is an unpardonable sin. The "trainer's" job is to manipulate the exposed feelings of the group. He probes for raw nerves and then starts drilling. With practice he develops the faculty for discovering the weak points of each member of the group, and then attacks viciously. Any problem in human relations, real or imagined, becomes the subject of group concern and the property of the group. The more personal, the better. Great emphasis is put on saying and doing whatever one feels like with the exception, of course, of actually punching the "trainer" in the nose.

Abusive and gutter language . . . is prized as "an honest expression of true feelings", and a sign that participants are really "taking off their social masks, stop playing games and start interacting truthfully, authentically and transparently". Participants are told to "pierce the veneer", of

their companions, to "search out their Achilles heel", and "find the chink in their personal armor". Every personal secret, every fear, every worry, every repressed *de ire*, every act for which one is ashamed must be trotted out to be handled and pawed by the group.

As each speaks, emotion fills the room and participants blurt out thoughts they never told even their spouses. "The surprise is that the roof doesn't fall in," they say. Unfortunately, the roof often does fall in. For grown men and women to break down and cry during these sessions is common, but some crack-up, and run from the session, barricade themselves in a room, or go into a virtual state of shock and nervous breakdown, or are unable to return in succeeding weeks to face the group.

According to the Leftist behavioral scientists promoting Sensitivity Training, you can't make an omelette without breaking eggs. Dr. Michael J. Singer, a Long Beach, California, psychiatrist doesn't see it that way. He says: "There is danger of serious psychological damage rather than benefit from this type of group . . . meetings, particularly if an emotionally disturbed person in this group is not being treated by a fully qualified and trained psychotherapist."

Usually, a first step is the breaking down of inhibitions. Thus, in an extreme example, the Westcoast's influential dance teacher, Ann Halprin, has had a Sensitivity-Trained class appear in public to take off its clothes, put them on, take them off again and put them on, before continuing a dance improvisation.

Why would anyone participate in this degrading mental-immolation? Primarily because they have been convinced by the Leftist promoting this scheme that self-improvement and the ability to be sensitive to others come only through conflict. This concept, that all progress comes through conflict which leads to synthesis, is known as "dialectical materialism" in the nightmare-theory books of the Communists. Also, there is a sick fascination involved in Sensitivity Training which brings sadism or masochism. Sensitivity Training attracts sadistic personalities and they tend to assume leadership because of their strength and ruthlessness. Verbal voyeurs are attracted by the prospects of vicariously running through everyone else's sex life. The process brings out the worst in everybody . . .

The system of emotions-in-the-raw confession actually stimulates one to magnify his problems, admitting to things he has not really done or felt because anything else will not satisfy the group "leader" or the other members. If what you say about yourself is not degrading, you are accused of "kidding yourself" or maintaining your "false mask". After such an experience, what can one conclude but that everyone is sick and immoral and perverted—so why fight it? . . .

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