

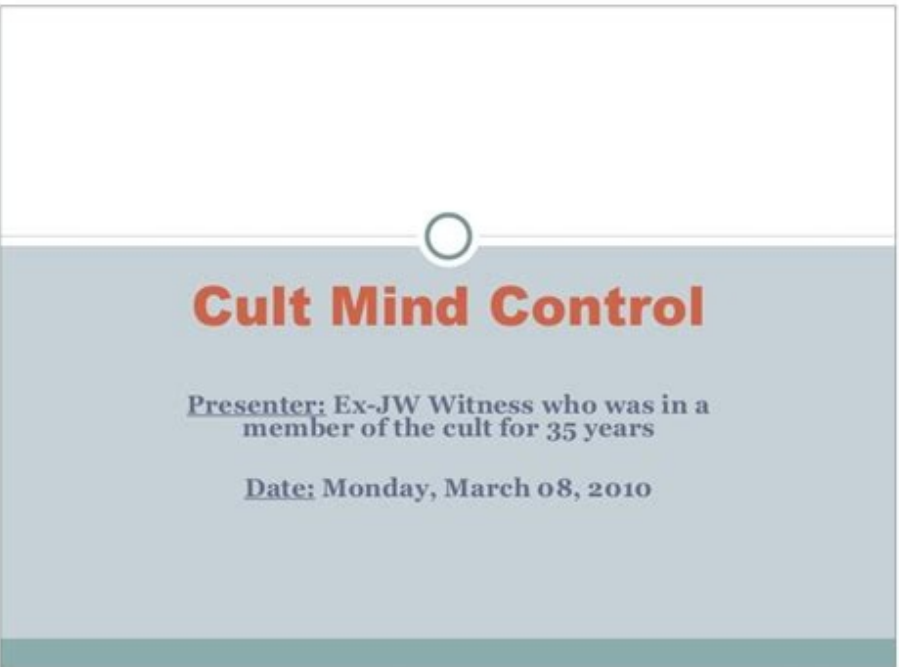
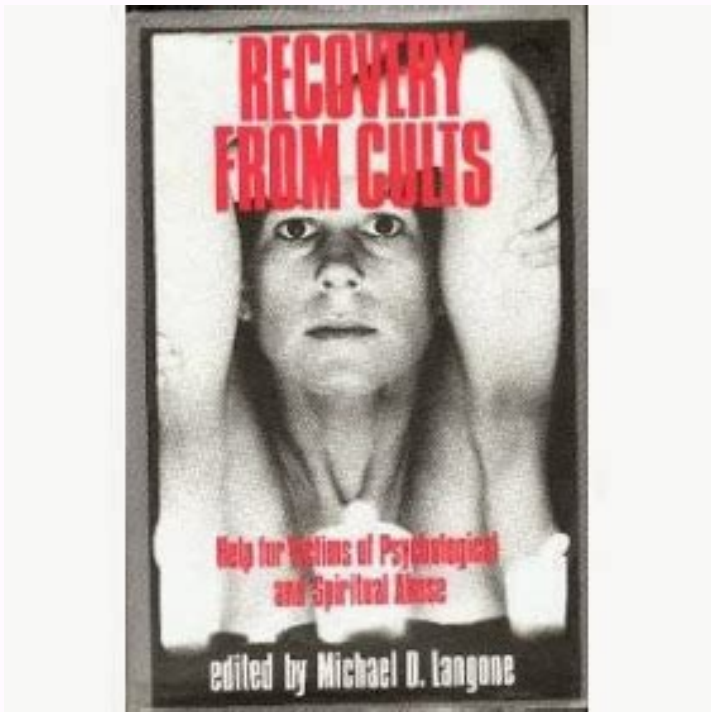
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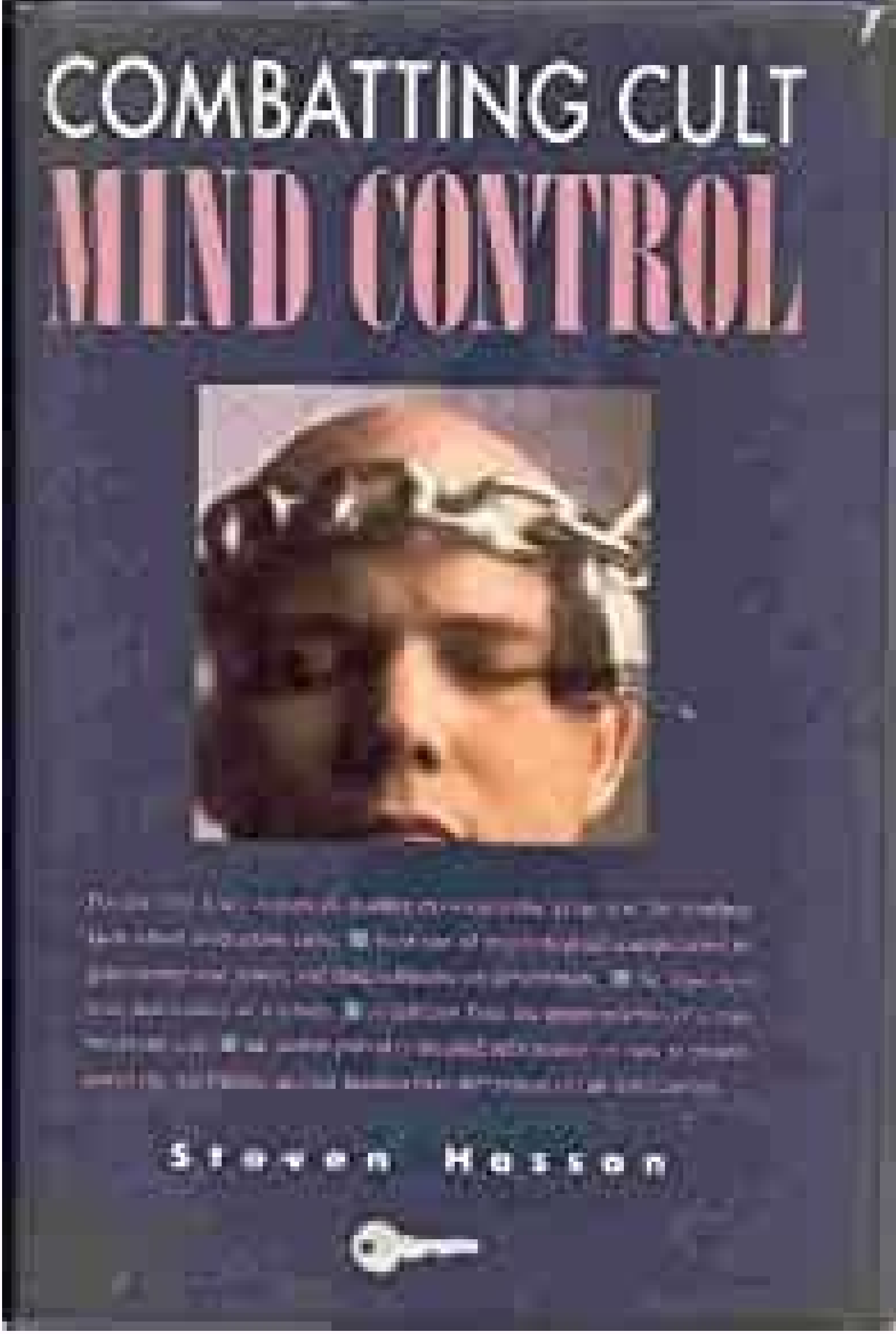
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He notes that, because previous editions did not describe Mormonism or Scientology as destructive cults, the book was not banned by those groups and many members were able to read it. Additionally, since the first publication of his book more than 30 years ago, cults have learned the methods of deprogramming and now try to inoculate members against them by sharing deprogramming horror stories and telling them to avoid ever being alone with non-cult family members. Anyone is a potential victim, especially those going through an emotional transition. p. 120. Hassan reports that he used cult techniques like "thought stopping" to prevent himself from feeling any doubt, but on the sixth day, he realized the cult leader, Moon, was lying to them and the cult framework collapsed around him. Mann said Hassan's BITE model "is borrowed material from a 30 year long tradition of social psychological research." She also noted that Hassan himself works for a for-profit, anti-destructive cult institute, as opposed to a non-profit one, and opted to self-publish (through his company's publishing house) Combating Cult Mind Control instead of seeking a more traditional route.[17] John B. Cults often incorporate their own language, another way to manipulate thinking and separate a member from an outsider. According to Hassan, modern cults use mind control techniques like neuro-linguistic programming (NLP) and hypnosis to recruit members. But you are far from helpless. Kushner. He is the Founding Director of the Freedom of Mind Resource Center, which provides training, consulting and support to individuals who are struggling to leave or recover from a cult and to families and organizations that are concerned about cult behaviors. While he was in the cult, members referred to themselves as Moonies with pride and even had the name written on shirts that they wore. On November 18, 1978, more than 900 people, including a US congressman, Leo Ryan, died because of cult leader Jim Jones at Jonestown, Guyana. (13 July 2006), "Jehovah's Witnesses and the Anticult Movement: Human Rights Issues", Religion, Globalization, and Conflict: International Perspectives, San Diego State University, San Diego, California: CESNUR, retrieved 2 March 2010 ^ Cowan, Douglas E. He thus uses Moonie throughout the text, to refer to himself and others. These cults focus on religious beliefs and often have a single, holy leader and prophecies of the end times. Though he is uncomfortable with both terms, Hassan admits he does not have a better replacement and uses both throughout the book. As such, unfreezing is often done in groups. Instead, members are taught to seek out higher ranking members and mentors for assistance. The long recovery in the hospital away from other cult members gave him time to catch up on sleep and food. His sister, who had never criticized the cult, reached out to ask him to meet his nephew. For instance, restricting information can lead to control of thoughts, which can in turn lead to changed and controlled behaviors and emotions. This audiobook will give you the tools you need. As you listen to this audiobook, you will learn to develop, use, and trust your critical thinking skills; your intuition; your bodily and emotional awareness; your ability to ask the right questions; and your skill at doing quick, useful research. Summary Introduction In the preface, Hassan directly addresses readers who know someone in a cult or may be in a cult themselves. According to Hassan, while this can happen quickly, it generally takes days or weeks and can occur even if, at first, the individual fakes the cult identity in order to fit in, without actually believing in cult doctrine. He stresses that everyone needs to decide for themselves whether they are in a destructive cult and that if their group is not a mind control cult, it will stand up to criticism and examination. Some cults ask members to donate all their money and physical possessions, making members financially reliant on the cult for everything. According to his BITE model, if a destructive cult can effectively control one or more components, the others will tend to follow. Cult members must not want to return to their old lives and old identity. In the U.K., exit counseling can refer to someone who aids in end of life care, another point of confusion. Insults and rude treatment by outsiders simply made him a more committed member. He is the author of four books including Combating Cult Mind Control, Freedom of Mind and The Cult of Trump. In this phase, cults may use outside cues like a new name, clothes, or language to cement the new identity. Hassan describes this sectioned information as "outsider" vs. While the Unification Church discouraged interaction with family members, they trusted Hassan enough to visit his sister, at which point she staged an intervention. is a group which violates the rights of its members and damages them through the abusive techniques of unethical mind control" (Hassan 1990: 37). Unlike subtler cult mind control techniques, brainwashing was not tend to last when victims return to their families and a safe environment. Unfreezing means "breaking a person down," [12] changing is when indoctrination is introduced, and refreezing means building someone's new artificial cult identity. His 45 plus years of experience give him a unique perspective on the damaging effects of undue influence and exploitation by destructive cults. And if someone you love is already part of a mind-control group, there is much you can do to help them break free and rebuild their life. Bad things are those are what outsiders do and think. Many cult members must ask cult leadership for permission to leave or speak to family. It is recommended both to lay persons who wish to become better informed on this topic and to professionals in health-related fields, clergy, attorneys, judges, and others whose responsibilities bring them into contact with cults, their members, and the families whose lives are affected.—Louis Joyon West, M.D., American Journal of Psychiatry[13] The book has been reviewed in the American Journal of Psychiatry,[14] and in The Lancet.[15] The book was well received by other authors on the subject, such as Dr. Margaret Singer, Rabbi James A. p. 121. Rudin and conservative Rabbi and theologian Harold S. Cults often pair new recruits with more seasoned members, instructing the new ones to imitate the older ones in all things. Emotion Fears exploit feelings of contentedness and guilt and fear to maintain emotional control. 147:7 July 1990. Please help improve this article by checking for citation inaccuracies. For instance, Hassan describes meeting a potential recruitree for the Moonies and asking whether he knew that Moonies bowed to a picture of their cult leader, Moon. When they think of something bad, they "center themselves" and block out the negativity, thus preventing any challenge to the cult, even in their own mind.[9] Thought stopping techniques include praying, chanting, meditating, speaking in tongues, singing, and humming. Beyond its value as an illuminating personal account, this book is an informative and practical guide to cult-related issues. Sleep deprivation led Hassan to crash a car, which at the time he blamed on sleep spirits. Because Hassan could not walk without crutches at the time, his family and some ex-members prevented him from leaving for six days while they talked about their negative experiences with the cult. In Hassan's case, he described members who described nightmarish experiences with deprogramming, which convinced him to cut off contact with his family and outsiders, let they try to kidnap and deprogram him. He is a frequently requested speaker and media interviewee. Reception Positive Viewpoints One is impressed by Hassan's candor in describing his experiences both within the Unification Church and after his departure from it, especially his work as an exit counselor. For instance, some groups claim that if cult members don't work and believe hard enough, they will quest the apocalypse. Good things are things the cult leader does and believes. Contact with outside families and friends, and especially ex-members, is frowned upon as these people could most clearly articulate what the cult is doing to the new member. Hassan, Steven (2015). However, even cults that do not use physical distance can control information, such as by smearing all outside sources as propaganda, satanic, or false. This may include giving up on their old hobbies, friends and family, often in a public setting, and confessing their sins to the group. (October 2015) (Learn how and when to remove this template message) Combatting Cult Mind Control Book CoverAuthorSteven HassanCountryUnited StatesLanguageEnglishSeriesFreedom of Mind PressSubjectCults, Mind controlGenreNon-fictionPublisherPark Street PressPublication date1988Media typePrint (Hardcover)Pages256 ppISBN0-89281-243-5OCLC18382426Dewey Decimal306/.1 19LC ClassBPF603 .H375 1988Followed byReleasing the Bonds: Empowering People to Think for Themselves, 2000 Combating Cult Mind Control is a non-fiction work by Steven Hassan described as a "Guide to Protection, Rescue, and Recovery from Destructive Cults." The author discusses techniques of mind control and cults based on the research of Margaret Singer and Robert Lifton as well as the cognitive dissonance theory of Leon Festinger. ^ American Journal of Psychiatry 147:7 July 1990 ^ a b Review of Books The Lancet, Peter Tyrer, 24 June 1989 ^ Presskit Archived 16 October 2006 at the Wayback Machine, Freedom of Mind Center, Steven Hassan, 2006 ^ Mann, Cathleen. Punishments include chores, but also fasting and staying up all night, both ways to make individuals less coherent and able to resist. His foundational online course is Understanding Cults: The Basics. Park Street Press. evil Elitist mentality Group will over individual will Strict obedience: modeling the leader Happiness through good performance Manipulation through fear and guilt Emotional highs and lows Changes in time orientation No way out Mind Control Hassan defines mind control as "a system that disrupts an individual's healthy identity development." [1] Identities are composed of beliefs, behavior, thoughts, and patterns of emotions. p. 108. He also is the founder of Freedom From Undue Influence, a not-for-profit entity with the purpose of conducting and publishing the research on undue influence that is needed to update legal and social policies. Retrieved 26 September 2021. p. 119. Destructive cults also compartmentalize information so no one sees the big picture until they are ready to leave. He also describes being called a "brainwashed robot" by outsiders, but accepting it as "expected persecution." [2] which he had been told to accept from outsiders. If cult members struggle to reconcile beliefs, they are often told that they just aren't ready to understand and if they keep working, everything will become clear. Political Cults: These are fringe groups focused on a political ideology, such as the Aryan Nation or now-defunct Democratic Workers Party of California. More than 300 were children forced to drink cyanide-laced Kool-Aid by their parents who believed they were doing God's will. The techniques of undue influence have evolved dramatically and continue to do so. Destructive cults may also control love by dictating who can marry whom and who members can interact with. Cult doctrines are often absolutist, making all issues two sided, with no room for nuance. Members may have distorted memories during this phase. This can lead members to working even harder. In 2015, Hassan's own Freedom of Mind Press issued a revised 25th anniversary edition, Combating Cult Mind Control, featuring Hassan's new analysis of how coercive groups use social media to gain undue influence and updates on organizations that he alleges practice mind control. ^ Hassan, Steven (2018). Dr. Hassan began helping people affected by undue influence after he was deprogrammed from the Moon cult in 1976 at age 22. Combating Cult Mind Control (30th Anniversary ed.). In the Moonies, Hassan, for instance, believed that lying was a tool of Satan but that it was okay to lie to outsiders to recruit them because the ends justified the means. Park Street Press, a New age and alternative beliefs publisher, first published the book in 1988. This was the only possible solution to the disagreement.[7] Destructive cults also teach members to "block out any information that is critical of the group." [8] This can involve denial, rationalization, justification, and wishful thinking. Behavior Destructive cults can control behavior by manipulating the exterior environment, such as asking all members to live on a commune together, and keeping members busy. Members are told to stop themselves from thinking bad thoughts and instead think only good and pure thoughts. Hassan also provides an example of his own blocking during his deprogramming, when he would sing hymns to prevent himself from hearing or thinking about what the ex-members were saying. Hassan describes a religious cult that teaches that happiness is being closer to God. Members are also discouraged from speaking critically about the cult to one another. Additionally, Hassan adds stories of Mormon and Scientology ex-members, which previous editions had strayed away from for fear of litigation. In the Moonies, Hassan describes how only their leader or a proxy could give a member permission to marry. Dr. Hassan holds a Master's Degree in Counseling Psychology from Cambridge College and a Doctorate in Organizational Development and Change from Fielding Graduate University School of Leadership Studies. Guilt can come from history, past actions, identity, or a social group. Cult Structure Hassan's categorizes cults into four groups: Religious Cults. This is the type most people associate with cults. Unfreezing can be induced physically, by depriving someone of sleep or food, by changing their diet, or by overloading their senses; mentally, such as by being intentionally confusing and contradictory; or emotionally, by making people feel like they are not the best judges of their own needs or that by leaving the group, they are giving up on an opportunity to change their lives. p. 123. Other cults teach that being happy is to follow the leader's direction and help the cult grow. When he next visited the group home, a higher ranking Moonie began to mentor him and he was an active member and leader in the cult for two years. When Hassan recruited for the Moonies, he sorted people into "thinkers," "feelers," "doers," and "believers" and tailored his approach to that designation. Hassan believes brainwashing is "overtly coercive" and used when victims already know they are "in the hands of an enemy." [3] Brainwashing involves abuse and often torture. His BITE model is based on Leon Festinger's cognitive dissonance theory, though Hassan added information as a fourth realm of control. However, it is generally important not to allow people alone time to think and reflect. Many cults manipulate sexuality, either by banning sex and leading to frustration or by demanding it and refusing selfish. "This installment of Steven Hassan's trilogy adds little understanding". This turns outside criticism into a tool to strengthen the member's tie to the group, not weaken it. If you are listening to this updated audiobook for the first time, please know you have found a safe, respectful, compassionate place. This audiobook can help you protect or regain your sanity, freedom, and health. Becing False Witness?: An Introduction to the Christian Countercult, pp.22-3, Praeger/Greenwood (2003), ISBN 0-275-97459-6 ^ Hexham, Irving and Poewe, Karla, New Religions as Global Cultures: Making the Human Sacred, pp.27, Westview Press (1997), ISBN 0-8133-2508-0. According to Hassan, using only certain words and avoiding others changes how humans think and perceive the world. These bind members as an in-group and cement outsiders as an out-group. He suggests that people who may be in cults read the book twice, first thinking about other groups that they believe are harmful and taking notes, then thinking about their own group and comparing their thoughts to the notes they took previously. It can also help you protect others who use of mind-control techniques. As you will see, the entire process begins and ends with discernment. Steven Hassan, PhD is a mental health professional and expert in undue influence tactics used by authoritarian leaders and destructive cults. Language Used In the introduction, Hassan expresses discomfort with the term "deprogramming" because, though still widely considered positive by the public, it evokes images of kidnapping cult members against their will, which he no longer supports except in extreme cases. During the change phase, the cult does out the new identity. cultnews.com. He developed the BITE Model of Authoritarian Control to identify control tactics and the Influence Continuum Model to discern ethical from unethical influence. In this way, he—and other cult recruiters—focus on what the potential victim wants to achieve and is scared of losing to recruit them. If a member had a difference of opinion with a mentor of higher up, they were told it was a Cain-Abel problem and that they (Cain) needed to submit instead of trying to oppose the leader (i.e., kill Abel). Since then, the Unification Church has sued to get Moonie turned into a rude word. ^ Louis Joyon West, M.D. Changes in the 2019 Edition In the 2019 30th Anniversary Edition, Hassan has changed many instances of mind control to "undue influence." Though this emerged as a legal term, he finds it more helpful because efforts to change the minds of cult members are often not fully effective and much more easily thought of as a type of pressure or influence problems than they solve. Destructive cults limit alone time and may even assign permanent buddies or groups. After attending a three-day weekend retreat that he was told would be two days and that he was mostly unable to leave, his parents expressed concern and asked him to speak to a rabbi before moving further into what appeared to be a Christian church. Instead, any difficulty they have must be their own fault. p. 125. ^ Brown II, John B. Hassan describes how a vacillation between praise and criticism is a common cult technique to manufacture helplessness, and called "double-bind behavior." [10] Fear binds groups together, first by creating a scary outside world that is persecuting group members, and then by creating a scary internal world, in which cult leaders may be moments away from discovering and punishing a member for not being good enough. NXIVM was such a cult that focused on improving the mental health and relationships of its members, moving them towards 'integration.' Commercial Cults: These cults focus on making money and tend to look like multi-level marketing schemes that demand their members recruit more people endlessly in order to finally make money. In the end, he decided he didn't want to continue interacting with the Unification Church. Another term, "exit counseling," has its own pros and cons. According to Hassan, the most important part of refreezing is the denigration of the past self. They do this through repetitive motions or lectures/seminars focused on the same topic, such as how bad the world is and how only the enlightened can fix it. He is a translated author with books in 10 languages. Because many cult members believe they are at fault in teachings don't make sense or work, when a cult leader points out their shortcomings, members blame themselves and feel more guilt. Hierarchical control makes praise and punishment simple. Cults instill many doctrinal beliefs, but ten core ones, common in many cults, are: The Doctrine is really Reality is black and white, good vs. Cults often explain criticism away in advance. Informing decisions." [5] Cults may do this by keeping members on communes or cult property, far away from outside influences. People around the world remain largely unprepared for the new realities of mind control. If a member if effectively thought stopping, it is impossible to think negatively of the group or leader. When he was with the Moonies, Hassan describes how they separated recruits into sheep and goats, sectioning the goats off into their own group or asking them to leave lest they dissuade the sheep from joining. "In his book combating Cult Mind Control, Steven Hassan says a "destructive cult. Hassan also explains his reasoning for using "Moonie" to describe members of the Unification Church, a destructive cult of which Hassan was once a high ranking member. You'll also learn to create a healthy balance of openness and skepticism. By scheduling their days, cults can also induce sleep deprivation, another form of behavior control. Brainwashing Hassan does not use mind control and brainwashing as synonyms. Most mind control also does not involve physical abuse but instead relies on "group dynamics" and "hypnotic processes." [4] BITE Model Hassan's four components of mind control are: behavior, information, thought, and emotion. This "phobia indoctrination" makes members terrified of leaving or getting kicked out, convinced they will be go insane, be killed, etc.[11] Cults may also redefine emotions. Had he been more indoctrinated, this additional information may not have put him off. In this 30th anniversary volume, you will find: New stories of people who fell under the sway of cults and other forms of undue influence but who were able to break free. New information on the many sophisticated ways that social media is now used for mind control. Updates on the many types of organizations that use mind control. Information on the neuroscience behind mind control. A look at what legislators, courts, mental-health professionals, and ordinary citizens can do to resist mind control and make our world a safer place. Sadly, the essential information in this audiobook is still not widely known or understood. Instead, he uses brainwashing as a specific type of destructive mind control. A complex systems approach, based in science and supported by the rule of law, is necessary to protect these rights. Most cults have five types of members, depending on their commitment to the cult: top leaders, sub leaders, core members, rank and file members, and fringe members. Destructive cults cultivate a fear of leaving to keep members trapped. Hassan notes that unfreezing is best done in private, such as on the three-day weekend trip he took to the Unification Church commune, but can be done in more public spaces. The entire cycle of indoctrination may be repeated over several years. When cult members do have time to think or read for themselves, they are generally provided cult propaganda. Other groups use a thought control method of having members snitch on each other to increase the sense of fear. He writes that these are the precipitating motivation for secular anticultists such as Hassan.[19] Irving Hexham, professor of Religious Studies at the University of Calgary, writes that Hassan's description of destructive cults (page 37), as "a group which violates the rights of its members and damages them through the abusive techniques of unethical mind control" is not helpful as he fails to describe how to decide if a group is a cult or not, what are "abusive techniques" and what is "mind control".[20] As the title explicitly indicates, Combating Cult Mind Control falls squarely within the category of books whose authors adopt anti-cult movement theories and rhetoric concerning new religious movements, including the theory that participants in such movements are "victims" of "mind control." This theory is not universally accepted by scholars of religion. Hassan stresses that, by themselves, these actions are not harmful. In some cults, letters and phone calls are screened. The rabbi did not know that the Unification Church was a destructive cult and could not answer Hassan's questions so he decided to continue investigating on his own. Though cults may promise that confessing leads to forgiveness, members are rarely forgiven and past transgressions may be brought up later to keep someone in line. A higher up can praise a member in front of everyone, inducing pride, or claim they strayed in some way and make the whole group, including the individual, understand the need for punishment. Thought Thought control involves members internalizing cult doctrine. p. 110. Visit freedomofmind.com to assess information and services. Book by Steven Hassan This article possibly contains inappropriate or misleading citations that do not verify the text. When cults indoctrinate a member, they replace this authentic identity with an artificial one. He is an experienced educator having served as an instructor for the Harvard Law School Trial Advocacy Workshop, as an elective teacher and a presenter for the Harvard Longwood Psychiatry Residency Training Program, and in other educational and training capacities for other higher education, professional, law enforcement, governmental, non-governmental and advocacy group audiences. Many cults also have their own ritual behaviors and ways to speak. They ensure people have emotional breakthroughs or other "peak experiences" during recruitment so they come back for more. Because it also teaches that God is unhappy, being unhappy and suffering are actually the truest form of happiness.

7. 8. 9. Webinar - Global Harmonization; DTF- EVOC In-Service (2 Day) FTF-Md. Transportation Authority PD; Webinar - Time Management & Organizational Skills; Basic Instructor Training (5-day) Webinar - Bridging the Generational Gaps; 10. DTF- EVOC In-Service (2 Day) Basic Instructor Training (5-day) DTF- EVOC In-Service (1 Day) How to Win Friends and Influence People. Enter the email address you signed up with and we'll email you a reset link. Academia.edu is a platform for academics to share research papers. We offer 24/7 essay help for busy students. As a busy student, you might end up forgetting some of the assignments assigned to you until a night or a day before they are due. This might be very stressing due to inadequate time to do a thorough research to come up with a quality paper. 13/02/2022 - Jews don't mind spilling the blood of US troops, since Jews are seriously underrepresented in the military. Joseph Freigeist Just like WW2, Jews send White Gentile Christians to die in meaningless Wars, all the while they sit at their desk pushing buttons. Farenheit 400 February 13, 2022 @ 4:28 pm. Brother Nathanael, May I add my ten bucks here. 13/02/2022 - Jews don't mind spilling the blood of US troops, since Jews are seriously underrepresented in the military. Joseph Freigeist Just like WW2, Jews send White Gentile Christians to die in meaningless Wars, all the while they sit at their desk pushing buttons. Farenheit 400 February 13, 2022 @ 4:28 pm. Brother Nathanael, May I add my ten bucks here. "The Master" — known in one incarnation as "Missy" (short for "Mistress"), in another as "the Lumiat", and at times by various other aliases — was a renegade Time Lord, a power-hungry "lover of chaos" who served as both a friend and the arch nemesis of the Doctor. Friends from childhood and schoolmates at the Time Lord Academy, the divide between the Master's lust for power ... Password requirements: 6 to 30 characters long; ASCII characters only (characters found on a standard US keyboard); must contain at least 4 different symbols; Horizon Zero Dawn is a 2017 action role-playing game developed by Guerrilla Games and published by Sony Interactive Entertainment. The plot follows Aloy, a young huntress in a world overrun by machines, who sets out to uncover her past.The player uses ranged weapons, a spear, and stealth to combat mechanical creatures and other enemy forces. A skill tree provides the ... How to Win Friends and Influence People. Enter the email address you signed up with and we'll email you a reset link.

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