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Coercive Management Techniques

Chart 10. Sideman's Chart of Coercion

General Method	Effects (Purposes)	Variants
1. Isolation.	Deprives victim of all social support of his ability to resist. Develops and intensifies mood with self. Makes victim dependent upon interrogator.	Complete solitary confinement. Complete isolation. Semi-isolation. Group isolation.
2. Demolition of Egoception.	Flies attention upon immediate predicament. Forces introspection. Eliminates stimuli competing with those controlled by captor. Frustrates all action not consistent with compliance.	Physical isolation. Darkness or bright light. Narrow environment. Restricted movement. Monotonous food.
3. Induced debilitation and exhaustion	Weakens mental and physical ability to resist.	Semi-starvation. Exposure. Exploitation of wounds. Induced illness. Sleep deprivation. Prolonged constraints. Prolonged interrogation. Forced writing. Over-exertion.
4. Threats.	Cultivates anxiety and despair.	Threats of death. Threats of non return. Threats of endless interrogation and isolation. Threats against family. Vague threats. Sudden changes of treatment.
5. Occasional indulgences.	Provides positive motivation for compliance. Hinders adjustment to deprivation.	Occasional favors. Fluctuations of interrogator's attitudes. Promises. Rewards for partial compliance. Sanitizing.
6. Demonstrating 'Omnipotence' and 'Omniscience'.	Suggests futility of resistance.	Confrontation. Pretending cooperation taken for granted. Demonstrating complete control over victim's fate.
7. Degradation.	Makes cost of resistance more daunting to self-esteem than capitulation. Reduces prisoner to 'animal level' concerns.	Personal hygiene prevented. Filthy infected surroundings. Demanding punishments. Insults and taunts. Denial of privacy.
8. Imposing trivial demands.	Develops habits of compliance.	Forced writing. Enforcement of minute rules.