

In 2013, I reported on [my website](#) that I had found a Canadian website, www.psychologicalharassment.com, to be very helpful, and provided links to it in various parts of my site.

When I looked at it again in early 2014, I saw that the site had changed significantly, and could not find the original material.

In the light of this, in this document, I am capturing, in a much reduced version, the information to which I refer on my site (while capturing the original links).

1 “Psychological manipulation”

(http://www.psychologicalharassment.com/psychological_manipulation.htm)

“...psychological harassment and psychological manipulation “mind control” can induce psychological and physical disorders. **When an individual is targeted, the level of harassment usually begins slowly and increases with time.**” (1)

“Anytime someone interacts with you they can influence your thoughts and also manipulate your thoughts.”

1.1 “Conditioning your mind negatively or positively (Ivan Pavlov)”

(http://www.psychologicalharassment.com/psychological_manipulation.htm#Conditioning_your_mind_Negatively_or_Positively)

“A tactic often used is to **constantly** interpret or **expose the victim to negativity**. In some cases it's used to induce or can lead to depression (linked to self-esteem or self-worth).”

“The opposite is also true. You can condition your mind to think positively or expect positive outcomes.” [NB: **Victims: NOTE! STAY POSITIVE!** ☺ I KNOW: it can be VERY, VERY HARD!]

1.2 “Constant state-of-interrogation – Indirect communication and psychological disorders (Ivan Pavlov)”

“**Using indirect communication** the group can insult the target, attack the individual's dignity, integrity, or self-esteem, threaten the victim, ask questions, and continue to use specific words and sounds to attract the targeted individual's attention.”

“The indirect communication is also a form of conditioning and can lead to psychological disorders in which the victim feels that he is in a constant-state-of-interrogation.” (2)

“**This tactic is also used to induce paranoia.**”

1.3 “Conditioned sounds: hitting sounds and fear conditioning (Ivan Pavlov)”

“**Hitting sounds can affect the nervous system and can also cause or increase the fight-or-flight phenomenon.**” (3)

¹ My case: [Persecution # 1](#)

² My case (in terms of tactic) e.g. [at my then employer, KPMG](#); with [the courts: Persecution # \(1\)\(4\)\(8\)](#)

1.4 “Social queues: rejection hurts and can lower your self-esteem”

1.5 “Degrading themes: inducing degrading images and intrusive thoughts”

“They are used to attack a person’s dignity, self-image, self-esteem, induce stress, and often used in combination with negative conditioning.”

“...insinuations, even though they are false, can have different affects on an individual.”⁽⁴⁾

“When degrading themes or different insinuations are used it can also be a form of "catch 22" if a person's claims of being psychologically harassed or targeted are dismissed and they are told that it is all in their heads.”⁽⁵⁾

“Given the fact that psychiatry is often used to discredit the victims of psychological harassment or psychological warfare, the psychological construction of a "catch 22" may work on some of the victims.... psychiatry is often used as a threat in the sense of building false profiles.”

1.6 “Degrading themes”

“Degrading Themes: Attack Pattern to Put the Victim on the Psychological Defensive.”

“Some example of using degrading themes is to make insinuations that the victim is a criminal, to put the victim on the defensive – followed by threats to induce the fight-or-flight response or to induce fear.”⁽⁶⁾

1.7 “Psychological constructions: constructions, barriers, restrictions, and catch 22’s”

“There is no "catch 22", it's a psychological construction or belief that's been built into the victim to restrict or prevent the victims from exposing the perpetrators of a crime.”

“Fear-of-fear: The importance of fear is "built up", a psychological construction, where previously there was no importance in fear.”⁽⁷⁾

1.8 “Subtle attacks: hidden, doubtful, uncertain, and psychological defences”

“Subtle attacks are usually used to destabilize a person and to get through or bypass the person’s psychological defences. They can leave the victim unsure or uncertain on how to react or wondering if the subtle attack was intentional.”⁽⁸⁾

³ My case (demonstrating the intention): [the threatening sound of the engines of police helicopters; the sound of water falling in my bathroom, from pumping over 100 litres of water through the ceiling](#)

⁴ My case: [the police](#) portraying me as: “a Nazi”; an “anti-Semite”, [who “committed a crime”](#); also, as “[suffering from mental issues](#)” and “[extremely paranoid](#)” (Persecution # (1)(4)(14); [my landlord](#), describing me to my then employer, KPMG, as “[undoubtedly suffering from clinical paranoia](#)”

⁵ My case: with my then employer, [KPMG](#)

⁶ My case: [the false, so called “crime reports” against me by the police](#); [Persecution # \(1\)\(4\)\(3\)](#)

⁷ My case (demonstrating the objective): the retribution from all quarters for ‘my daring’ to not be intimidated and continue fighting against injustice ([Persecution](#))

"The use of something personal, sensitive, or private information is usually used to destabilize the victim and to make the person feel vulnerable and insecure." ⁹ ()

1.9 "Verbal dialogue to shut down the brain"

"When you are scared, angry, insecure, or uncertain your brain does not function as well."

"When opponents engage in verbal dialogue they will sometimes try to intimidate, provoke, or make each other uncertain." ¹⁰ ()

1.10 "Anger: anger makes you powerful or stronger?"

"When psychological warfare is waged on someone, attempts are made to provoke reactions that are harmful to the victim such as anger." ¹¹ ()

"Anger is the preferred reaction of choice because of the negative effects it has on the victim's health and body such as increased adrenaline, cortisol levels, and blood pressure; and the victim can be psychologically manipulated or conditioned to react with anger or deceived into believing that this makes them more powerful or stronger."

1.11 "Ambiguities: self-doubt and uncertainty (A state-of-limbo)"

"Sometimes ambiguities are used to confuse the victim and to leave them wondering what it is that they are supposed to do or be doing, or what is the intended meaning...uncertainty reduces decision making abilities, and can also have the state-of-limbo affect." ¹² ()

1.12 "Metaphorical speech: hidden threats and view on reality manipulation"

"Sometimes people will use metaphors and metaphorical speech to try to hide different threats or use words that are not obvious in their association to a threatening nature and try to reduce the risk of exposure or criminal evidence."

"The truth and reality is that this tactic is used by the perpetrators in an attempt to protect themselves, discredit the victim, and prevent the victim from coming forward and exposing them."

"A better use of metaphors to describe the situation is that by trying to expose the perpetrators, the victim is using the light (exposure and visibility) and the perpetrators trying to use the darkness (deception and concealment)."

"When your enemy uses the darkness and tries to hide in the darkness, you have to use the light."

⁸ My case: [Persecution # \(1\)\(4\)\(8\) and \(9\)](#)

⁹ My case: interference with ALL my means of communication, including retention / theft of very important / confidential information: [Persecution # \(1\)\(4\)\(7\)](#)

¹⁰ I repeat reference # 2, above

¹¹ My case, demonstrating the objective: [Persecution page](#)

¹² I also repeat reference # 2, above

1.13 “Psychological warfare: bullies, criminals, powerful organizations and secrets”

“As powerful as some bullies and criminals may be, just like the common or regular bully and criminal they fear the light and exposure.”

“**When powerful organizations are willing to kill you and other people to preserve its secrets and prevent exposure, you need to share that secret with the whole world.**” (13)

“**It reduces the value of targeting you or the value of your death.**”

1.14 “Interpretation and view on reality manipulation: the workplace, the media, propaganda, brainwashing”

“**In the workplace, employees who are psychologically harassed or psychologically tortured are often described as having the wrong interpretation of events, or having a “perception problem”, a “bad attitude”, and the wrong view of reality.**” (14)

“**They are then asked to consult a medical professional, a psychiatrist, and are then usually subsequently discredited and classified as having a psychological problem or mental illness.**” (15)

“**Controlling a victim's source of information** and interpreting reality and events for the victim is also part of brainwashing technologies.” (16)

1.15 “Ideation: to manipulate victims”

“People can be led to believe things that are false in order to manipulate them and even to try to drive them to suicide or to harm others.”

“**A person can be led to believe that they are about to be fired or constantly on the verge of being fired to induce stress, paranoia, and insecurity.**” (17)

“Another example is **to lead the person to believe that they will be sued or going bankrupt** [18], will be falsely accused resulting in prison time, will never be employed again, or lose their spouse.”

¹³ What I opted for in the light of the death threat: “Enjoy your life. You don’t have long to live”, and of the [implied death threat that includes: “We kill em all, zip up the bag, bring em to the morgue”](#)

¹⁴ My case: at my then employer, [KPMG](#)

¹⁵ Ditto: at KPMG

¹⁶ Ditto: at KPMG, re. “controlling a victim’s source of information”

¹⁷ Ditto: at KPMG

¹⁸ The [landlord’s illegal threat of “bankruptcy and seizure of my apartment” for non-payment of a fraudulent ‘service charge’ demand](#)”; followed immediately by [a fraudulent claim](#) - which, 16 months later, resulted in [a Notice of Discontinuance of “ALL” the claim against me](#) ; [Persecution # \(1\)\(4\)\(1\)](#)

1.16 “Staring drills: to provoke and manipulate”

“Staring drills are used to intimidate, provoke, make a person aggressive, and to destabilize victims. It is linked to manipulation, credibility, and justification.”

“One technique is to simply stare at the victim...” (19)

1.17 “Psychological warfare or manipulation: in covert type investigations (declaring psychologically ill)”

“Psychological warfare or using psychiatry in strong arm tactics is not a new phenomenon and it usually involves discrediting the target or having them declared psychologically ill. These tactics and technologies are usually used by powerful organizations.” (20)

1.18 “Psychological warfare: 3 top priorities or objectives”

“Discredit or destroy the victims credibility.”

“Conceal psychological warfare knowledge”.

“Eliminate the victim's means of subsistence or resources.”

“Psychological warfare is an invisible technology that deals with the mind and destroying the victim's credibility in order to prevent exposure is a top priority.”

“When a group or an organization engages in psychological harassment or warfare it usually uses tactics or operates in a way to discredit the victim or have the victim discredited by the medical community, notably psychiatry. Campaigns of disinformation or false information and information restrictions or isolation are usually used as well.” (21)

“Over the years and decades qualified medical professionals, notably psychiatrists, and psychologist have been telling victims that psychological harassment and psychological warfare do not exist, and the victims were subsequently labelled as mentally ill.”

2 “Administrative manipulations and psychological manipulation used to manipulate or deceive people” (22)

(http://www.psychologicalharassment.com/administrative_manipulation.htm)

¹⁹ My case: a tactic frequently used by the State goons and landlord's scum who dog me, hound me and harass me on an ongoing basis: [Persecution # 2.1, 2.2, 2.3 and 2.7](#)

²⁰ My case: the police, the courts, my then employer: [Persecution # \(1\)\(4\)\(3\) and \(14\)](#)

²¹ My case: (1)- [the false “crime reports” processed against me by the police](#), that are accessible by a very wide audience; (2)- the police and related agencies' false information about me to the State goons who track me and hound me on an ongoing basis, as well as to their flunkies in various organisations only too happy to assist them: [Persecution](#); (3)- [the landlord and his gang of racketeers](#) doing the same thing, including capturing lies about me in their fraudulent claims, letters to my then employer, etc.

²² A lot of what follows is reflected in my experience in the context of my 40+ complaints / ‘cries for help’ to the English public sector, as well as private sector, namely the so-called ‘regulators’ of the professions ([Overview # 7](#)).

1. "**Delay Tactics:** don't know when, probably in a very very long time, if ever. It's also used with the "we just don't remember anymore" excuse or lie."
2. "**Fronts:** giving one justification or reason as a front, instead of the real, hidden, motive for the action or event."
3. "**Divide and conquer:** Conflicts are often created to cause division so that the different conflicting groups can be more easily manipulated or controlled."
4. "**Divide and dismiss:** When complaints are filed against organizations it is sometimes the practice to try to divide the complaints to different members or departments so that the complaint can be dismissed. **Dividing the complaint into different sections weakens the complaint and proof.**"
5. "**Creating chaos and justification: for action and control:** Creating chaotic systems is often **done to justify taking action or control over the system; or to justify new rules.**
Creating chaotic systems is also often a tactic done by organized crime to hide the crimes they commit, without rules and laws there is no crime committed."
6. "**Security and authority: attacks to increase power:** Security authorities or organizations will sometimes provoke and welcome attacks on themselves or those they are sworn to protect, and in some cases they may even attack themselves, so that they can obtain more power and authority over those they are said to protect."
7. "**Administrative Maze and Complexity: to discourage complaints or to increase the need for a specialist:** Sometimes administrations will create **complex procedures and forms to discourage grievances or complaints, or to require the help of specialist requiring the payment of fees.**"
8. "**Ambiguities: no answer at all:** Answers are sometimes provided or given as an ambiguity. **Ambiguities may give the illusion that an answer has been provided but in most cases, it's not an answer at all.**"
9. "**The Pretence of Incompetence: to escape repercussions:** In some cases, administrations will use the pretence of incompetence, **in order to escape responsibility or accusations.**"

"After filing forms and investing a lot of time, an individual can be advised at the end of the proceeding that he was in the wrong department or organization all along, and that the process needs to be restarted somewhere else."

"Tactics used to frustrate and discourage can also induce the feelings of hopelessness in individuals or victims."

"It is also linked to learned helplessness "helplessness would make someone more dependent, less defiant and more compliant"

3 "Fear: to manipulate and control"

3.1 "Coercive mind control tactics"

(http://www.psychologicalharassment.com/coercive_mind_control_tactics.htm)

“Coercive psychological systems are behavioural change programs which use psychological force in a coercive way to cause the learning and adoption of an ideology or designated set of beliefs, ideas, attitudes, or behaviours.”

“The essential strategy used by the operators of these programs is to systematically select, sequence and coordinate many different types of coercive influence, anxiety and stress-producing tactics over continuous periods of time.”

“The coercive psychological influence of these programs aims to overcome the individual's critical thinking abilities and free will - apart from any appeal to informed judgment.”

“By confusing, intimidating and silencing their victims, those who profit from these systems evade exposure and prosecution for actions recognized as harmful and which are illegal in most countries such as: fraud, false imprisonment, undue influence, involuntary servitude, intentional infliction of emotional distress, outrageous conduct and other tortuous acts.”

3.2 “Mobbing: creating false views on reality toward law enforcement and government”

(<http://ireport.cnn.com/docs/DOC-493769>)

“Mobbing in modern society can consist of trying to create false views on reality towards law enforcement and government to prevent exposure or to use as a shield, linked to a false conclusion or view on reality, deception.”⁽²³⁾

4 “The favourite strategies”⁽²⁴⁾

(http://www.psychologicalharassment.com/the_favorite_strategies.htm)

“The favourite Psychological Manipulation by criminal psychological harassment networks is to try to put victims on the psychological defensive in order to take advantage of them, weaken them psychologically, and to make them vulnerable.”

“**To induce Hate and Anger (Psycho):** Similar to poking an animal in a cage. The use of technology, linked to out of reach and powerlessness, to poke and torture a victim through sleep deprivation and provocation...”⁽²⁵⁾

“**To prevent exposure and prosecution:** Destroy a victim's credibility and brain (sleep deprivation / acid-base imbalance). Use of homelessness...”

“**Physical damage strategy:** Sleep deprivation, combined with: provocation and threats; participants in public who use threats and provocation to induce stress and adrenaline linked to increased damage”

²³ See e.g. [page on Home Secretaries](#); [page on Prime Ministers](#); [Persecution # 4.1](#); [the media page](#); etc.

²⁴ Re. the content of the majority of this section, I repeat practically all of the above references

²⁵ In my case, the endless use of the tactic of “provocation” by e.g.: [the pilots of British police helicopters](#) who hound me and harass me; the [‘managing’ agents, Martyn Gerrard](#) who send me fraudulent upon fraudulent demands for payment; the [accountants, Errington Langer Pinner](#) who produce so-called “accounts” that are not compliant with my Lease, while lying that it has complied with requirements; the [landlord and his flunkeys who are dilapidating my apartment through repeated floodings](#).

“Psychological threats: *Law enforcement and scenario of prosecution or being framed. Psychiatry in strong arm tactics and attacks to a victim’s psychological integrity and credibility.*”

“Assassination methods: *“Sleep deprivation, stress, acid-base imbalance, heart disease and stroke “mob ice pick”. Cancer through sleep deprivation, lack of DNA repair, and microwave based technology similar to radar, x-ray, and gamma. Both methods are linked to invisibility and impossible to prosecute.”*

“Pushing victims to homelessness: *Workplace psychological harassment to eliminate means of subsistence.*”

“Deception to prevent exposure: *Criminal psychological harassment networks, organized crime, misleading victims to false conclusions, deception.*”

“Rhetoric or ridicule by participants: e.g. *you sound “paranoid and delusional”.*