

PSYCHOLOGICAL TORTURE

Definition, evaluation and measurement

Pau Pérez-Sales

EXTENDED TABLE OF CONTENTS

<i>Acknowledgements</i>	<i>v</i>
<i>List of tables</i>	<i>xv</i>
<i>List of figures</i>	<i>xvii</i>
<i>Why this book: the need to define and operationalise torture in the present century</i>	<i>xix</i>

SECTION 1

Premises **1**

1	Where things stand: the concept of torture and psychological torture	2
	<i>The definition of torture in the legal arena</i>	2
	<i>The boundaries of torture: the concept of Cruel, Inhuman and Degrading Treatment (CIDT)</i>	4
	<i>Psychological torture: early definitions</i>	7
	<i>White torture, no-touch torture and clean torture</i>	8

SECTION 2

The voices **11**

2	Intangible elements of psychological torture: learning from the voices of survivors	12
	<i>Vann Nath – A Cambodian Prison Portrait</i>	13
	<i>Carlos Liscano – The Truck of Fools</i>	15
	<i>Jacqueline Gurruchaga and Beatriz Brenzano – Memories of Sexual Torture</i>	20

Mario Villani – Disappeared: Memories of Captivity	22		
Henry Engler – The Circle	27		
Marcelo Viñar – Fractures of Memory	28		
Jean Améry – At the Mind's Limits	31		
Aleksandr Solzhenitsyn – The Gulag Archipelago	33		
Javier Larreta Aldazábar – Incommunicado detention and torture in Spain	35		
Summary and conclusions: defining psychological torture in the experiences of torture survivors	37		
Implications for the legal definition of torture	43		
 3 The definition of psychological torture in the testimonies of harsh interrogators and torturers	 45		
Jorge Néstor Tróccoli – The Wrath of Leviathan	45		
Ex-colonel Gilberto Vázquez – Interview with a torturer	49		
Hugo García Rivas – Confessions of a torturer	50		
Bruce Moore-King – Unspeakable Acts, Ordinary People	53		
Damien Corsetti: The Monster	54		
'Harsh interrogation': Behavioral Science Consultation Teams	58		
Summary and conclusions: a definition of psychological torture in the experience of harsh interrogators and torturers	60		
 SECTION 3			
Current legal perspectives	69		
 4 Psychological torture in international law	 70		
An analysis of jurisprudence	70		
Fear and threats constituting torture in international law	73		
Collective terror as a form of torture	73		
Rape as a special case of physical and psychological torture	74		
Detention conditions	76		
Other conditions amounting to cruel or inhuman treatment based on psychological suffering	77		
Indicators of psychological torture in international human rights law	78		
Conclusion: psychological torture slowly gains recognition	79		
 5 From dignity to identity: humiliation as a paradigm of the differences between legal and mental health perspectives	 81		
Torture as an attack on human dignity	81		
A relational definition of torture	84		
The efficacy of humiliation in torture settings	85		
From theory to data: clinical and research-based studies	86		
Conclusion: dignity and humiliation from legal and mental health perspectives	88		
 6 The perpetrator's psychological and legal rationale: motivation, intention and purpose	 90		
Intentionality: knowingness and willingness	91		
Intentionality Assessment Checklist: a new tool	95		
Purpose	96		
Motivation	97		
Conclusions	106		
 SECTION 4			
Scientific approaches to defining psychological torture	109		
 7 Cataloguing torture methods	 110		
Psychometric tools for measuring torture	110		
Classification based on mathematical procedures	112		
Consensus groups	117		
Theory-driven classifications	117		
Combined or single methods	121		
Conclusions: the need to shift from focusing on torture methods to focusing on its objectives	122		
 8 The neurobiology of psychological torture	 124		
Fear and loss of controllability	124		
Do biological markers of psychological torture exist?	125		
Self-conscious emotions	127		
Neuropsychological evidence of torture	127		
Conclusions: from nonspecific to specific correlates	128		
 9 Trauma theory and the concept of psychological torture	 129		
The concept of 'trauma'	129		
What we can learn from the debate over the concept of trauma	133		
The torture's impact on identity and worldviews	135		
Functional measurements	144		
Mental harm as a sign of psychological torture	144		
 SECTION 5			
Psychological torture techniques	147		
 10 The historical roots of psychological torture in modern history: the slow road to convergence	 148		
The French school: the rule of pain	148		
The British school: implementing and training in psychological torture	152		

<i>The American school of psychological torture</i>	154
<i>Conclusions: lessons from history</i>	163
<i>Addendum: excerpts from Modern Warfare: A French View of Counterinsurgency by Roger Trinquier (1961)</i>	169
11 Primary needs and relationship to the environment	173
<i>Detention conditions</i>	173
<i>Social isolation, solitary confinement and sensory deprivation</i>	177
<i>Sleep regulation</i>	184
<i>An integrated model of environmental manipulation and coercive interrogation</i>	186
12 Targeting the body to reach the mind: pain without marks	190
<i>Pain-producing positions and exercises</i>	190
<i>Internal battles: externally-imposed self-inflicted pain, forced absorption, stress positions and emotional exhaustion</i>	192
13 The limitations of normal interrogation in law enforcement procedures	194
<i>Legal precedents</i>	194
<i>Mapping the field</i>	195
<i>Classification of interrogation techniques</i>	197
<i>From ethics to science: experimental studies comparing interrogation styles</i>	204
<i>Conclusions: are manipulation and deception torture techniques?</i>	205
14 Interrogation procedures in military intelligence gathering	211
<i>US Army Manuals: drawing the line between interrogation and torture?</i>	211
<i>From coercive interrogation to psychological torture</i>	216
<i>The hybrid paradigm</i>	225
<i>Conclusions: clear regulations for cumulative ill-treatment</i>	226
15 The psychological manipulation of identity	230
<i>'Brainwashing': the myth and reality of identity manipulation and its application in the definition of psychological torture</i>	230
<i>Targeting identity</i>	231
16 Technological research and psychological torture	244
<i>Monitoring interrogations with the aid of technology</i>	245
<i>Functional magnetic resonance imaging (fMRI)</i>	248
<i>Brain Fingerprinting: event-related potentials (EEG-ERP)</i>	250

<i>Use of drugs</i>	251
<i>Ethical concerns related to new technologies</i>	252
SECTION 6	
Definition and measurement of psychological torture	257
17 Redrawing the conceptual map of torture	258
<i>An overview of where we stand: five definitions for the same act</i>	258
<i>Converging ideas towards a universal model of torture</i>	263
<i>Fitting the pieces together in an atlas of psychological torture</i>	264
<i>The 'five days is enough' paradigm: torture with and without time limits</i>	271
<i>What we've learned after redrawing the map</i>	272
18 A new outlook for defining and measuring torturing environments	284
<i>Torturing environments instead of torture methods</i>	284
<i>The Torturing Environment Scale as a measurement tool</i>	285
19 The need to further develop the Istanbul Protocol	307
<i>A reconsideration of psychological torture in the Istanbul Protocol</i>	308
<i>Moral suffering</i>	310
<i>Credibility analysis in the Istanbul Protocol</i>	310
<i>SEC: a new tool to assess credibility based on the Istanbul Protocol</i>	314
<i>Other aspects</i>	323
<i>Conclusions</i>	324
20 Final thoughts and an agenda for future research	325
<i>Psychological torture, or simply torture</i>	326
<i>The future of torture</i>	328
<i>Many definitions, one concept</i>	329
<i>Evaluation of torturing environments</i>	330
<i>The Istanbul Protocol</i>	331
<i>Reversing the paradigm</i>	331
APPENDIXES	333
Appendix 1. International classification systems	333
<i>Classification of torture methods according to the Istanbul Protocol (1985)</i>	333
<i>HURIDOCs: thesaurus for the classification of torture methods</i>	334

Appendix 2. CIA and Army Manuals	337
<i>The KUBARK Interrogation Manual: techniques</i>	337
<i>FM 2–22.3 Human Intelligence Collector Operations (2006)</i>	339
Appendix 3. Classification of Interrogation Techniques (Kelly et al., 2013)	342
Appendix 4. Toolbox	344
<i>Semi-structured interview for torture survivors – Exposure to Torture Scale (Başoğlu and Paker, 1995)</i>	344
<i>Torture Checklist (Jaranson et al., 2004)</i>	348
<i>Torture Screening Checklist, Revised (TSCL-R) (Rasmussen, 2011, 2016)</i>	349
<i>Vital Impact Assessment Questionnaire – VIVO Questionnaire (Pérez-Sales et al., 2012)</i>	353
Appendix 5. The Torturing Environment Scale	358
<i>Scoring and interpretation of results</i>	369
<i>Psychological versus physical torture methods</i>	371
Appendix 6. Standardized Evaluation Form for Credibility assessment (SEC)	372
Appendix 7. Intentionality Assessment Checklist (IAC)	375
Appendix 8. A Step-by-step Guide for Documenting Torture	377
<i>Stage 1: Testimonies</i>	377
<i>Stage 2. Using tools and scales</i>	381
<i>Bibliography</i>	384
<i>Index</i>	406