

Lecture: Chart of Human Evaluation Part I

Hubbard recommends *Principles of Intensive Psychotherapy* by Dr. Frieda Fromm-Reichmann. He discusses why it is bad for psychotherapy to try to adjust people to their environment.

You will read, in texts of ancient cults which have been taken out of the ruins of the New York American Psychiatric Association, notations to the effect that immediately after a death in the family people become sexually promiscuous, or something of the sort. This is really true! You take some widow who is crying in her beer or somebody who has just lost somebody, and there is a setup. But it is this kind of a setup: It has beautiful drapes hung around it and a beautifully festooned arbor—with a land mine sitting in the center of it! This case has really one ambition: this case is trying to die, but it would be a little more successful if it could make you die, too!

So, as an auditor, the wrong way to open up the accessibility of this case would be to sleep with it. I merely put that in as a gentle caution, not because anything like that happens in Dianetics, but because it was so prevalent in psychiatry before psychiatry collapsed. As a matter of fact, I speak with complete authority on the matter. I would never say anything about psychiatry without authoritative references. There is a book by Dr. Frieda Fromm-Reichmann, *Principles of Intensive Psychotherapy*. You ought to read that book someday; it beats a comic book. It says the psychiatrist should be very, very wary indeed of taking out all of his satisfaction on his patients. It says you shouldn't do that all the time. It also says psychiatrists should stay awake and that the practice of sleeping around the patient while the patient is talking is not as prevalent in modern schools as it was a few years ago, and it is gradually dying out.

You are actually living in a different atmosphere entirely than psychotherapy had. There is a different climate in Dianetics, and you really ought to look it over and find out what kind of a climate psychotherapy had, as an archaeological fact.

Now, the reason psychotherapy could fall into these booby traps was that it did not have its goal well aligned. This is, bluntly, true. Its goal was never defined, actually. You look in vain; you won't find a precisely defined goal for psychotherapy. You will find, stated in texts on psychopathology and around in the field occasionally, that what they are trying to do is adjust an individual to his environment, but you will not find much of an amplification of that. And that, of course, you recognize to be a very dangerous thing to do. To adjust a man well to his environment is dangerous, because there is nothing quite so changing as this environment.

One of these days—next week, next month, next year, five years from now or twenty years from now—somebody is going to dump a cargo of atom bombs on America, and we won't have soda pop and so forth and the environment is going to shift to some slight degree. If the environment were to suddenly shift, and if everyone were well adjusted to this environment of jukeboxes and all the rest of it, and none of us were able to make a campfire or boil beans or make a rabbit trap or something of the sort—if there weren't some people still holding on to techniques which adjusted them to other environments elsewhere and we did not have the adaptability of adjusting to this brand-new environment—we would really be dead ducks. So adjusting to the environment is non survival. Therefore it is not a good goal.

Now, if adjusting to the environment is non survival, that would postulate that doing so would send people down the tone scale; this is exactly what those psychotherapies accomplished. It is a very funny thing, but the modus operandi of the electric shock, the prefrontal lobotomy, insulin shock—all of these things—depresses a person on the tone scale or cuts out his endowment to some slight degree. We find that this is a dangerous thing to do!

If a psychotherapy continues along in that line, it will eventually place in a country a preponderance of insane. It might be that the number of insane in the country could get up to 19 millions; it just might. As a matter of fact it has. That goal, then, sends people down the tone scale. But that goal has not been evaluated.

— L. Ron Hubbard

Lecture 26 June 1951: Chart of Human Evaluation Part I