Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

TheETG model of prisons

A major part of TheETG mission is to expand the area of what is possible in competent self-care in medicine and psychology. TheETG’s primary method of achieving that is to proliferate applied science based information by way of – free– packets containing plain language info for “the average joe” seeking to move themselves or others forward in these areas. The mail problem TheETG packets attempt to address......

"….takes an average of 17 years to translate 14% of original research into benefit…..average of 9 years for interventions recommended as evidence-based practices to be fully adopted."

M.Tinkle, et al
Dissemination and Implementation
Nursing Research and Practice…Volume 2013

Competent Self-Care: Medicine……The best medicine comes with no risk-versus-benefit equations to contemplate, no daily violations of “first, do no harm”, no whac-a-mole medicine being practiced to medicate each health issue as it pops up. To be a good doctor one must -first- be a good physiologist. And in order to have a fully functioning health care system available to all human beings in America its core must be comprised of competent self-care and good physiologists.

Competent Self-Care: Psychology……So-called “mental health professionals” should practice more mental health and less pharmacology. The goal of applied psychology is to empower people to achieve self-mastery. This should be the goal of competent self-care and all psychologists. Parenting….dysfunction moves from the parents, into the home, into the kids, into the streets, into the norm. Personal growth toward being a fully functional human being can move from the parents, into the home, into the kids, into the streets, into the norm.

You may copy any and all contents of this packet, with exception and exclusion of using such copies for purposes of producing revenue, profit, or any direct or indirect compensation.
ETG Model Of Sentencing

Use of a jail or prison sentencing as punishment for crime and/or revenge for the victim is eliminated. Move to a standardized sentencing program focused on the removal of serious law breakers from the public, for the purpose of.......  
1 -- public protection 
2 -- psychological work that alters the behavioral path of the law breaker

---- No time off for good behavior or other forms of reduced sentence  
---- No probation  
---- No parole  
---- No death penalty  
---- No life sentence  
---- No jailing for drug possession

ETG Model of Standardized Sentencing......

**Major Misdemeanors**  
--- 1 month [ie. for crimes like assault without injury]  
--- 1 year [ie. for crimes like assault with bodily injury, drug sales without a license]

**Major Felonies**  
2 years [ie. for crimes like 2\(^{nd}\) offence drunk driving, white collar crime, all fraud crimes against the elderly]  
5 years [ie. for crimes like rape, armed robbery]  
10 years [maximum sentence for non-murder crime]

**Pre-meditated Murder**  
--- for adults, no release prior to 90th birthday  
--- juveniles cannot receive adult sentence [stay 10 years]
ETG Model of Prisons

Mission of Prisons

- Serve as a **peaceful** place for offenders to be removed from the public......for the public protection.

- Provide an environment that encourages a change in cognitive programming and conditioning.

- Provide an educational environment that are proven promoters of personal growth

  **20 hours per week of required exposure to all of the following:**
  -- Stephen Covey 7 Habits Workshops
  -- John Bradshaw Workshops
  -- Deepak Chopra (video tapes)
  -- Carolyn Myss (video tapes)
  -- Evelyn Wood Speed Reading Courses
  -- ETG Book List
  -- ETG Movie List
  -- ETG School Curriculum
  -- Television (taped programs)
    --- Frontline (debates on PBS)
    --- Discovery Channel
    --- Newton's Apple
  -- music (motivational, soft rock).....several hours per day

- Lead inmates convicted of violent crimes and sexual offenses to identify the underlying mechanisms of their behavior as well as effective methods of self-change.
"....double-blind, placebo-controlled, randomised trial of nutritional supplements on 231 young adult prisoners, comparing disciplinary offences before and during supplementation."

"Compared with placebos, those receiving the active capsules committed an average of 26.3% fewer offences."

"Compared to baseline, the effect on those taking active supplements for a minimum of 2 weeks was an average 35.1% reduction of offences."

"Antisocial behaviour in prisons, including violence, are reduced by vitamins, minerals and essential fatty acids with similar implications for those eating poor diets in the community."

C.B.Gesch, et al  
Influence of supplementary vitamins, minerals and essential fatty acids on the antisocial behaviour of young adult prisoners  
Randomised, placebo-controlled trial  
An abused child....gone unhelped, is likely to become an adult, who is in someway, an abuser.....who will have a child.....who, gone unhelped, is likely to become an adult, who is in someway, an abuser.....who will have a child.....who, gone unhelped..................
“……attributes violent and abusive behaviors displayed by adults to learning through direct or vicarious prior exposure to such behaviors during youth.”

S. Chandler
Rate Of Prior Verbal, Physical, Sexual Abuse Among College Students
Research Quarterly For Exercise & Sport......Volume 69 #1......March 1998

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“……violent abusive behaviors are learned from prior exposure…….Intervention efforts should target parents and guardians of young children as well as young adults contemplating having children.”

S. Chandler, J. Ramery
Rate Of Prior Verbal, Physical, Sexual Abuse Among College Students
Research Quarterly For Exercise & Sport......Volume 69 #1......March 1998

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“Adolescents maltreated early in life…….had levels of aggression, anxiety/depression, dissociation, post-traumatic stress disorder symptoms, social problems, thought problems, and social withdrawal that were……..higher than those of their non-maltreated counterparts.”

“…….maltreatment predicts adolescent psychological and behavioral problems, beyond the effects of other factors associated with maltreatment. Undetected early physical maltreatment in community populations represents a major problem worthy of prevention.”

J.E.Landsford, et al.
A 12 Year Prospective Study Of The Long-Term Effects Of Early Child Physical Maltreatment On Psychological Behavioral And Academic Problems In Adolescence
Archives Of Pediatrics & Adolescent Medicine......Volume 156......2002......page 824-830
"Psycho-path/Socio-path Behavior"

Psychological Programming ----
We are psychological and physiological products of how we are treated, how we treat ourselves, and how we treat others. We know that 1 - 5 year olds who are not consistently shown kindness and love, will become self-destructive to some relative degree. In extreme cases they will become "psychopaths-sociopaths", destructive towards themselves and others, if left un-helped.

Kids who are hurting will "eventually" hurt themselves and/or others. This may not occur till late adolescent or early adulthood, but it will happen at some point if things are not changed.

"Normal" Behavior

- Insecure Attachment
- Emotional Problems
- Neglect
- Verbal & Emotional Abuse - Emotionally Violent environment
- Physical & Sexual Abuse

Serial Killer/Serial Rapist/etc....
Childhood psychological abuse or neglect is a subtle occurrence in our society since it is usually the product of parental behavior that is considered to be "normal", or socially acceptable.

“A child getting beaten, a child getting jerked by the neck, a child being told to get his own weapons for torture, can hardly believe that he is special, wonderful, and unique. How can he when he is being hurt physically by his caretaker?" 

John Bradshaw

In children, family functioning can influence the frequency of respiratory illness and precipitate the onset of auto-immune and neoplastic (cancer) process.

New England Journal Of Medicine

“It is reported in the attachment literature that parental caring plays a powerful role in shaping the biological as well as psychological health of infants, children, and adolescents.

Journal of Psychosomatic Medicine
"Perceptions of Parental Caring Predict Health Status in Midlife: A 35-Year Follow-up of the Harvard Mastery of Stress Study"

“....women who reported abuse as children...had higher scores for depression, anxiety, and low self-esteem; were more likely to be abusing drugs, or to have a history of alcohol abuse; were more likely to have attempted suicide; and were more likely to have had a psychiatric admission”.

Journal of The American Medical Association May 7, 1997 Vol 277 #17
“Clinical Characteristics of Women With a History Of Childhood Abuse
Mechanisms Of
“Psycho-path/Socio-path
Behavior

Psychological Programming ---- Children go through stages of psychological growth. There are specific things a child needs to get from the people on whom he/she is dependent, in order to move from one development stage to the next. The four main developmental dependency needs are: unconditional love, attention, affection, and appreciation. Parents who never got their dependency needs met when they were children tend to be inconsistent or unable to provide them for their kids. Long term exposure to this type of environment results in relatively consistent shaming experiences, and a self-image of being flawed, defective, and inadequate. These problems manifest themselves in the lowering of one’s “comfort zone”....in that the child becomes “used to” being treated poorly. Being treated poorly is the norm from his/her perspective, and is considered by them to be normal. Being treated well falls outside his/her “comfort zone”, and is therefore something that will be rejected, unless or until their comfort zone is changed. A Comfort Zone is set by the image your child has developed of him/herself, formed primarily by the family environment and life experiences he/she had between the ages of 1 - 16 years old. All the things a child has heard about him/herself the most and has accepted as truth during this time period, contribute to that image. The intensity, frequency, and consistency of criticism and punishment experienced from parents and care givers causes long term damaging effects, and a lowering of one's comfort zone.

We are psychological and physiological products of how we are treated, how we treat ourselves, and how we treat others. We know that 1 - 5 year olds who are not consistently shown kindness and love, will become self-destructive to some relative degree. In extreme cases they will become “psychopaths-sociopaths”, destructive towards themselves and others, if left un-helped.

Kids who are hurting will “eventually” hurt themselves and/or others. This may not occur till late adolescent or early adulthood, but it will happen at some point if things are not changed.

In parenting and care giving, nothing is free......someone will pay for their failure.

Children are products of how they are treated. How they are treated by parents and family environment affects how they see themselves.....and how they will treat themselves and others. If they have no respect for their own lives, they will have no respect for the lives of others. Their hatred of themselves can, and probably will, be easily projected onto others.

“In the case of the man we are considering, the irrationality to which he was exposed as a child was not the expression of intentional cruelty or ill-will. It was simply the “normal” manner of functioning, on the part of his parents, which most adults take for granted.

It was not the trauma of a single moment or episode, but a accumulation of blows delivered to a victim who was not yet able to know he was a victim, or of what.

Now as an adult, he has learned to “accept” human irrationality. “Acceptance”, in this context, does not mean the knowledge that a great many men behave irrationally and that he must be prepared to meet this problem; it means he accepts irrationality as the normal and natural, he ceases to regard it as an aberration, he does not condemn it.”

Nathaniel Branden
Psychology Of Self-Esteem
Your Obligation
The Fundamentals Of Parenting

Kids join Gangs as a substitute for attention, affection, praise
......ie. Love.

Kids use Sex as a substitute for attention, affection, praise
......ie. Love.

Kids have Babies to use as a way to receive attention, affection, praise
......ie. Love.

Kids become angry/violent if they never get attention, affection, praise
......ie. Love.

The average moron might pick-up on a developing pattern here.

The average wise man might blame the Parents whose sole obligation as a Parent is to provide
attention, affection, praise......ie. Love.

A roof overhead, food on the table, a college education...any idiot with money can provide these things.