

CONTENTS

| | |
|--|----|
| <i>Foreword</i> by Vladimir Bukovsky | 13 |
| <i>Preface</i> | 17 |
| <i>Chapter</i> | |
| 1 <i>The Vulnerability of Psychiatry</i> | 23 |
| Psychiatry's ill-defined boundaries (p. 23); What is mental illness? (p. 24); The psychiatrist as oppressor (p. 26); Adjustment to society as a criterion of mental health (p. 27); The predicament of dual loyalty (p. 28); Hospitalization without consent (p. 28); The right to treatment (p. 30); Psychiatry and the court (p. 30); The use of psychiatry in the Soviet Union as a form of repression (p. 31). | |
| 2 <i>Soviet Psychiatry: Evolution and Character</i> | 34 |
| The post-revolution development of psychiatric services (p. 38); The therapeutic approach (p. 39); Psychiatry and political ideology (p. 43); The health services in practice (p. 45). | |
| 3 <i>Psychiatric Abuse: Its History and how it Became an Issue in the Soviet Union</i> | 48 |
| The early Soviet period (p. 49); The Stalin period (p. 51); Post-Stalin attempts at reform (p. 58); The Tarsis case: first international awareness of the issue (p. 65); The beginning of opposition within the Soviet Union to psychiatric abuse (p. 73). | |
| 4 <i>The Issue Becomes International</i> | 79 |
| The Bukovsky papers (p. 79); The response of Soviet psychiatry (p. 84); The resolution of the World Federation for Mental Health (p. 85); The Mexico congress (p. 86); Soviet psychiatry responds (p. 92); The trial of Bukovsky (p. 94). | |

- 5 *The Practice: Criminal Commitment* 97
 The history of criminal commitment in the Soviet Union (p. 97); The rôle of the forensic psychiatrist (p. 99); Criminal commitment in cases of dissenters (p. 102); The case of Pyotr Grigorenko (p. 105); Comparison of the two psychiatric reports (p. 113); Grigorenko's own record of the psychiatric examinations (p. 114); Grigorenko's trial (p. 116); Grigorenko's hospital internment (p. 118); Official manipulation of foreign visitors (p. 120); Release and subsequent course (p. 124); The case of Natalya Gorbanevskaya (p. 127); Comment on the Serbsky report (p. 134); Gorbanevskaya's trial (p. 136); In Kazan (p. 143); Subsequent course (p. 145); The Serbsky Institute (p. 147).
- 6 *The Practice: Civil Commitment* 152
 The procedure of civil commitment (p. 152); Judicial review and civil commitment (p. 156); Civil commitment and dissent (p. 158); Religious dissent and civil commitment: the case of Gennady Shimanov (p. 158); Religion and the Law (p. 158); Shimanov's commitment (p. 160); Subsequent developments (p. 168); Conclusion (p. 169); The case of Zhores Medvedev (p. 170); Medvedev's commitment (p. 172); In the Kaluga mental hospital (p. 173); The diagnosis (p. 176); The struggle for Medvedev's release (p. 178); Medvedev's release (p. 181); Subsequent developments (p. 181); Irregularities in Medvedev's commitment (p. 183).
- 7 *The Hospital and the Treatment* 186
 The ordinary psychiatric hospital (OPH) (p. 187); The special psychiatric hospital (SPH) (p. 191); History of the SPH (p. 191); Organization and staffing of the SPH (p. 193); Life in the SPH (p. 196); Brutality and punishment (p. 199); The use of drugs as treatment and as punishment (p. 202); No legal redress (p. 209); Attitudes to the patient's family (p. 211); Indefinite hospitalization (p. 212); Recantation (p. 214); The effects of

disturbed patients on the dissenter (p. 217);
Conclusion (p. 219).

8 *The Psychiatrist and his Diagnosis* 220

Who is involved? (p. 220); The core psychiatrist (p. 220); Motives of the core psychiatrist (p. 227); The rôle of the average psychiatrist (p. 230); The dissenting psychiatrist (p. 234); Another classification of Soviet psychiatrists (p. 242); Soviet methods of diagnosis (p. 243); What is schizophrenia? (p. 243); The Soviet approach to schizophrenia (p. 246); Forensic implications (p. 248); Schizophrenia and the dissenter (p. 251); Can the dissenter ward off the psychiatrist's diagnosis of mental illness? (p. 255); Conclusion (p. 256).

9 *The Victims* 258

How many victims? (p. 258); Numbers in the SPHs (p. 259); Numbers in the OPHs (p. 262); The real reasons for the internment of dissenters (p. 263); 1. Socio-political activity (p. 264); 2. Nationalist dissent (p. 264); 3. The demand to emigrate (p. 266); 4. Religious activity (p. 269); 5. Being inconvenient to petty tyrants (p. 270); Do dissenters placed in mental hospitals differ from those placed in camps? (p. 273); Why are some dissenters interned and others imprisoned? (p. 274); Why an SPH for some dissenters and OPH for others? (p. 276); Further types of victim (p. 277); Where to draw the line? (p. 277); Why has the psychiatric gambit not been used more often? (p. 279).

10 *Opposition to the Abuse* 280

A Soviet policy develops in response to Western protest (p. 283); Responses in the USA (p. 289); Initiatives in Britain (p. 295); Developments concerning the WPA (p. 298); The issue flares up with new force (p. 300); The WPA schizophrenia conference in the Soviet Union (p. 311); The Royal College of Psychiatrists condemns the Soviet abuse (p. 320); The cases of Shikhanovich and Plyushch and developments in France (p. 320); A

second false start in the USA (p. 324); The overall situation in mid-1974 (p. 326); Events in Britain 1974-1976 (p. 327); The Plyushch campaign and developments in France and Switzerland (p. 330); A Soviet counter-blast (p. 334); The WPA and the 6th World congress in Honolulu, August 1977 (p. 335); The release and emigration of Bukovsky (p. 339).

Epilogue

341

Appendices

- I Victims of Soviet Psychiatric Abuse: a Register. 347
- II Our Recommendations for Combating and Preventing Abuse. 399
- III A Letter from the Presidium of the All-Union Society of Neurologists and Psychiatrists, 1973. 406
- IV "False Friends in a Quagmire of Slander", by K. Bryantsev, 1971. 410
- V A *samizdat* Reply to Bryantsev's Article, 1971. 416
- VI *A Manual on Psychiatry for Dissenters* by Vladimir Bukovsky and Dr Semyon Gluzman, 1974. 419
- VII A Psychiatric Examination of Viktor Fainberg, 1971. 441
- VIII A Talk with a Psychiatrist, by Evgeny Nikolayev, 1974. 448
- IX A Letter from Dr Semyon Gluzman, 1974. 452
- X "Life in an Ordinary Mental Hospital: the View of a Soviet Psychiatrist", by Dr Marina Voikhan-skaya, 1975. 458

References

463

Index

499