

### Containment: An Overview

**Definition:** US foreign policy doctrine articulated by George F. Kennan (1947), aimed at preventing the spread of communism.

**Core Idea:** Communism should be confined to existing areas, blocked from spreading into new states.

**Application:** Military (Korean War, Vietnam War).

Political (alliances like NATO, Marshall Plan aid).

Covert/intelligence (CIA interventions, coups, and psychological warfare).

**Psychological Front:** Containment wasn't only about tanks and borders; it was about winning hearts and minds to stop ideological spread.

### Psychological Containment

The Cold War was an ideological struggle: communism vs. capitalism.

US strategists feared that communism could spread through propaganda, persuasion, and psychological influence as much as by force.

This meant containment required: Resisting enemy indoctrination (e.g., "brainwashing").

Developing tools of psychological warfare.

Protecting US troops and citizens from communist influence.

### MKULTRA as a Containment Strategy

**Background:** Early CIA projects (BLUEBIRD, ARTICHOKE) explored interrogation and truth serums to fight communist subversion.

MKULTRA (1953–1973) was the expansion of these efforts, led by Sidney Gottlieb under Allen Dulles.

**Containment Logic in MKULTRA:** If communism could spread psychologically, then the US had to contain it at the mental level.

CIA worried that the USSR and China had mastered mind control and "brainwashing."

MKULTRA was framed as defensive research to prevent US personnel or societies from being "turned."

### Containment Through Offensive Mind Control

MKULTRA also aimed to go beyond defense: Develop techniques to weaken, confuse, or break down communist agents.

Possible use in covert ops to destabilise governments leaning toward communism.

In this way, MKULTRA paralleled military containment: Military: stop territorial spread.

### Containment Through Offensive Mind Control (cont)

Psychological: stop ideological spread.

### Vietnam, Containment, and MKULTRA

Vietnam War = ultimate test of containment.

CIA counterinsurgency programs (e.g., Phoenix Program) drew on interrogation methods informed by MKULTRA research.

Psychological warfare was seen as essential to containing communism in Southeast Asia.

Shows how MKULTRA was part of the wider arsenal of containment tools — though covert and secretive.

### Secrecy and Ethics in Containment

Just as military containment led to questionable wars, MKULTRA led to unethical experiments (drugging civilians, psychological torture, hospital experiments).

Both justified in the name of preventing communism from spreading.

"National security" rationalized secrecy and denial of individual rights.

### Outcomes

**Containment Successes:** Prevented communist spread in Western Europe; contributed to long-term survival of US-aligned states.

**Containment Failures:** Vietnam, Cuban Revolution, Afghanistan.

**MKULTRA Failures:** Did not produce reliable mind control methods.

Left a legacy of abuse, scandal, and distrust.

Both illustrate how containment could push the US into morally and strategically dubious territory.



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### Key Takeaways

Containment was holistic: military, political, economic, cultural, and psychological.

MKULTRA was the psychological wing of containment, aimed at countering communist influence at the level of the human mind.

Both demonstrate how Cold War paranoia justified extreme policies and unethical experiments.

MKULTRA's role in containment highlights how ideology shaped covert science.

### Containment ↔ MKULTRA

Containment = stop spread of communism  
→ MKULTRA = stop spread of communist influence/brainwashing.

Military containment = wars in Korea, Vietnam → Psychological containment = experiments on mind control, interrogation.

Public policy = Truman Doctrine, Marshall Plan → Covert policy = MKULTRA experiments.

Ethical trade-offs (wars, coups) → Ethical trade-offs (human experimentation, drugging civilians).



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