

FFWPU Europe and Middle East: Toro Goto on Psychological Lynching - Japan's Coercive Faith-Breaking

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Psychological lynching by professional faith-breaker Takashi Miyamura and deconverted believers



Toru Goto's new book "Deadly Struggle: Surviving 4,536 Days of Confinement"

Young Japanese man forcibly detained and isolated for over 12 years exposes the psychological lynching that is major part of dehumanizing coercive faith-breaking

Part 3 of a talk given 10th February 2025, in Tokyo, at the official launch of the book "Deadly Struggle: Surviving 4,536 Days of Confinement" by Toru Goto (後藤徹), held captive for [12 years and 5 months](#) in an attempt to have his faith broken.

See [part 1](#), [part 2](#)

In my case, the deprogrammers were two individuals - Takashi Miyamura (宮村峻), a company president, and Yasutomo Matsunaga (松永康智).

(Points to screen - see image to the right) This is what it looks like when deprogrammer Takashi Miyamura arrives at the apartment. This scene is the same in almost all cases. Miyamura sits in front of me, surrounded by my family and former believers. A group of former believers, who had left their faith under similar circumstances, formed a ring around me. It was truly a terrifying sight.

Among them was a "sister" of faith who had once taken great care of me. With tears in her eyes, she said,

"Goto-kun [See editor's note below], you've done some ridiculous things, haven't you?"

She tried to persuade me while crying. And in that setting, every imaginable criticism, slander, and attack was hurled at me - against Reverend [Sun Myung Moon](#), against the [Unification Church's](#) doctrine. Every day, without fail. It was a form of psychological lynching. They told me constantly,

"You are being mind-controlled."

"You won't be allowed to leave here until your brain starts working normally."

"You idiot, fool, devil."

Of course, I had no way to contact the outside world. I couldn't



Floor plan of the Tokyo flat where Toru Goto was forcibly detained for about 10 years. For two and half years he was locked up somewhere else, in the city of Niigata

make phone calls or send letters. The information control was absolute. At one point, I asked Miyamura,

"Alright, I understand. But I'd like to look up a word - could you bring me a dictionary?"

He immediately dismissed me, saying, "That's not necessary."

But one day, he brought me a book, saying, "You must be bored, so read this."

It was a book about early North Korean defectors. I immediately understood what he meant,

"Ah, I see. He wants me to wake up and escape my faith, just as these defectors escaped North Korea."



Professional faith-breaker and advisor to the Constitutional Democratic Party (CDP): Takashi Miyamura

Through extreme manipulation of information, they sought to reprogram my mind.

Of course, my ID had expired, and I had no legal proof of my identity. One day, while taking a bath, I noticed a small ventilation hole in the wall. I could faintly hear the voices of people on another floor. Thinking that I might be able to reach someone, I climbed onto the edge of the bathtub, pressed my mouth against the vent, and screamed as loud as I could:

"Help me! I'm being held captive here! Please call the police!"

I screamed until my throat was hoarse. But suddenly, I was forcefully yanked down from behind. As you can see in the diagram (see floor plan above to the right), the bathroom led to the kitchen.

I was dragged violently from the bathroom, past the kitchen, knocking over everything in my path - electrical appliances, furniture - until I was pulled into the innermost room of the flat. Who was it? It was Takashi Miyamura. My family had contacted him immediately. Whenever my relatives could no longer control me, he would show up and use violence to subdue me. That's what happened inside the detention site.



How Toru Goto was treated

By this time, I had been confined for six or seven years. Two weeks before my abduction, I had been filled with joy by my engagement, which I had been looking forward to so much. I wondered,

"What is my fiancée doing now? She must be desperately searching for me."

The thought made my chest feel like it was being torn apart.

In my overwhelming loneliness and despair, there was only one small moment of comfort each day. It was when I heard the distant chimes of the song "Yuyake Koyake" from the neighborhood security broadcast in the evening. ("Yuyake Koyake" is a classic Japanese children's song played at sunset to tell children it's time to go home.) Around 5 PM, the faint melody drifted in from afar, urging children to return home. It seeped into my heart. Even in my isolation and despair, for just a brief moment, I felt comforted.

But there were times when I truly thought, "I just want to die here."

To be continued. Part 4 coming soon.

See [part 1](#), [part 2](#)

[Editor's note: In Japanese, "kun" (君 or くん) is an honorific suffix used after a person's name. It is typically used in the following contexts: For boys and young men - "Kun" is commonly used for boys, younger men, or male subordinates. For example, a teacher might call a male student "Taro-kun", or an older coworker might address a younger male colleague this way. In workplaces - In professional settings, a senior might use "kun" to address younger male colleagues or subordinates.]

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4,536 Days of Confinement by Toru Goto (後藤徹), held captive for 12 years and 5 months in an attempt to have his faith broken.

See [part 1](#), [part 3](#)

What I'm about to share is my personal experience. I may be one of the more well-known victims of confinement, but even if just one person were to go through this, it would still be absolutely unacceptable. This is a grave violation of human rights and a criminal act. I hope you all understand that many others have suffered experiences similar to mine.



Front cover page of **Toru Goto's new book "Deadly Struggle: Surviving 4,536 Days of Confinement"**



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The location of the **8th floor apartment** in Ogikubo, Tokyo where Toru Goto was held captive and dehumanized. Photo: [National Association of Victims of Abduction, Confinement, and Forced Deconversion](#)

(Pointing to screen) This is the apartment where I was confined. We are currently in Sugunami Ward, and this apartment is also located within Sugunami. I was locked up on the 8th floor.

The most common method of locking someone up is using a security chain with a padlock on the front door. This makes it impossible to leave. Windows are also secured using special locks and security devices. There are many ways to secure a person inside. In my case, every single window was locked, making it impossible to open any of them.

This is the floor plan of the actual apartment where I was confined.

The layout was conveniently suited for confinement. I was told to stay in the bottommost room (pointing at the diagram). The blue dots represent where my family members stayed.

It turns out that **multiple floors of this building were used in the exact same way – to abduct and confine Unification Church believers.** This has been confirmed.

Earlier, President Tanaka [[Editor's note: Tomihiro Tanaka, president of the Family Federation in Japan](#)]

also mentioned this, but the ones who physically carry out these abductions and confinements are the family members – parents, siblings.

However, abductions and confinements don't happen with just the family alone. There is *always* a third-party intervention. **There are masterminds behind these abductions.**



Floor plan of the **Tokyo flat where Toru Goto was forcibly detained** for about 10 years. For two and half years he was locked up somewhere else, in the city of Niigata. Illustration: [National Association of Victims of Abduction, Confinement, and Forced Deconversion](#)

Looking at the **United States, in the 1970s and 1980s, there were countless cases of coercive faith-breaking** — what is known in English as *deprogramming*. And **the people who carried it out were called *deprogrammers***. Ted Patrick is considered the founder of deprogramming.

In the U.S., **deprogrammers personally took action**. They physically kidnapped people. **Ted Patrick himself was convicted in seven criminal cases**.

Eventually, the organization he founded was legally dismantled and declared bankrupt. By the end of the 20th century, deprogramming had effectively disappeared from the U.S.

However, in Japan, the practice of coercive faith-breaking (forced de-conversion) – what is carried out by so-called faith-breakers (“exit counselors”) or 脱会屋 (*dakkaiya*) – **has, in a way, “succeeded”**.

Why? Why have so many people been *forced* to leave their faith?

As we discussed earlier, in reality, **faith-breakers**



Parents listening to faith-breaker (*deprogrammer*). Illustration: Microsoft Designer Image Creator, 22nd February 2025.

(deprogrammers) are behind this, thoroughly instructing the parents with claims like,

- **“The believer will become a criminal.”** – This is false information.
- **“The believer is under mind control.”** – This has never been recognized in court.

In fact, **the faith-breaking itself can be said to use tactics based on “mind control”**.

Parents are told, “Your son (or daughter) is being mind-controlled.” This is a pseudo-scientific concept. The faith-breakers tell the parents that it’s difficult for their son or daughter to escape on their own. This is how the father and mother are instructed.

As was mentioned earlier, they are told, “You, the parents, are the problem.” And when they ask, “Then what should we do?” they are told, **“It’s impossible for amateurs. You have no choice but to leave it to experts.”**

When the parents ask what they should do, the **faith-breakers resort to the term “protective persuasion”** (保護説得). This concept is extremely problematic. What the parents are actually taught/instructed boils down to abduction and confinement.

However, **this deceptive term “protective” numbs you to the fact that these are criminal and unlawful acts; they are illegal**. Yet you are dazed by the word “protective” (保護).

As a result, many parents have resorted to abduction and confinement.

In Japan, the **faith-**



breakers



Illustration of how Toru Goto was abducted by his own family, instructed by faith-breakers. Illustration: National Association of Victims of Abduction, Confinement, and Forced Deconversion

(deprogrammers) do not directly take action themselves. Instead, they make the parents, family members, and relatives carry it out.

However, I would like to consider for a moment why abduction and confinement is necessary. The **bottom line is that you cannot get someone to leave a religion unless you abduct and confine them.** I think this is almost always the case when it comes to religion.

But can you simply persuade someone to quit his faith? No, you can't.

Even Jesus said in the Bible:

"For whoever wants to save their life will lose it, but whoever loses their life for me will find it." (Matthew 16,25, New International Version)



Dedicated believers: From a demonstration 11th February 2025 protesting the Japanese state persecution of the [Family Federation](#) in Japan. Photo: [FFWPU](#)

Religious persons dedicate their whole being, their entire life, to their faith. **They love their religious beliefs as the core of their identity** and stake their entire life on it.

They do not follow their faith as a mere hobby. Therefore, no amount of external persuasion will make them quit.

To force someone to abandon the precious treasure one's faith is, one must be physically restrained. That was the conclusion they arrived at.

In the end, the method is to isolate them, confine them, manipulate the information they receive, feed them only one-sided information, and pressure them into renouncing their faith. There is no other way.

How many years this takes is uncertain. But in order to destroy someone's faith within a matter of months, there is no choice but to restrain them physically. That was the conclusion. That is why abduction and confinement became so widespread.

Continued in [part 3](#).

See [part 1](#), [part 3](#)

Featured image above: Toru Goto at the official launch 10th February 2025, of his book "Deadly Struggle: Surviving 4,536 Days of Confinement". Photo: Screenshot from

videorecording of the event.

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