CONNECT WITH ME!

AMERICA'S LEADING CULT EXPERT

Steven Hassan, PhD

Cult Expert · Author · Licensed Mental Health Counselor

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BOOKS

The Cult of Trump
NEW YORK TIMES BESTSELLER
(2019)

How a leading cult expert explains the president's use of mind control.

Combating Cult Mind Control
(2018...2024)

The #1 best-selling guide to protection, rescue, and recovery from cults.

Freedom of Mind
(2022)

Helping loved ones leave controlling people, cults, and beliefs.

Understanding Cults: The Official Workbook
(2025)

For clinicians, former members, and concerned individuals.

ABOUT DR. HASSAN

Steven Hassan, PhD is a New York Times bestselling author, licensed mental health counselor, internationally recognized cult expert, and the creator of the BITE Model of Authoritarian Control™. At 19, he was deceptively recruited into the Moonies, led by Sun Myung Moon, where he rose to assistant director before being deprogrammed in 1976.

He has spent nearly 50 years helping thousands of individuals and families recover from undue influence. He holds a PhD from Fielding Graduate University, is a member of the Program in Psychiatry and the Law at Harvard Medical School, and has delivered four TEDx talks.

His books include *Combating Cult Mind Control* (available in Spanish as *Combatiendo El Control Mental De Las Sectas), The Cult of Trump, Freedom of Mind,* and the new *Understanding Cults: The Official Workbook*. He pioneered the Strategic Interactive Approach (SIA), a non coercive method for helping people leave controlling groups and has developed foundational CE courses for clinicians on undue influence and guidelines for working with cult members.

FEATURED RECENT APPEARANCE

What Now? With Trevor Noah (February 2026 - Link)

Trevor Noah interviewed Dr. Hassan in *Are You In a Cult and Don't Even Know It?* exploring how we get swept into systems of extreme belief, the ways loyalty is engineered, and what separates healthy persuasion from manipulation.



SOCIAL MEDIA REACH

Instagram @cultexpert	**260K**
X @cultexpert	**75K**
Youtube @drstevenhassan	**60K**
Facebook @dr.steven.hassan	**55K**
TikTok @cultexpert	**40K**
Substack @stevenhassan	**15K**

500K+
Total followers across platforms

50 YEARS
Helping families & individuals

10+
Translated book languages

EXPERTISE & BOOKING

Dr. Steven Hassan
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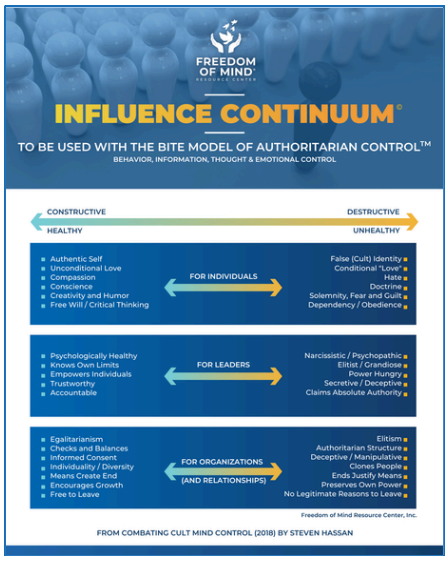
THE BITE MODEL OF AUTHORITARIAN CONTROL™

Dr. Hassan created the BITE Model© to identify and evaluate controlling groups and relationships. BITE stands for Behavior, Information, Thought, and Emotional control.

His doctoral research at Fielding Graduate University provided statistical validation of the model with 1,044 participants. It has been used by tens of thousands of people worldwide to identify involvement in destructive groups and reclaim their autonomy.

THE INFLUENCE CONTINUUM©

The Influence Continuum© is designed to be used along with the BITE Model of Authoritarian Control™. There is a wide spectrum of healthy and unhealthy influence. Experiences vary within the same organization based on how the individual conforms to the norms of the group.



SUGGESTED INTERVIEW TOPICS

1. **The MAGA Movement Through the Lens of Cult Psychology**
   How the BITE Model© applies to the Trump political movement and what it means for democracy.

2. **Helping Families Recover Loved Ones from High Control Groups**
   The Strategic Interactive Approach and practical steps families can take.

3. **From QAnon to Violent Extremism**
   The pipeline from online conspiracy movements to real-world danger.

4. **How Authoritarian Leaders Use Mind Control**
   Techniques leaders use to recruit and retain followers, from phobia indoctrination to information control.

5. **Social Media, AI, and Radicalization**
   How algorithms amplify cult-like influence at scale.

6. **Life After a Cult: Recovery and Treatment**
   What recovery looks like and how professionals should approach treatment.

AS SEEN ON

60 Minutes · The Washington Post · The New York Times · CNN · Oprah · Good Morning America · npr · TODAY · People · WSJ · Dr. Phil · MSNBC · The Times · The Guardian · Oxford University Press · BBC News · Daily Mail · The Independent

CREDENTIALS

- PhD, Organizational Dev & Change, Fielding Grad University (2020)
- Licensed Mental Health Counselor (LMHC), Massachusetts
- Nationally Certified Counselor (NCC)
- Member, Program in Psychiatry and the Law (PIPATL), Harvard Medical School
- Institute for Social Innovation Fellow, Fielding Graduate University
- Expert witness in undue influence cases
- 4 TEDx Talks
- Recipient, Margaret Thaler Singer Award
- Presenter, Harvard Longwood Psychiatry

BOOK DR. HASSAN

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