Pandoras

Deus

Machina

THE FOOL

Ex

Hope

In attempt of becoming a god from the power of machines prosperity was spread

Calamity

In attempt of becoming a god from the power of machines despair was spread.

*All information presented is meant for education. I focus on defense
for cybersecurity and general computer science. On GOD
do not expect this Zine to teach you how to be a grimp
and perform any malicious acts or for me to know how to
do them.
If you want to learn any more about defense look at the
references portion.*
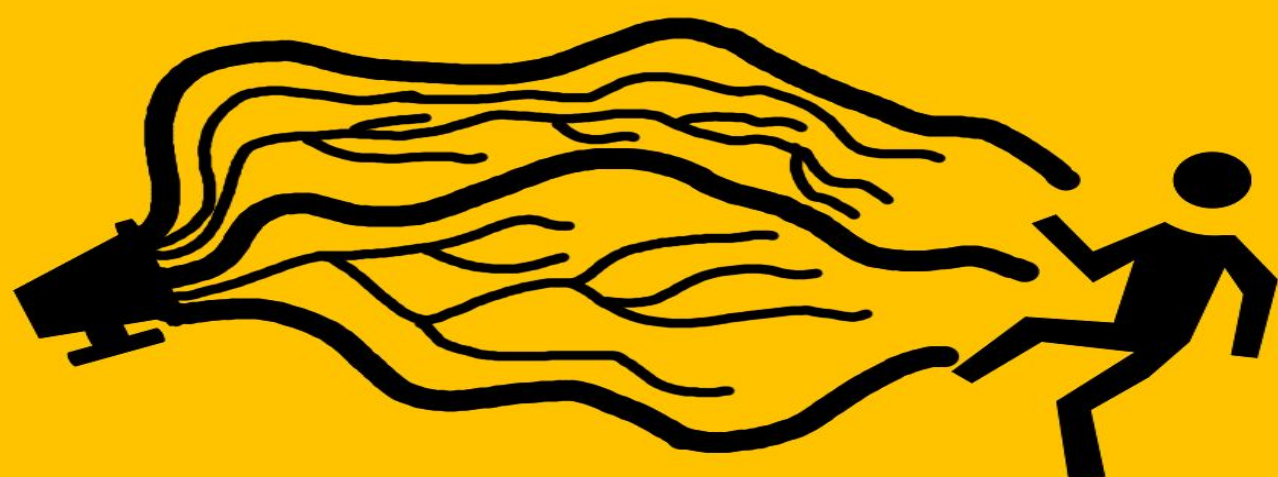
Educational Section

This section of the Zine is curated pieces that have a certain flow to them. They are mostly educational and I try my best to be accurate, but keep in mind that some of the information in this may be outdated when you are reading this for it was made in 2023.

With the summaries I give of each topic in these pages, keep in mind that a type of flattening occurs, for I try to include as much nuance within the least amount of text, however, this does mean some information does get lost so please do read the references.

In as many pages, I put a **TLDR** at the end to give an even shorter summary and an action statement that can be used as a starting point to solve the problems I raise.

CREDIT HEADER

Credit History Section

Credit header's use is a little messy. Credit history uses is much more clean.

There are tools that are technical to find someone's location of living such as leaking their IP address if it happens to be of their home's router, but some are simple search engines. Credit bureaus have plenty of information about their users to keep track of their credit score. Most of this information can't be used by other companies except for the credit header: a set of information that is used to identify the client. Such information as SSN, locations of residency, and more are within this, and can be sold to other organizations that are trusted. The issue with this is that these "trusted" organizations sometimes leak access to these tools, or simply aren't verified to be trusted. Some private group chats who get these tools through leaks or other methods advertise along with access to this tool violence as a service (VaaS).

Ranging anywhere from spray paint to shootings. Foreign agencies also seem to be interested in these tools [5]. Luckily it seems rather difficult to enter these chats, but I don't know since I've never personally attempted to and am going by the article which uncovered all this. There's little options that can be taken since organizations which delete users personal information such as DeleteMe can't do anything about it. The only known solution right now is to regulate the distribution of such information. Technically it's already being done, but the focus is on AI training models not taking any data rather than the criminals who use this to perform violent acts [4]

P.S: For high profile individuals (celebrities, politicians) this data seems not to be sold. Oh also all of this is done on the clear net, no knowledge of the dark or deep web is required. In some cases they can be safer than the regular WWW

TLDR: Better regulation of super doxing tools such as TLO that use credit headers since it can lead to VaaS. Even without VaaS though regulation of these tools in business should be taken.

Mental health has taken the forefront of current culture within America. It's great to have mainstream media promote the real concern that is mental health, but when therapy is promoted as a cure-all to mental problems there seems to be a loss in nuance as to what causes these problems and the type of therapy that should be given. A form of therapy gaining popularity is CBT (Cognitive Behavioral Therapy), its principles being: psychological problems are based on unhelpful ways of thinking, these problems are based on learned patterns of unhelpful behavior, and people can learn better ways of coping with these ways of thinking to make their lives better [18]. It is a powerful tool for therapists, but it does not tackle the reason why these problems occur [6], and should not be a replacement for other forms of therapy that can accompany this. Somepapers contradict this statement, but it's been known since 2004 that some of these studies do selective participants, excluding up to 2/3 of them because they have too many problems [10]. Thus, these results are atypical so, therefore, don't apply to the general public. The thoughts of control over our emotions that CBT "provides" can be seductive both to patients and therapists. But perhaps there's more gained from acknowledging how little control we have over our lives and others, each person affecting others in ways unknown to them. In the best case for CBT all symptoms are relieved, but should a "cure" for the painful emotions in life be found, or should it be accepted that these emotions are sometimes necessary for growth and even comfort (it'd be unhealthy if you didn't feel sad after the loss of a loved one for example).

Evidence claiming that CBT is not a magic hammer and should accompany other forms of therapy seems to be prevalent, so why do tech startups seem to love CBT and CBT-adjacent therapy solutions? Well, it's certainly a lot easier to implement and cheaper than other forms of therapy due to its emphasis on perspective changing rather than understanding. Usually, the automated applications attempt to create a sense of self-discovery, allowing a potential change in perspective, but, their limited scope of entries doesn't allow for the nuances of emotions to come through and give essentially inspirational quotes for their automated "therapy" [12]. For people who can afford human therapists through these applications, their experience aren't much better. For example, Talk Spacegot a 1.3 million dollar government deal in 2021 to provide free mental health help to residents in Reno, Nevada [5]. They proclaim that the customer has 24/7access to therapy, which is technically true, but it is asynchronous through text message; thus, the ritual of entering a specific time to receive help is gone, the boundary between client and therapist is blurred, and the therapist can more easily ghost you; Overall quality of therapy is reduced, along with the therapist's ability to work. Overworked seems to be the normal due to demand, with one therapist having as many as 210 clients, hence leading to Talkspace hiring unlicensed therapists to meet demand [11]. If that wasn't bad enough the pay is by some opaque algorithm that uses caseload, client engagement, and type of session trying to quantify therapy itself [17], which can result in pay as low as $20 an hour for a profession that averages $43 in CT. A non-profit One MindPsyberGuide is trying to critique these apps, praise applications that providea quality service, and chastise ones that can't pass the bar. Theoretically, itseems amazing, but its privacy criteria stick out like a sore thumb.

PsyberGuide uses the logical OR statement in the score rating for transparency/privacy and allows most applications to get a passing score. For example, one of the criteria is "Does the privacy policy state that the app/server encrypts OR de-identifies the entered data OR state that user information isstored locally?" [14]. Each statement that can be true wildly differs from the other in terms of privacy respect/security (best for privacy is locally stored and not shared). The fault in this evaluation method can be found in PysberGuide's rating of HeadSpace, giving it a near-perfect score, meanwhile, its privacy policy allows the selling of your physical location, social media profiles, and marital status [13]. TalkSpace attempts to follow HIPPA regulations but may ask for patients' consent to sell their HIPPA-protected private information and everything you submit that isn't regulated being fair game [16]. The most egregious act I've seen during my research is the suicide prevention app "Better Stop Suicide" selling user data to their for profit company for marketing purposes [3].When mentally unstable, the last thing needed is a source of help trying to exploit your vulnerable state for personal gain.

Initially, these mental health tech startups serve as a support beam for themental health crisis. However, when they become the only option, therapy has areduced effect. [1]. I don't want a future where my therapy has to be online withan organization I can't trust to keep my insecurities private, is willing to threaten security researchers when bringing up security flaws in their systems [16], and prioritize a less effective form of therapy since it's easier to "measure progress" and implement. I find comfort in knowing someone cares, understands, and thinks about me in their mind. No matter the complexity of the software, I don't believe it can replicate that feeling that in person interaction grants.

TLDR: Online therapy is not nearly as good due to the method of therapy, the privacy invasion for the clients, and the overall quality significantly decreases. Some tools supposedly help you find safe mental health apps, but tend to neglect review of privacy policies (use "Privacy Not Included" to do that). If you want to create reform, some starting points would be affiliating with political parties that have the same view set for mental health care, simply being there for people going through it, and trying to reduce shitty life syndromefor the general public.
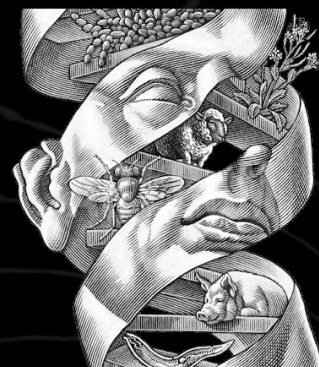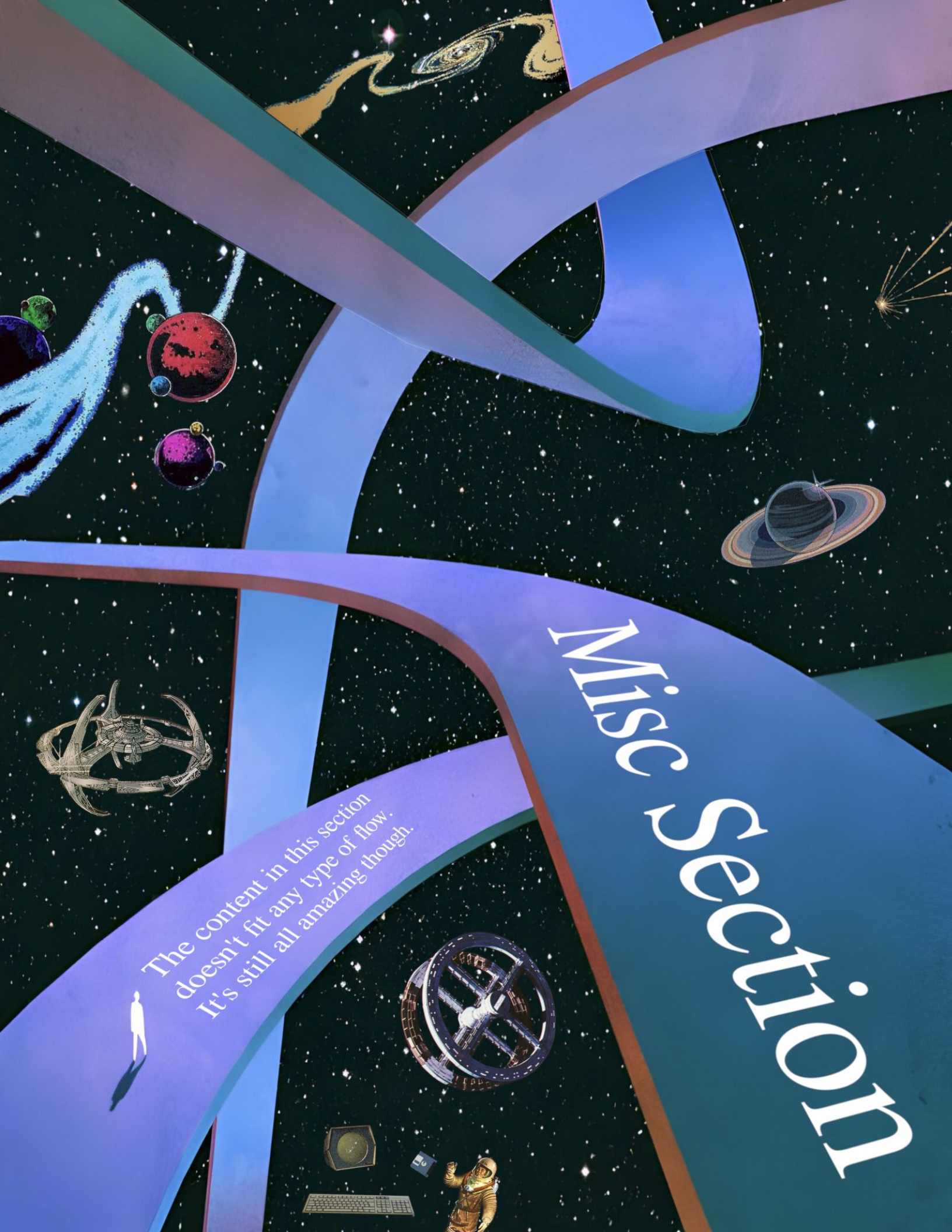
Online Therapy Is A Party

Everyone Is
Invited TO

Misc Section

The content in this section doesn't fit any type of flow. It's still all amazing though.

Moon
Spirited

This is a pre-release of my Zine showing an example of the currated and misc section.

The focus of this Zine is to spread awarness of how tech affects local and global communites in any manner.

It's currently open to submissions and I would love to accept anything that can be put on paper, this includes:

* Photos
* Poems
* Essays
* Paintings
* Engineering Documents (math proofs, algorithims, code, etc...)
* Etc...

Deadline: Idk yet, it'll be announced when it comes
IG: SystemsSimulacrum
Website: ezequielvalencia.com

"Now remember, kids, the internet is serious business."
—Isaac Asimov
Renowned Science and Science-Fiction Author