

Who We Are

The International Society for Ethical Psychology and Psychiatry, Inc. (ISEPP) is a 501(c)(3) non-profit all volunteer organization of mental health professionals, physicians, ex-patients and their families, educators, students, and other concerned people. We are not affiliated with any political or religious group.

Our mission is to use the standards of scientific inquiry to address the ethics of psychology and psychiatry. We strive to educate our members and the public about the true nature of what is called "mental illness", the de-humanizing and coercive aspects of many forms of mental health treatment, the violations of human dignity and autonomy, and the alternative humane ways of helping people who struggle with the distress of very difficult life issues.



Join Us!

To join ISEPP, please go to our website at www.psychintegrity.org. Help us change the landscape of mainstream psychology and psychiatry. Membership includes:

ISEPP Bulletin

Our in-house quarterly publication

Ethical Human Psychology & Psychiatry

Our tri-annual peer-reviewed journal including online access to all past journals

ISEPP Listserv

Exchange daily email posts among our members

ISEPP Annual Conference

Annual gatherings with fellow ISEPP members and other leaders in the field

Membership cycle is from January through December each year

ISEPP



Restoring humanity to life

"All mental illnesses are metaphorical diseases, misrepresented as real diseases and mistaken for real diseases." Thomas Szasz, M.D.



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ISEPP
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The Problem

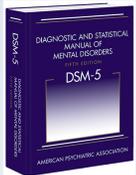


"It's all smoke and mirrors. The people who benefit the most from the medical model of mental disorders want you to believe your problems are brain diseases caused by chemical imbalances or other defects. Challenge them! Ask them for the medical evidence of these brain diseases. They don't have any because there is no evidence.

Your struggles are personal, spiritual, political, moral, economic, social, and existential dilemmas, not real diseases. You are a human being reacting in a human way. There are ways to help you, but they aren't medical or chemical."

Chuck Ruby, Ph.D., Executive Director

Early in the history of psychology and psychiatry, emotional and behavioral problems were treated as medical problems, and thus labeled "mental illnesses". It was assumed they were caused by chemical imbalances or other brain dysfunction, despite having no evidence of such dysfunction. But from this early point on, all kinds of medical language has been used to give the impression that human distress and struggles are diseases of the brain. More than a century later, this is still the mainstream view, yet there is still no evidence that the brains of people labeled with "mental illness" are diseased. This situation must be overturned. Even though our fight may be a David and Goliath effort, we are nonetheless committed to exposing this charade and replacing it with a humane model of understanding people in the throes of personal angst.



The American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders (DSM)*, otherwise known as the

psychiatric "bible" that lists hundreds of mental disorders, has been debunked. Top leaders of the mainstream mental health industry, such as the Director of the National Institute of Mental Health and the Task Force Chair of the DSM have publicly declared the manual to be invalid. Yet it continues to be sold at \$200 a pop and used to support an ongoing charade to convince you the problems called "mental illnesses" should be treated like real medical problems, usually with very powerful and toxic psychiatric drugs. Even more harmful methods include electric shocks to the brain and forced treatment and hospitalization.



Psychiatric drugs do not correct chemical imbalances because there are none to correct. As far back as 2011,

even the Editor Emeritus of the *Psychiatric Times* publicly declared they weren't real. It would be better said that these drugs cause chemical imbalances. They artificially alter brain chemistry and numb important emotions that signal meaningful issues in our lives. But the brain tries to counteract their effect by making changes in how neurotransmitters are used. This requires higher doses of the drug to overcome the brain's natural reaction and to get the same effect. Eventually a new drug must be prescribed or a second drug is added to the first. Trying to stop these drugs becomes increasingly difficult with horrible withdrawal symptoms that can last for years. The more psychiatric drugs are used, the more they have to be used. They create disability and dependency, and they never address the meaningful nature of the person's struggles.

How can a huge mental health industry continue to be supported by these failed assumptions?



All we have to do is look at those who benefit the most from the system. These are the drug corporations, medical associations, medical schools, medical journals, and grassroots mental health organizations. They are the ones who set the pace and simultaneously make a tremendous amount of money as long as the system reigns. In fact, a large portion of the funding for the latter four groups comes from the pharmaceutical industry, which also has its hands in the creation of the DSM. Most of the experts who create the DSM have significant financial ties to the drug companies.