

# ICSPP Newsletter

International Center for the Study of Psychiatry and Psychology, Inc.

*"The Conscience of Psychiatry"*

2008—Number 1

## Special Anniversary Issue

### What's Inside:

Our Next Conference -  
The Details

Our *Last* Conference -  
The Photos

Get Well Bert Karon -  
Part 2

Newsletter Anniversary Essays -  
Reflections Times Two  
Alone in Kansas  
What's the Word?

A Few Surprises -  
Poetry and Pictures

Book Review -  
Al Galves's *Lighten Up*

### Newsletter Staff:

**Andrew Crosby, MA**  
**Editor**

**Delores Jankovich, MA,**  
**LMSW**  
**Co-editor**

## We're Southbound for 2008 Conference!

Thanks largely to Dominick Riccio and Lloyd Ross, with more than a little help from their friends, planning for our 2008 conference is well under way. This time, we'll have some fun in the sun. This time ... it's Tampa, Florida.

Our title is *Effective Treatment Approaches of Emotional Suffering: Recovering the Soul of Psychotherapy*. More details can be found on page 5 and, more importantly, on the registration form on page 3. Please check it out, fill it out, and send it on in to Crisilda quickly to get the group rate for the hotel rooms.

But first, talk the event up to friends and colleagues and make copies of the form for them. We are in the midst of our most ambitious advertising effort yet, but need you to reach out to ensure attendance is as good as we can get it.

The tropical locale is only one change we're making. We're also modifying the schedule with a later start time to accommodate travel plans, and, to alleviate the problem of choosing between conflicting workshops, we'll have repeated sessions.

Speakers for plenary sessions

and workshops under consideration include *Mad in America* author Robert Whitaker and our own Bruce Levine, author of *Surviving America's Depression Epidemic*. We've also lined up David Stein, Joanna Moncrieff, Toby Tyler Watson, and are talking with Graham Dukes, who was one of our primary speakers in 2006.

Is that all? You know it's not. But we'll tell you more next time. Meanwhile, check out the tentative schedule below. You'll note that we're on for Columbus Day Weekend as usual.

### **Tampa 2008 Tentative Schedule Outline**

Friday October 10th  
1:00 PM to 7:00 PM

Saturday October 11th  
8:00 AM to 5:00 PM

Saturday Evening  
Annual Gala - 6:00 PM

Sunday October 12th  
8:30 AM to 1:00 PM

## **International Center for the Study of Psychiatry and Psychology, Inc.**

**1036 Park Avenue, Suite 1B**

**New York, N.Y. 10028**

**(212) 861-7400**

About the International Center for the Study of Psychiatry and Psychology: The International Center for the Study of Psychiatry and Psychology (ICSPP) is a nonprofit, 501C research and educational network of professionals and lay persons who are concerned with the impact of mental health theory and practice upon individuals well-being, personal freedom, families, and communities. For over three decades ICSPP has been informing the professionals, the media, and the public, about the potential dangers of drugs, electroshock, psychosurgery, and the biological theories of psychiatry.

ICSPP is supported by donations and contributions. Officers receive no salary or other remuneration.

**Help us continue our work by sending a donation to ICSPP today.**

### **ICSPP Newsletter Submission Policies**

Authors may submit work to the newsletter while simultaneously submitting or distributing to other publications or forums if they choose. Where this is the case, we ask that authors inform newsletter staff so that our readers may be advised accordingly. Other publications will have their own guidelines, however, of which authors should be aware.

Authors retain full rights to and ownership of their work once it is submitted to, or published in, the newsletter. Authors may subsequently submit or distribute their work to other publications or forums, where appropriate, without the expressed consent of ICSPP or the newsletter.

We ask that authors specify in any subsequent publication or distribution that the work was originally published in the ICSPP newsletter, noting the relevant issue number.

Authors are responsible for the content and accuracy of any statements made in their contributions.

Submissions or inquiries may be sent to the editor or co-editor at the email addresses on page 35 of this issue. We look forward to hearing from you.

### **A Cautionary Note**

Given that you are reading this newsletter, you are at least acquainted with psychotropic drugs, the risks they pose, and the potential hazards of discontinuing their use. All psychotropic drugs produce adverse effects, can be addictive, and can lead to physically and emotionally distressing withdrawal reactions when modified or discontinued.

Consistent with ICSPP's mission, the information in this newsletter is meant to inform and educate. It is not intended as a substitute for proper individualized psychological or psychiatric care. Nothing in this newsletter is intended to be taken as medical advice.

If you, or someone you know, are taking any psychotropic drug and are considering stopping, you are encouraged to do so gradually and under the supervision of a knowledgeable and responsible professional.

This is the safest and healthiest way to proceed. It is also the most likely to be successful.

**“Effective Treatment Approaches of Emotional Suffering: Recovering the Soul of Psychotherapy”**  
**International Center for the Study of Psychiatry and Psychology, Inc.**  
**2008 CONFERENCE Friday October 10<sup>th</sup> – Sunday 12<sup>th</sup> REGISTRATION FORM**

Double Tree Tampa Westshore Airport Hotel  
4500 W. Cypress Street; Tampa, Florida 33607  
Phone: (800) 222-8733 / Fax (813) 873-2401

The room rate is \$119.00 for a single or a double. Space is limited at the conference venue so book upon receipt of this form. You must book by Sept. 5<sup>th</sup> to get the conference rate.

Name \_\_\_\_\_  
(Please print your name the way you want it to appear on your nametag.)

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Country \_\_\_\_\_ Email \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

**11<sup>th</sup> ICSPP CONFERENCE FEE SCHEDULE**

ICSPP MEMBER BEFORE JULY 31	\$250.00	_____
Members not current with their 2008 dues will receive the non-member registration fee.		
ICSPP MEMBER AFTER JULY 31	\$300.00	_____
NON-MEMBER BEFORE JULY 31	\$275.00	_____
Any non-members joining ICSPP simultaneously with the registration for the conference will be given the member rate for the conference.		
NON-MEMBER AFTER JULY 31	\$325.00	_____
ICSPP 2007 MEMBERSHIP	\$100.00	_____
STUDENT with copy of current ID (50% off \$300 reg. fee)	\$150.00	_____
Gala Saturday Awards Banquet	\$50.00	_____
All speakers must register.	TOTAL	_____

Write checks payable to: ICSPP /or/ pay by credit card

Please print clearly & mail to: ICSPP Conference; c/o Crisilda Rucci; 124 Hidden Drive; Blackwood, NJ 08012

Your 10 – digit phone # \_\_\_\_\_

Name and address as \_\_\_\_\_  
it appears on your \_\_\_\_\_  
credit card bill \_\_\_\_\_

Credit Card # \_\_\_\_\_

Signature \_\_\_\_\_



## **\*\*\* CONFERENCE ANNOUNCEMENT \*\*\***

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**Eleventh Annual Conference of the  
International Center for the Study  
of Psychiatry and Psychology, Inc. (ICSPP)  
in collaboration with Amedco, LLC**

**To take place in Tampa, Florida  
On Friday through Sunday October, 10th, 11th and 12th, 2008**

**Double Tree Tampa Westshore Airport Hotel  
4500 W. Cypress Street  
Tampa, Florida 33607  
Phone (800) 222-8733 / Fax (813) 873-2401**

### **EFFECTIVE TREATMENT APPROACHES OF EMOTIONAL SUFFERING: RECOVERING THE SOUL OF PSYCHOTHERAPY**

*focusing on*

Adult, Child And Parental Treatment Issues and Strategies  
Validity and Reliability of Mental Screening Tests  
Efficacy and Side Effects of Psychotropic Drugs  
Effective Humanistic Approaches to Child Development  
Theoretical and Practical Approaches to Successful Resolution of Human  
Emotional issues and Maladaptive Life Strategies  
Helping Seniors Cope with the Difficulties of Life

(Presenters ... Please See the Call for Papers on Next Two Pages)

## **CALL FOR PAPERS**

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Effective Humanistic Approaches to Child Development  
Theoretical and Practical Approaches to Successful Resolution of Human Emotional issues and Maladaptive Life Strategies  
Helping Seniors Cope with the Difficulties of Life**

**The Conference committee is seeking papers (45 min.), workshops (90 min.) and panel presentations (1-2 hr.) on the aforementioned conference topics. Please submit your proposals for presentations in Microsoft WORD format by email before May 31, 2008 to:**

**jeffreylacasse@mac.com  
Jeffrey Lacasse, MSW  
Visiting Lecturer  
FSU College of Social Work  
Tallahassee, FL 32306-2570  
Phone number (850) 645-5769.**

#### **Presentations may include among others:**

**Intervention strategies for problems in child development: birth to adolescence  
Critiques of mental health screening: practice realities  
Critical evaluations of parents and children's rights in schools  
Critical evaluations of aging issues: psychological, social and economic  
Critical evaluations of studies of non drug treatment protocols for children and adults  
Surveys and descriptions of existing and/or planned non drug treatment programs  
Comparisons of efficacy of drug and non drug treatments  
Political and economic considerations**

**For registration forms and information see our website: [www.icspp.org](http://www.icspp.org) or call 212 861-7400**

**Presentations** may consist of scholarly reviews, empirical studies, or practice descriptions. Oral presentations are 30-45 minutes long. Presenters are responsible for their registration, accommodations, and travel costs. Further details will be made available at [www.icspp.org](http://www.icspp.org)

**Graduate students** get a 50% discount on registration fees and are eligible to win a \$500 cash prize for Best Student Presentation

**Accepted presentations** will be eligible for publication in the peer-reviewed journal of ICSPP, *Ethical Human Psychology and Psychiatry: An International Journal of Critical Inquiry*. Indexed in *PsychInfo*, *Sociological Abstracts*, *EMBASE/Excerpta Medica* and *Medline* ([http://www.springerpub.com/store/home\\_ehss.html](http://www.springerpub.com/store/home_ehss.html))

**CEU credits** will be available for those attending this conference.

**Submission of Abstracts**  
**11<sup>th</sup> Annual ICSPP Conference**

*Your presentation must include the following elements:*

Oral presentation, seminar or poster

Title of presenter: Dr., Prof., Mr., Mrs., Ms., no title

Last name, First name, Initial

Highest academic degree

Affiliation

Full mailing address

Telephone and Fax

Email

Title of presentation

Aims and contents of presentation (for inclusion in program handbook: do not exceed 150 words.)

Biography of presenter (for inclusion in program handbook: name, profession, experience, interests, accomplishments – do not exceed 80 words)

Audiovisual aids required

**For more than four decades ICSPP** ([www.icspp.org](http://www.icspp.org)), a nonprofit, 501 (c) research and educational network of professionals and lay persons that has been informing professionals, media, and the public about potential dangers of biological theories and treatments in psychiatry.

The **ICSPP** Annual conferences serve as unique thought provoking forums to exchange critical ideas about the impact of contemporary mental health ideologies on personal and community values, and to disseminate models of therapeutic intervention that disavow all coercion and the compromise of ethics, rationality and scientific principles.

**Participants** include mental health professionals, academics, and researchers from the educational and academic communities, the medical and social sciences, mental health lawyers, law professors and law students, psychiatric survivors and members of the public. It is no exaggeration to state that most attendees find the annual conferences the most stimulating, useful, intellectually challenging, and friendly meetings they ever attend. The Eleventh Annual Conference will be held in Tampa, Florida and promises to be the best ever.

# Anniversary Comments:

## A Few Things From the Editor

This issue marks my second anniversary as newsletter editor. So, I figured I'd tell you a few things.

- Thing One:** This job is more fun than I could have hoped, and long ago surpassed roller blading as my favorite hobby. (But not by much, and only when it rains.)
- Thing Two:** I love doing the newsletter because I get to write, and because I get to write about you and ICSPP.
- Thing Three:** Delores Jankovich came on as co-editor just over a year ago. Delores contributes articles, shares ideas, and her spirit keeps me company during countless late-night writing sessions.
- Thing Four:** Thank you, Delores. And Happy First Anniversary.
- Thing Five:** Robert Sliclen, our membership director, has helped with the newsletter more than anyone will ever know.
- Thing Six:** Thank you, Robert Sliclen.
- Thing Seven:** Robert hates being recognized, so I hope he's not reading this.
- Thing Eight:** I see my newsletter work as incorporating several roles, including Cheer Leader and Morale Officer for ICSPP.
- Thing Nine:** 'Cheer Leader' and 'Morale Officer' are silly terms - I don't care; it's nice work if you can get it.
- Thing Ten:** As some of you know, I've decided not to continue on the staff of our journal, *Ethical Human Psychology and Psychiatry*. Near the top of the list of reasons is that it cut into my newsletter time.
- Thing Eleven:** I had no idea this list would be so long.
- Thing Twelve:** Got an article, essay, poem, or short story you'd like to share? My email address is on the inside of the back page.
- Thing Thirteen:** Got any comments or suggestions? My email address is on the inside of the back page.
- Thing Fourteen:** Got any complaints? *Delores's* email address is on the inside of the back page.
- Thing Fifteen:** I hope you know I was kidding about Thing Fourteen.
- Thing Sixteen:** I hope *Delores* knows I was kidding about Thing Fourteen!
- Thing Seventeen:** Thank you for belonging to ICSPP. If you're like me, you get frustrated sometimes. Shake it off and deal; it works for me.
- Last Thing:** Thanks for reading the newsletter. Really ... Thanks very much.

Sincerely,

Andrew Crosby  
Cheer Leader, Morale Officer



## More Anniversary Comments:

### Reflections on My First Year as Co-Editor By Delores Jankovich, MA, LMSW

Special greetings to all ICSPP members as I celebrate my first year as co-editor of the Newsletter! As I link my present day awareness of mental health practices to my experience as co-editor during 2007, I find that I am much richer in knowledge and have enjoyed positive, closer interactions with ICSPP members and contributors.

First, let me say it has been a pleasure to work with Andrew as editor. Andrew's warmth, support, creativity and humor are invaluable! Not only is Andrew flexible and open to new ideas, he offers the gentle nudging needed when I can't resolve my writer's resistance. [*Editor's Note: I did NOT make her say that.*]

My role as co-editor has prompted me to attend closely to the activities and accomplishments of ICSPP members, to the media and political happenings, as well as bringing me increased awareness of the varied and expert clinical expertise available through this organization. As I pay attention to the people with whom I am in contact, the compassion, generosity and agape present in this organization is always in the foreground, adding a sense of pleasure, safety, and commonality to my life!

Never have I known more passionate and creative people. I have had the good fortune to interview Susan Musante who is Project Manager for Jim Gottstein's initiative, Soteria-Alaska, Ben Hanson who is an awesome activist, and David Oaks regarding MindFreedom Radio and other important projects. Each of these people, as well as others, have touched me with the tirelessness and commitment which they bring to their work. This, in turn, inspires me to persevere in my own work.

I have learned a great deal in the last year and writing for the Newsletter has allowed me to contribute in a small way to ICSPP. I wish to thank all of you for the opportunities you provide, both professionally and personally, for me to progress and expand awareness in my life. Though we are widely separated geographically, we are of one mind in our goal to eradicate coercive mental health treatment and provide humane care through right relationship and effective approaches to ending emotional suffering. I look forward to the future and ICSPP as we all work together to grow and support this invaluable organization!

Have a beautiful Spring!!!



After almost a year of emails and phone calls, Delores and Andrew finally meet in person at the 2007 conference in Arlington, Virginia. Here they *don't* talk about the newsletter. "That's all we *ever* talk about," says Delores. (Photo: Robert Sliclen)

# The Kansas State of Mind

## By Delores Jankovich, MA, LMSW

Here I am, alone in Kansas, wondering how to connect to those whose consciousness will not allow them to drug their children and deprive them of their feelings, thoughts and all the myriad experiences that come with being fully alive.

Kansas derives its name from the native Americans, the Kansa Indians. It means “people of the wind.” The wind in Kansas never goes away; it may lessen for a time but it never ceases. Neither does a certain skepticism or suspiciousness of the “old-timers” cease. Travel writer William Least Heat-Moon has written about Chase County, my childhood home, in his massive tome, *PrairieEarth*. He says that Kansas actually has 140 names originating from the Wind People, honoring many tribal perspectives. It is a place of subtle beauty where virgin prairie unfolds in undulating waves, with vast skies and kaleidoscope sunsets. Yet it is stark, has the kind of space one can get lost in, even though one’s eye can see forever. Though Kansas is a place of many names, possibly inferring there may be many alternative views among Kansans, I found Chase County, Kansas a place closed to those trying to do things in a different or new way. There was a sense of insulation, of self-sufficiency of the residents, as if someone with new ideas would intrude upon their safety and steer them from their path.

The prairie itself is alive and is a phoenix rising out of the fires that transform the land each year when the traditional spring burning is carried out by local ranchers. Soon, within the next month, when I drive across Kansas, the evening hills will dance with lines of fire that snake in every direction. It is my favorite time of the year.

Then there are its towns and its cities. It has Lawrence, a university town that rates as one of the top places in the nation to live, providing the best in cultural richness, free of strip malls and fast food joints. William Burroughs of *Naked Lunch* fame chose to spend his last years there, holding court at the local galleries. Both Wichita and Kansas City are thriving contemporary cities. Metropolitan Kansas City is enjoying an artistic renaissance, with many fine new galleries and performance centers. So I ask myself, is Kansas not a progressive state? What is wrong that I am not connecting with those who know that social justice is up at the top of the list; that we must end the drugging of our families and enjoy the good things about Kansas, and the good things about each other and the world?

***“I felt it when clients in a state prison were silenced with a needle, feeling a wildness in their guts from Haldol.”***

I am recalling Alice Miller’s wonderful book, *The Drama of the Gifted Child* (originally published as *Prisoners of Childhood*), which is about our talent to “go numb” when we are overwhelmed with emotional pain or confusion. But then (as she says) we must come alive again, we must preserve and utilize our ability to feel in order to know who we are, where we have been and to live freely. Our connection to ourselves and to each other is our biggest gift.

I feel the personal woundedness from watching my son and a number of my friends’ children suffer from toxic and dangerous drugging that distorted and damaged their bodies and minds. I felt it personally when my clients in a state prison infirmary were silenced with a needle and when in their cells, trapped, feeling a wildness in their guts from Haldol, were left without words. All they wanted was to “get it out of them.”

I know that it takes many coming together to do the work of change. I also know that I only need one person, in agreement, to move forward in pursuit of awakening. I want us to consider an invitation to live differently, to experience our truth and to find new ways to transform pain and suffering. We must preserve meaning in our lives.

Recently, I experienced a moment of bravery and decisiveness when Sue Perry, Al Galves and John Ryan reported their successes in Las Cruces! Surely, I thought, I can begin a gathering in Kansas that will address the urgency of the needs of our children!

I felt a moment of hope as I sat in my church school group one Sunday in February. Not long ago, I began attending the Rainbow Mennonite Church, not particularly for their religious practices, but for the people and their sense of peace, justice and community. As I shared in that Sunday group, discussing the many ways music touches our lives, one woman spoke of her 10-year-old cousin who had gone “crazy” from encephalitis when she was a child and was placed in a mental institution. This woman’s mother stated that “no niece of mine will live in a mental institution,” and promptly brought her home. This young child tore all the curtains off the windows and broke the family dishes. She could not speak but slowly regained language as she joined in the family’s ritual of hymn-singing. My friend’s cousin recovered completely, with an initial rocky, painful and chaotic three years. Silently, I thought, there may be one ally here.

There is a simplicity about the way this group lives. And I think some have found another kind of power. Such is the power of mindfulness as the Buddhist monk Thich Nhat Hanh speaks of when he says “If we allow our anger, fear, and despair to be alone and unsupervised in us, they will be destructive. If we generate mindfulness it will recognize and embrace these painful feelings.” Absorbing these words, I know that my pain, my shame, is often unsupervised in me, and I seek to find a way to collaborate in Kansas, and bring the camaraderie, insights and awareness which my ICSPP connections have brought to me.

I am aware my truth is knowledge gained through life experience and through being witness to my son’s violations by

psychiatry and a coercive, broken system. But this truth I speak of can change not to doubt, but to self-consciousness and shame, sometimes tinged with anger, when I cannot connect with others in my passion and resolve. The most common kinds of responses are ones such as, "You aren't a doctor; who are you to make such claims?" Or even from colleagues or friends comes: "This is yours to do. I don't feel any urgency to address this. You are the one who has the information. I have thought it over and this job is not mine to do. These drugs are available and doctors can prescribe them. So they do."

Then I go blank or reach an impasse. But shortly before that impasse I feel exposed, and I feel humiliation and shame. It is the same shame I felt in the courts and in hospital settings while advocating for my son. I struggle for an intelligent and yet emotional and truthful response. I am amazed at their lack of feeling, their lack of understanding of this urgent need to address the drugging of a whole generation. I know that if I can reach one point of agreement or recognition, then I can make a connection, and the shame will dissipate and I will proceed with sharing my perspective. The underlying problem for me, alone in Kansas, is the apparent denial, the apparent lack of any other person addressing the pharmaceutical juggernaut. But a more hidden and destructive problem, is the shame I feel when I feel alone in the System. Shame is not something that men or women like to recognize or admit to. Yet it is the facing and sharing of shame that allows us to be a part of others, and allows us to forge ahead in our relationships with courage and persistence. Otherwise, the shame separates us, can harden into anger and/or despair, can devour our creativity.

As I pondered all the changes I've lived through in Kansas, with my life beginning in a remote and rugged setting, one still connected to its pioneer roots, I realized that when I was a child and a young woman, the roles of men and women were clearly defined. Men with the John Wayne masculinity were looked up to and valued as they were expected to protect feminine women who then felt safe and looked after. Of course it was not the case in many relationships. Both my grandmothers worked in the fields and rocked their babies and yet they gave credence to the superior judgment of their men.

Strong, masculine men are socialized to forego "weaknesses" such as feeling vulnerable, sad or in need of love. Often men are freely allowed to express anger and women are more free to express vulnerability and/or love. Thus, we sanction the repression of both men and women's feelings. We are left then with a disconnection to others and to ourselves. To quote author Thomas Scheff, "To the extent that we are ignorant of our own emotions and those of others, our life is a long sleep."

Big Pharma has fertile ground in which to seed more numbness as they ply their wares. It is a kind of violence that happens to the souls of men, women and children. Our culture holds contempt for vulnerability, causing us to reject important feelings that could inform our lives. We experience continued rejection when we seek help and we are given drugs instead of understanding. Heaven forbid that our "helpers" have to experience the messiness and unpredictability of a troubled and confused fellow human being.

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***"Realizing that present day  
Kansans are not different  
from my pioneer ancestors, I  
may have to persevere in  
being alone in Kansas."***

The qualities of being stoic, powerful and in control are admired qualities that have been promoted in untold generations before us. Realizing that present-day Kansans are not different from my pioneer ancestors in ways of relating, and that power and control continue to be sought throughout our world, I may have to persevere in being alone in Kansas. It seems I need to continue to risk my vulnerability and hope that will invite others to connect in a like-minded manner. Eventually I will find at least one soul longing to change how we treat our most valuable selves as well as others.

Often when I am in need of direction, I am comforted by poet Wendell Berry's words:

It may be that when we no longer know what to do we have come to our real work and that when we no longer know which way to go we have begun our real journey. The mind that is not baffled is not employed. The impeded stream is the one that sings.

#### References

- Berry, Wendell (1983). "Poetry and marriage." In *Standing by words: essays*. Shoemaker, Hoard.
- Least Heat-moon, William (1991). *PrairieEarth*. Great Britain: Andre Deutsch Ltd.
- Miller, Alice (1997). *The drama of the gifted child*. New edition, revised, and updated. New York. Basic Books.
- Nhat Hanh, Thich (2007). *The art of power*. New York. Harper Collins Publishers.
- Scheff, Thomas J. (2006). Hypermasculinity and violence as a social system. *Universatis*, Vol 2, Issue 2 (Fall), Retrieved March, 2008, from [www.uni.edu/universatis/fall/06/art-scheff.pdf](http://www.uni.edu/universatis/fall/06/art-scheff.pdf).

# What's the Word for That?

By Andrew Crosby, MA

I hear it all the time, and you probably do, too. My family is especially good at it, although friends, co-workers, and even the lady at the coffee shop, query me. People always want to know a term for what they observe in others. They ask me because, you know, I'm a professional.

A friend will ask about someone who's struggling: "She constantly fights with her father, but drives cross-country to visit. Then complains about it! Plus, she dresses like my grandmother and always eats tofu. *What's the word for that?*"

Or a co-worker will call from the next desk: "This kid is miserable and stays in his room for hours. When his parents yell at him, he swears and hits his sister. He wears black nail polish, likes fishing with his uncle, wants to be a veterinarian, and refuses to eat tofu. *What's that called?*"

My mother, about her neighbor: "All she talks about is how adorable her grandchildren are, just because they'll eat tofu. *What is that?*"

My answers often disappoint. People can't believe, no matter how often I tell them, that no single term can summarize the remarkable complexity of the human personality, and that any such quest is pointless.

And these people, even my mother, will say, "But you should know. You're a professional."

If they persist, I'll mess with them: "She hates her father and eats tofu? That's Bipolar Disorder."

"Stop kidding," they'll say. "You're a professional!"

Go figure.

My favorite was when a co-worker said she was sick of using the term "depressed" in her documentation, and asked for an alternate to describe a kid. I asked her to tell me about the boy. She did, and I said, "Sounds like he's longing for contact with others, but is afraid of intimacy at the same time."

Her face lit up, and she called out, "That's perfect! That's exactly it!" Then she asked, "*What's the word for that?*"

Sign of the times, ladies and gentlemen. I've been happier since lowering my expectations about

people catching on any time soon.

That's why I like you folks in ICSPP so much, and I'm not just talking to the professionals among us. Sure, we throw around jargon, and should watch that. We know it's shorthand, though. As Robert Slicen, our membership director, has pointed out, it's hard to communicate about difficulties in life without referencing constructs like "depression" or "anxiety." We seem stuck with these for now.

But we also talk about *people* - our struggles, needs, strengths, and triumphs. We reach beyond the simple terms and labels to describe these, the phenomena of human existence. Unlike the rest of the world, while we use fancy-sounding terms, we don't do so to make ourselves feel smart or important.

*We know we're smart and important* - the relationships we forge with others, and the satisfaction those bonds beget, are proof enough. That's all we need.

I suggest the corollary is that those who seek *the* term or label are, in varying ways, unable or unwilling to commit to such relationships. They've bought into the *disease / dysfunction* way of seeing things wherein relationships and striving to understand human nature are rendered superfluous. And I know some of these people would be willing and able to relate very nicely with others, but who thinks that way anymore?

Well, there's you and me. That's something.

As suggested, I've accepted that people believe that complex human phenomena can be boiled down to a few syllables, and think that I, as a professional, should know which few syllables apply to what. I'm tolerant while explaining that the best way to describe and understand others is not the short way, but the long way. The more words you use, the richer your description ... and the deeper your understanding of unique personalities.

Because, I tell them, *that's* what it's all about.

Still, people seem confused that I can't offer up *the* word. They take my responses as irrelevant musings or diversions intended to mask ignorance. Sometimes they seem to merely tolerate my ramblings until they can change the subject. And, I suspect, some of these people eat tofu.

There's a word for that, isn't there? You should know - you're a professional.

## Bert Karon Continues to Recover ... And to Receive Our Warmest Wishes

Following up on an important item from our last issue, Bert Karon continues to recover from a spinal injury suffered in a car accident several months ago. He remains in a rehabilitation facility near his Michigan home, his wife, Mary, close at hand as always. National Director Lloyd Ross has kept in touch with Mary, and reports that Bert's progress is slow but steady; he has begun to walk, and has been doing arm and hand exercises.

Bert hopes to attend our upcoming conference in Tampa, and will even address the group if circumstances permit. According to Lloyd, Bert at least plans to attend our annual gala where he will be subjected to a roast, compliments of Lloyd, the Roast Master himself. Incidentally, Lloyd warns that Bert

will not be the only ICSPP member targeted, so be advised and plan accordingly. [*Editor's Note: Due to my Northeast Times work-ups on Lloyd, I may sit this one out.*]

Bert has enjoyed the many cards and letters he's received, especially the funny ones. Since he has yet to tire of them, please don't be shy. Cards may be sent to Dr. Bertram Karon, 420 Wayland, E. Lansing, Michigan, 48823. Mary will ensure Bert doesn't miss a thing.

Looking forward to greeting you in Tampa, Bert. Best wishes to you and your family.



Bert Karon (right) with ICSPP Roast Master Lloyd Ross. Ross vows to tease Karon relentlessly at our next annual gala in Tampa. Spinal injury or no, the smart money is on Karon if things get ugly. (Photo by Robert Slicen, from Arlington 2007.)



## Arlington 2007 - The Lost Photos



David Oaks (left) of Mind-Freedom International spoke about his experiences as a college student psychiatric patient.

Here, Oaks is introduced by long-time friend Peter Breggin.



Dr. Fred Baughman, author of *The ADHD Fraud*, was our first presenter.

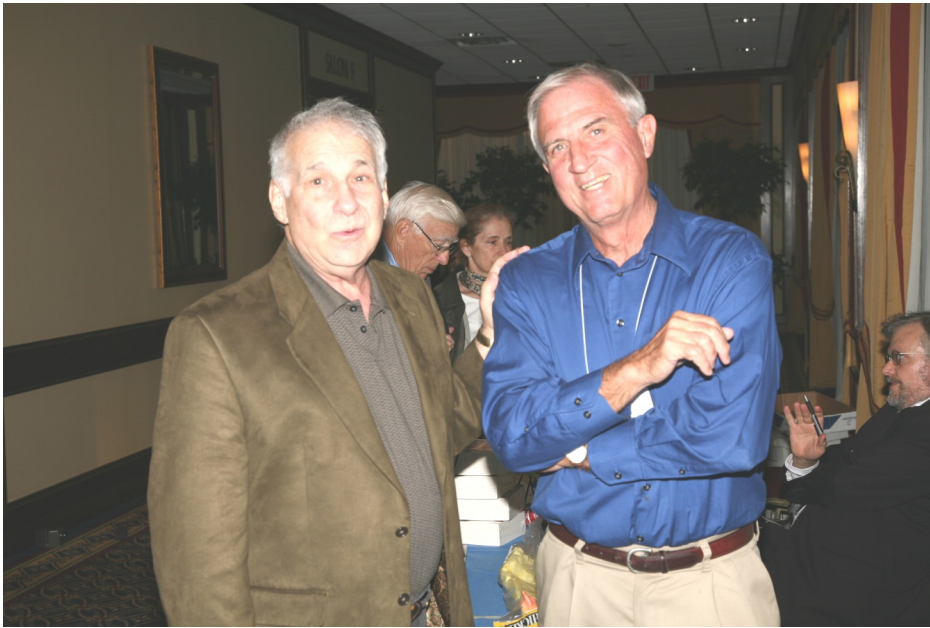
His discussion addressed the ramifications of the tragic death of 4-year-old Rebecca Riley.



Jeffrey Lacasse and Jon Leo presented on advertising practices used by pharmaceutical companies.

Here, the pair are introduced by Dom Riccio, International Executive Director.





Peter Breggin and Al Galves chat between presentations.

Al was honored at the Gala for his book, *Lighten up. Dance with Your Dark Side.*

Also hanging out between sessions were Susan Parry, head of ICSP's Southwest Chapter, and Adrianna Gomondes.

Both have contributed to the newsletter. Adrianna offers a poem in this issue.



Conference regulars Caroline Crowder and Leo the Therapy Dog take in a plenary session.

Carolyn later presented on the Adlerian Model while Leo, a staunch Freudian, barked in disagreement throughout.





Australia was well represented with Noelene Weatherby-Fell and Fay Karpouzis joining highly familiar Brian Kean.

All three presented at the conference.

On Monday ICSPP held its first ever Congressional Briefing on Capitol Hill.

Joe Taratolo (left), ICSPP Board Chair, offered an account of being an “expert” while Mathy Downing and Teresa Rhoades stirred the group with their families’ experiences with psychiatric drugs and universal screening.

Dominick was customarily strong as Master of Ceremonies.



Dr. Karen Effrem and Al Galves during some down time at the briefing on Capitol Hill.

A Capitol Hill veteran, Karen advised us and led much of the way.





Toby Tyler Watson with Karen Effrem, also at the Congressional Briefing.

In addition to presenting at the conference on the pitfalls of working without using psychotropic drugs, Toby helped with running the briefing.

Kermit Cole, a man you probably don't know. Kermit joined ICSPF several years ago and helps extensively behind the scenes for us.

Here, Kermit records at the plenary sessions.



Jeanne Seitler, recently voted onto the board of directors, spends time with Bert Karon (right) at Sunday's luncheon.





Jim Gottstein and Dr. Joanna Moncrieff talk between plenary sessions.

Jim presented on the legal rights of children and parents, while Joanna addressed the group about deconstructing the chemical imbalance.

Joanna was also invited to join the board of directors this year.



Dorothy Cassidy, another familiar conference presence, addresses the group on A View from the Field: Special Education Outcomes.

Dorothy was also welcomed onto the board of directors this year.



Yet another Board of Directors newcomer, Bose Ravenel. Bose presented to the group on Common Behavioral and Learning Problems in Children: A pediatrician's Perspective.

Here Bose chats with David Stein, author of such books as *Unraveling the ADD/ADHD Fiasco* and *Ritalin is Not the Answer*.



Photo: Lee Chabrier

## **Attend**

By Delores Jankovich, MA, LMSW

Gently the Spring light

Moves me to new beginnings.

A desire to create anew and choose what I will keep

From what memory resurrects.

As I look with open eyes

Each moment reveals what it brings.

Eager, embracing, I create

By what I am willing to attend.

# Canvas

By Candace Barnes

My face is a canvas  
On which I paint  
A smile for the world to see.

First blush is placed  
Along the planes  
Where cheekbones ought to be.

Eye shadow is next,  
Most skillfully drawn;  
She begins to look like “me”.

Then comes the lipstick,  
Cupid’s bow  
Followed carefully.

And finally mascara  
Upon my lashes thin;  
I use it liberally.

Blonde hair is brushed,  
Stray eyebrow plucked,  
And at last there is to see

The face I show society,  
That hides the real me.

## Still Life at Hadamar

By Adriana Gamondes

Shadow caste  
Shades of gray  
Night draws out a dose of days  
And leaves the muted where they land  
As you stave grief to understand  
Like grasping shards with bleeding hands  
Which pass before a shattered gaze  
  
And here their colorless solutions  
For a half-life of half-dead  
Recall a curative delusion  
Washed the world in something red

They still drink to their art and mercy  
Which should have been, as nurselings,  
Choked instead

Brace for the latest rage in silence  
From these skullf\*\*\*ing saviors and chemical zen  
If we let their school of violence  
Color in the gray again

*For Nate*

[http://www.getnatehome.com/in\\_the\\_media](http://www.getnatehome.com/in_the_media)

## Hell

By Delores Jankovich, MA, LMSW

Hell is no destination.  
It is the never coming together  
That is death.  
The absence of connection,  
Like a missile without a target,  
Thrusting into infinity,  
Never to know its impact.

## **After the Experts**

By Delores Jankovich, MA, LMSW

I am fixed, immovable, fragments splintering round me.  
Pieces of this room now singing, cracking, dancing missiles,  
Borne by a shackled mind.  
Fueled not by drugs of choice but by drugs of restraint.  
A soul whose truth cracks like a shot at dawn.  
Rage riding pain, the ravages of violation.  
The act already done — a moment in time  
Made to explode over and over— and over— and over again.  
The fragile awakening of change  
A new beginning encoded in the symbols of a story  
Now silenced by the experts  
Now a prison without walls  
The liquid of Haldol now steel made invisible.  
Those licensed to help also licensed to offend.  
We who know are silent.  
When will our voices speak the unspeakable?

# Newsletter Book Review

By Andrew Crosby, MA

## *Lighten Up. Dance with Your Dark Side*

by Al Galves, Ph.D.

Tasora Books. 2007

In our last newsletter I poked fun at Al Galves in *North-east Times*. Al took my spoof in stride. If he was unhappy with my renaming his endeavor *Get a Grip: Dancing with the Stars on the Dark Side of the Moon*, he sublimated his rage like a gentleman; I never heard a peep out of him.

While writing the parody was fun, it's time to give Al's book the treatment it deserves. Hence, the first book review to appear in the newsletter since my tenure as editor began – first of many, that is, if this goes over well.

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In a broad sense I see little substantive difference between the various theories of psychology. Whether or not one believes in the unconscious, focuses on affects or attributions, or thinks of cognitive styles or schema, all models seek to explain and address essentially the same matters.

Perhaps Al thinks similarly given the range of material from which he has produced *Lighten Up. Dance with Your Dark Side*. He draws from Freud, Fritz Perls, and Aaron Beck. He discusses unconscious drives, irrational beliefs, and “musterbation” (thanks for the chuckle, Albert Ellis). He also comments on our Jungian shadows and refers to marriage and family therapist George Bach and Canadian medical researcher Hans Selye.

Despite the eclecticism Al's emphasis is psychodynamically tinged, but here's the thing about *Lighten Up*: It's not about a model - it's about improving one's life and, in so doing, improving the lives of others.

*Lighten Up* is conceptual. Al writes not to impress the academic or professional but to help those who are struggling. And *Lighten Up*'s premise is that we are *all* struggling, even professionals like Al, and for one simple reason - we're human.

Being human means that we experience all feelings whether they are labeled good or bad. Feelings, even the so called bad ones, are part of our *basic faculty*, and must be purposeful since they have survived throughout millions of years of evolution. Thus jealousy, guilt, anger, and anxiety come along with joy and contentment - and they exist for good reasons.

The problem is that our families and social institutions overvalue our *rational faculty* which we use to understand, plan, and think. We are constantly encouraged to use our rational faculties while our cultures tell us we shouldn't feel bad. Jealously, guilt, and anxiety, we are taught, have no place in life.

Therein lies our dilemma – despite explicit and implicit prohibitions we naturally feel jealous, guilty, sad, or angry under certain circumstances. Because they are devalued and

pathologized, we fail to attend to these emotions; we pretend they are not there or not important. More lately, we medicate them as well. Al's point is that we are never taught to *use* these bad emotions to help ourselves. Yes – *Lighten Up* tells us that emotions such as jealousy, anxiety, guilt, and sadness are helpful, and, indeed, essential.

Negative emotions are essential because, put simply, they tell us what is important. Our rational faculties advance science and industry, but only our basic faculties tell us what we care about, what we need to do to improve our lives. We are at our best when the two faculties work together, which means that we must recognize then use what scares or overwhelms us, what has been prohibited.

Al explains in plain language how negative emotions can help. While they are often literally painful, experienced in part as sensations such as jitteriness or queasiness, they hold important clues. Jealousy tells us what we want; sadness tells us what is precious; guilt tells us what we *don't* want to do. But this only works if we allow ourselves to feel and experience these sensations. Once accepted and experienced, these emotions must be reflected upon to ascertain the clues within.

Thus *Lighten Up*'s theme: We must accept what we view as crazy in ourselves; we must embrace what we have fled. The importance of coordinating our basic and rational faculties is clear: without valuing our basic faculties, our rational faculties are of little use in understanding and using what has disturbed or derailed us.

Al provides insights and exercises to guide readers. He is honest about the process of synthesizing our two faculties – the self-exploration necessary won't always tickle. He aptly describes *Lighten Up* as not a “feel good” book, but a “feel everything” book. The reader learns that feeling everything, while it may frighten or intimidate one in the short run, is the most effective path to self-awareness and improved ability to make life decisions.

*Lighten Up* is simply written, has eight short chapters, and clocks in at 129 pages. Most chapters have fine summaries, and there is a concise epilogue. Its decidedly non-academic approach might keep it off most college and university reading lists, as will, of course, the bits that discuss the manner in which psychotropic drugs dull our negative emotions thus keeping them from serving us.

But *Lighten Up* is a great basic read for the layperson, and practitioners of almost any discipline would do well to recommend it to the people they help. The Park Avenue psychoanalyst and the rural high school counselor or social worker will likely hear good feedback, and see some nice results, from loaning copies.

Advocates, survivors, and family members will appreciate the straight talk and normalizing, optimistic message. And professionals who have difficulty explaining concepts without jargon would do well to read this book. We could do far worse than having more people lighten up and talk like Al Galves.

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## ICSPP Conference DVDs – Check Them Out

ICSPP conferences are unique. We share and acquire information that can be gleaned from nowhere else, and, perhaps because of this, we share a strong sense of community.

Viewing the DVDs is an excellent way to experience these events if you've been unable to attend, and to re-experience the inspiration you felt if you'd made the trip. They also offer a valuable way of introducing ICSPP's ideals to others. Sharing conference experiences by viewing the DVDs with colleagues is an excellent way of spreading the word and supporting your views.

The order form, with prices, is on page 32. Purchase what you can, or what you find most interesting. You'll be surprised at what you've missed ... even if you were there.

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### **2000 - Psychosocial Solutions vs Psychiatric Drugs: The Ethics and Efficacy of Treating Children and Adults with Brain Disabling Drugs When Science Indicates That Psychosocial Approaches are More Effective and Non-Toxic**

<b>Peter R. Breggin, M.D.</b> <b>David Cohen, Ph.D.</b>	Your Psychiatric Drug May Be Your Problem
<b>Peter R. Breggin, M.D.</b> <b>Pam Clay, J.D.</b> <b>Donald Farber, J.D.</b> <b>Danny McGlynn, J.D.</b> <b>Michael Mosher, J.D.</b>	Psychiatry, Malpractice, & Product Liability Issues
<b>Peter R. Breggin, M.D.</b> <b>Kevin McCready, Ph.D.</b> <b>Loren Mosher, M.D.</b> <b>Tony Stanton, M.D.</b>	The Treatment of Deeply Disturbed Children & Adults Without Resort to Psychiatric Drugs
<b>Peter Breggin, M.D.</b> <b>Ron Hopson, Ph.D.</b>	Children In Distress: ADHD & Other Diagnoses
<b>Tony Stanton, M.D.</b>	Working With Very Disturbed & Traumatized Children
<b>Paula Caplan, Ph.D.</b>	What is Wrong With Psychiatric Diagnoses? : Biopsychiatry and the DSM
<b>David Cohen, Ph.D.</b>	Drugs In Psychiatry As A Socio-Cultural Phenomenon
<b>Gerald Coles, Ph.D.</b> <b>David Keirse, Ph.D.</b>	Why We Shouldn't Label Our Children ADHD or Learning Disabled
<b>William Glasser, M.D.</b>	Psychotherapy Vs. Drug Therapy With Children
<b>Hon. Marion Crecco</b>	New Legislation, Children, and Medication Abuses
<b>Louise Armstrong, Ph.D.</b>	And They Call It Help: How Psychiatry Has Failed Our Children
<b>Peter R. Breggin, M.D.</b> <b>Jake Johnson, Ed.D.</b>	Reclaiming Our Children



## **2003 - Treating the Difficult Child: ADHD, Bipolar, and Other Diagnoses: Challenging the Status Quo with Solution Based Therapy**

<b>Peter Breggin, M.D.</b>	The Biological Basis of Childhood Disorders: The Scientific Facts
<b>David Cohen, Ph.D.</b>	New Research on the ADHD Drugs: A Comparative Study of Stimulants
<b>Brian Kean, M.A.</b>	The Dangers of Diagnosing Children: Results of the Multi-Modal Treatment Approach Study
<b>Robert Foltz, Ph.D.</b>	Bipolar, ADHD and Conduct Disorder: The Diagnostic Dilemma.
<b>Bruce Levine, Ph.D.</b>	Common-Sense Solutions for Disruptive Children Without Drugs or Behavioral Manipulation
<b>Dominick Riccio, Ph.D.</b>	Family Therapy: The Treatment of Choice for Working with Difficult Children
<b>Kevin McCready, Ph.D.</b>	Psychodynamic Therapy with Children and Families
<b>David Stein, Ph.D.</b>	A Drug-Free Practical Program for Children Diagnosed with ADHD and Most Other Behavioral Disorders

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## **2004 - Critiquing Disease Models of Psychosocial Distress and Implementing Psychosocial Theories and Interventions**

<b>Vera Sharav</b>	Screening for Mental Illness: The Merger of Eugenics and the Drug Industry
<b>David Healy, M.D.</b>	Manufacturing Consensus in Psychopharmacology: The End of Psychiatry as a Science?
<b>Peter Breggin, M.D.</b>	Violence Induced by Psychiatric Medications: Cases, Questions, and Contradictions
<b>Brian Kean, Ph.D.</b>	The Risk Society and Attention Deficit Hyperactivity Critical Social Analysis Concerning the Development and Social Impact of the ADHD Diagnosis
<b>Pam Oatis, M.D.</b>	A Pediatric Practice Using no Psychotropic Drugs, and Teaching Peers and Residents to Treat Difficult Children by Asking How and Why
<b>Toby Tyler Watson, Psy.D.</b>	The Four False Pillars of Biopsychiatry: Examining the Scientific Facts about the Underlying Assumptions of Biopsychiatry - Chemical Imbalances, Inheritance, Genetics, and Adoption Studies
<b>Laurence Simon, Ph.D.</b>	Therapy as Civics: The Patient and Therapist as Citizens
<b>David B. Stein, Ph.D.</b>	Parenting and Treating Difficult Teens Without Drugs or Make Believe Disease
<b>Dominick Riccio, Ph.D.</b>	The Role of Therapeutic Function of the Father in the Treatment of Difficult and Acting Out Children
<b>Matt Irwin, M.D.</b>	Treatment and Reversal of Schizophrenia Without Neuroleptics
<b>George W. Albee, Ph.D.</b>	A Radical View of the Causes, Prevention, and Treatment of Mental Disorders

(2004 Continued)

<b>Nadine Lambert, Ph.D.</b>	The Contribution of Childhood ADHD, Psychostimulant Exposure, and Problem Behavior to Adolescent and Adult Substance Abuse
<b>Celia Brown and David Oaks</b>	The Continuum of Support: Real Alternatives and Self-Help Approaches
<b>Robert Whitaker</b>	Anatomy of an Epidemic: The Astonishing Rise of Mental Illness in America
<b>James B. Gottstein, J.D.</b>	Psych Rights Legal Campaign Against Forced Drugging and How You Can Participate
<b>Raymond DiGuiseppe, Ph.D.</b>	Is Anger Adequately Represented in the DSM?

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## **2005 - Schizophrenia and Bipolar Disorder: Scientific Facts or Scientific Delusions Implications for Theory and Practice**

<b>Brian Kohler, MD</b>	The Schizophrenias: Brain, Mind, and Culture
<b>Elliot Valenstein, Ph.D.</b>	Biochemical Theories of Mental Illness: Some Hard Facts About Soft Science
<b>Laurence Simon, Ph.D.</b>	Abnormal Psychology Textbooks: Valid Science or Oppressive Propaganda
<b>Clarence McKenzie, MD</b>	Delayed Posttraumatic Stress Disorder from Infancy and the Two Trauma Mechanism
<b>William Glasser, Ph.D.</b>	Defining Mental Health as a Public Health Problem
<b>Peter Breggin, MD</b>	Current Trends in Treating Bipolar Disorder in Children and Adults
<b>Dominick Riccio, Ph.D.</b>	Why Mental Health Professionals Fail in their Treatment of “Schizophrenic” and “Bipolar” Diagnosed Clients
<b>Bertram Karon, Ph.D.</b>	Treating the Severely Disturbed Without the Luxury of Long-Term Hospitalization
<b>Ann Louise Silver, MD</b>	Keeping the Spirit and Philosophy of Chestnut Lodge Alive
<b>Grace Jackson, MD</b>	Allostatic Loads: Exploring the Long-Term Consequences of Psychiatric Drugs
<b>Daniel Dorman, MD</b>	Psychosis as a Fact of the Human Condition
<b>Joseph Glenmullen, MD</b>	Misdiagnosing Antidepressant-Induced Decompensation as “Bipolar Disorder”

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## 2006 – Mental Health and the Law

<b>Robert Dinerstein, J.D.</b>	Human Rights and People with Mental Health Disabilities: The Issue of Capacity
<b>Graham Dukes, MD</b>	The Law and Psychiatric Drugs: Strengths, Weaknesses, and Experience
<b>Stefan Kruszewski, MD</b>	What Happens When the 1 <sup>st</sup> Amendment Butts Heads with Special Interests
<b>Michael Perlin, J.D.</b>	International Human Rights and Civil Disability Cases
<b>Karen Effrem, MD</b>	The Origins and Dangers of Child Mental Health Screening
<b>Susan Stefan, J.D.</b>	Evolving Views of Psychiatric Evidence
<b>James Gottstein, J.D.</b>	A Coordinated Campaign to Successfully Change the Mental Health System
<b>Plenary Legal Panel</b> <b>Andy Vickery, J.D.</b> <b>Don Farber, J.D.</b> <b>Michael Mosher, J.D.</b> <b>Derek Braslow, J.D.</b>	Prescription Drugs: Civil and Criminal Liability Cases and Concepts
<b>Grace Jackson, MD</b>	Parens Patriae, Parens Inscius: Beware the Dangers of the Incompetent State
<b>Peter Breggin, MD</b>	Medication Spellbinding (Iatrogenic Anosognosia): A New Concept
<b>Joseph Glenmullen, MD</b>	SSRIs, Akathisia, and Suicidality: The History of the FDA's 2005 Black Box Warning on Antidepressant-Induced Suicidality
<b>Thomas Bratter, Ed.D.</b>	When Psychotherapy Becomes a War: Working with Gifted, Alienated, Angry Adolescents Who Engage in Self-Destructive and Dangerous Behavior
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<b>Anne Marsden</b>	You Decide Who Decides – Yeah Right!

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- The creation of a federal Psychosurgery Commission by Congress (1970's)
- Alerting professionals to the dangers of tardive dyskinesia in children (1983). Tardive dyskinesia is a potentially devastating neurological disorder caused by neuroleptic or antipsychotic drugs.
- Alerting professionals to the dangers of dementia produced by long-term neuroleptic drug use (1983).
- Motivating the FDA to force the drug companies to put a new class warning of tardive dyskinesia on their labels for neuroleptic drugs (1985).
- The withdrawal of a large multi-agency federal program to perform dangerous invasive experiments in inner-city kids in search of supposed genetic and biochemical causes of violence (the violence initiative) (early 1990's).
- The initial cancellation and later modification of a potentially racist federally sponsored conference on the genetics of violence (early 1990's).
- Alerting the profession to danger of down-regulation and dangerous withdrawal reactions from the new SSRI antidepressants such as Prozac, Zoloft, and Paxil (1992-4).
- Monitoring, and at times modifying or stopping unethical, hazardous experimental research on children (1973-present).
- Encouraging that NIH Consensus Development Conference on Diagnosis and Treatment of Attention Deficit Hyperactivity Disorder to raise serious concerns about "ADHD" and stimulants for children.

While each of these critiques and reform projects was initially considered highly controversial, and while each was frequently opposed by organized psychiatry, most are now widely accepted as rational, ethical, and scientific. For example, Psychosurgery is no longer widely practiced and not at all in state or federal institutions or on children in the United States; the multi-agency federal program aimed at using invasive biological procedures on inner-city children has been disbanded; the conference on the genetics of violence was delayed and then vastly modified; all experts now recognize the dangers of tardive dyskinesia in children; many researchers have confirmed that the neuroleptic drugs produce dementia, and experienced doctors now recognize the potential for dangerous withdrawal effects from the SSRIs.

Please become a member. Use the form on the following page and mail a \$100 check or money order (U.S. funds - \$110 U.S. dollars if mailing address is international). Check or money order should be made out to ICSPP. An additional tax-deductible donation can be added, and would be deeply appreciated.

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Your annual membership in ICSPP includes our quarterly journal, *Ethical Human Psychology and Psychiatry*, and other mailings, and helps us to continue to respond to the hundreds of information queries we receive from the public, the media, and concerned professionals. General members receive the journal and the satisfaction of supporting mental health reform efforts as described in our Mission Statement.

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### **International and North American Offices**

#### ***International Executive Director***

Dominick Riccio, Ph.D.  
1036 Park Avenue, Suite 1B  
New York, N.Y. 10028  
(212) 861-7400

#### ***United States Regional Director***

Lloyd Ross, Ph.D.  
27 North Broad Street  
Ridgewood, N.J. 07450  
(201) 445-0280

#### ***Director of Membership Services***

Robert Sliclen, Ph.D.  
450 Washington Avenue  
Twp. of Washington, N.J. 07676-4031  
(201) 664-2566  
sliclen@optonline.net

#### ***Director of Communications***

Andrew Levine, MSW  
98 Bayberry Lane  
New Rochelle, N.Y. 10814  
(914) 740-4784

#### ***Newsletter Staff***

Andrew Crosby, MA - *Editor*  
333 Second Ave. Apt. 10  
Lyndhurst, N.J. 07071  
arcrosby16@comcast.net

Delores Jankovich, MA, LMSW - *Co-editor*

8402 Lowell Avenue  
Overland Park, Kansas 66212  
djankovich2003@yahoo.com

#### ***Ethical Human Psychology and Psychiatry: A Journal of Critical Inquiry***

Brian Kean, Ph.D. - *Editor*  
James Tucker, Ph.D. - *Editor*  
Leighton Whitaker, Ph.D. - *Editor*  
Robert Folz, Ph.D. - *Editorial Manager*

### **Founder and Director Emeritus**

Peter R. Breggin, M.D.  
101 East State Street, PBM 112  
Ithaca, N.Y. 14850-5543

#### ***Past National Director***

Ginger Ross Breggin  
101 East State Street, PBM 112  
Ithaca, N.Y. 14850-5543

### **Regional Offices**

#### ***USA-CSPP Southwest***

Susan Parry.  
5044 Silver King Road  
Las Cruces, N.M. 88011  
(505) 522-0661

#### ***USA-CSPP Great Lakes***

Toby Tyler Watson, Psy.D.  
2808 Kohler Memorial Drive  
Sheboygan, WI 53081  
(920) 457-9192  
tobytylerwatson@charter.com

#### ***USA-CSPP Mid-Atlantic***

David Stein, Ph.D.  
Longwood College, Psychology Dept.  
Farmville, VA 23909  
(804) 395-2322

#### ***USA-CSPP New England***

Emmy Rainwalker  
187 Merriam Hill Road  
Greenville, NH 03048  
(603) 878-3362  
emmy@emmyrainwalker.com

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### ***USA-CSPP Northeast***

Lloyd Ross, Ph.D.  
27 North Broad Street  
Ridgewood, New Jersey 07450  
(201) 445-0280

### ***CSPP Australia***

Brian Kean, Ph.D.  
Lecturer in Education  
Southern Cross University  
PO Box 157, Lismore, NSW, 2480  
Australia  
(066) 262-42330

### ***CSPP Belgium***

Phillip Hennaux, M.D.  
Medical Director, La Piece  
71 Rue Hotel Des Monnaies  
1061 Buxelles, Belgium  
2-646-96-01

### ***CSPP Switzerland***

Piet Westdijk, Dr. Med. [M.D.]  
FMH Psychiatry & Child Development Psychotherapy  
FMH Child Psychiatry & Child Psychotherapy  
Sattelgasse 4, CH-4051 Basel, Switzerland  
(41) 61 262 2222

### ***CSPP South America***

Alberto Ferguson, M.D.  
Av. 82, No. 9-86, Apt. 402  
Bogota, Columbia, S.A.  
(11)(571) 636-9050  
U.S. Address:  
4405 N. 73rd Avenue  
Miami, FL  
33166-6400

### ***CSPP Great Britain***

Joanna Moncrieff, MD  
Mascalls Park, Mascalls Lane  
Brentwood, Essex  
CM14 5HQ UK  
J.moncrieff@ucl.ac.uk

### **Return Address:**

International Center for the Study of Psychiatry and Psychology, Inc.  
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