



From The Director...

December 2016

"Restoring humanity to life"



Chuck Ruby, Ph.D.
Executive Director

As we leave 2016 and venture into a new year with 2017, it is a good time to pause and reflect on ISEPP's progress. I think we've especially come a long way in terms of our public footprint. We've revamped our webpage with the hopes of making it more interactive and visible to the public with present day concerns about the scourge of the mental illness myth. We also started up a new feature called *The ISEPP Inquiry*, which is an online YouTube interview series intended to provide an outlet for ISEPP's vision, as well as a way for ISEPP members to advertise their programs, works, and efforts. There haven't been as

Dear ISEPP members and friends,

Farewell David Jacobs

It is with heavy heart that ISEPP mourns the loss of one of its best. [David H. Jacobs, Ph.D.](#) died November 29th.

David was a great colleague and friend, and he truly knew what it meant to treat people like fellow human beings instead of patients. His approach in helping people in turmoil was to infuse his work with respect and humanity, the exact opposite of what happens in today's authoritarian and impersonal mental health system. In David's words, "We can only grasp how an individual's experience affected him by getting to know him. Individuals are affected by their experiences individualistically." Farewell David, you will be sorely missed.

2017 Membership Drive

We are just days away from the start of a new membership cycle. As a reminder, membership runs from January through December each year. I encourage all members to renew as soon as possible and for those of you who are not members to consider joining. As I've said

many people as I would have liked take advantage of the *Inquiry* yet but it is still in its infancy and so I have faith that its value will be realized more in the coming year. Also, one of our members, Joanne Cacciatore, has agreed to give more life to our "In the News" section on our site by coordinating among six volunteer writers who have already produced several responses to misleading media accounts having to do with "mental illness". And finally, another dedicated ISEPP member, Michele Paiva, has been working tirelessly in the background to optimize our website's public exposure through search engine optimization and other mysterious internet activities that go on behind the curtain that I can't even begin to understand!

I wish the best for everyone in the coming new year and hope your interest and involvement in ISEPP grows.

before, our strength lies in our numbers. Please check out the benefits of membership

at <http://psychintegrity.org/joinrenew/>. Part of the benefits many do not realize is that as a member you will receive online access to all current and past editions of our peer-reviewed journal, *Ethical Human Psychology and Psychiatry (EHPP)*.

ISEPP as Fiscal Sponsor of The Advance

I mentioned in my last newsletter that our Director of Operation Speak Up, Mary Vieten, Ph.D., is spearheading the development of a new program to help war fighters suffering from the horrors of war outside the conventional medical and drug-driven model. It is called The Advance. In order to get the program off the ground immediately, ISEPP has agreed to be its fiscal sponsor so that it can start operating while still working toward incorporating as a non-profit organization itself. Look for more developments about The Advance at our [ISEPP website](#).

Science Tells Us How Much It Can't Tell Us

At the October conference, I presented a short critique of the "gold standard" science regarding psychotherapy effectiveness and the so-called empirically supported treatments. From the outset, there were misunderstandings of what I was trying to express. Let me clarify. For several decades we have been pushed by a model that emphasizes science over humanism to the point of becoming an ideological scientism to "believe in", rather than a critical, skeptical endeavor, and the results of that science established laws of human nature that applied to everyone. But nothing is further from the truth. Science is important, but a humanistic approach to helping people is just as important. The conference highlighted this in its theme of "Individuals Matter". My critique was that all scientific psychological research,

even the best, is akin to stereotyping because the statistical analysis so crucial to its success is based on averages. There is no other way to compare groups or derive correlations than to compare and contrast the average of one group with the average of another (correlations are based on average deviations). So, the results only apply to the group average and not each and every individual. The actual study results confirm this with many people not reacting positively to the "better" treatment. Further, the variable being studied (e.g., a particular kind of therapy) explains only a small amount of the how people in the study react. This tells us how important it is to understand the individual we are working with and not treat them as if they were the average. Science is important in that it tells us how much it can't tell us. We have to find out the rest by getting to know the person.

A Little Humor

An appropriate holiday humor was shared recently on the ISEPP listserv that speaks to those of us trying to fight against a mega-profit-driven pharmaceutical industry. It came from the online satirical publication, *The Onion*. I'll just suggest you [take a look yourself](#).

As always, I ask that you all share this newsletter and other ISEPP information through your social networking sites. Also, make sure to visit our [Facebook](#) and [Twitter](#) pages. Feel free to contact me at docruby@me.com or 301-646-6022 if you have any questions or suggestions.

Best wishes and Happy New Year,

A handwritten signature in black ink, appearing to be 'C. Ruby', written in a cursive style.

Chuck



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