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Restoring Humanity To Life

Bulletin

January 2019

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FROM THE DIRECTOR

Chuck Ruby, Ph.D.

The Politics of ISEPP

Within the past few weeks, we've seen many comments on the ISEPP Listserv expressing support or displeasure with political figures in America. I'm sure you are all familiar with the current difficulties felt by many U.S. citizens and even by those beyond our borders who are significantly affected by what political leaders are doing in this country. I posted a comment about this on the Listserv encouraging people to refrain from such political postings, but given its importance, I also wanted to share my thoughts about the "politics of ISEPP" in my column for this Bulletin.

As a non-profit 501(c)(3) organization, we are prohibited by the Internal Revenue Service from endorsing or opposing any particular candidate. Also, we cannot have a substantial portion of our efforts, in time or money, spent on influencing legislation. We have filed the proper paperwork to authorize our support or opposition to *specific policies and legislation*, not candidates, but we have to be careful how much of our time is spent doing so in order to keep it under the "substantial portion" level.

Obviously, this prohibition does not apply to our individual members in their private lives. To the contrary, I encourage all of us to speak up about our political views, to use critical thinking in informing ourselves about significant issues, and to vote for representatives who we believe will best ensure policies consistent with our views. But, and this is very important, we cannot use ISEPP's platforms, including the Listserv, in that effort. Our other platforms that are also off limits are our website, Facebook, Twitter, Instagram, YouTube, and LinkedIn sites.

Our mission statement declares that ISEPP is "not affiliated with any political or religious group." While this is true, it doesn't mean ISEPP isn't political. In fact, I think the bulk of our efforts are political. What I mean by this is that our work is focused on

critiquing the conventional mental health industry with the goal of eliminating the inhumanity in the system and of encouraging the development of more humane and respectful ways of assisting people who are suffering from emotional distress. Thus, our motto: "Restoring Humanity To Life."

This is a political mission in the sense that it has to do with power and who exercises that power, even when our efforts are not through formal legislative bodies. We believe in self-determination and human dignity. This means the individual should maintain that power. In opposition to this, the conventional mental health system believes they, with the backing of the State, should hold that power.

This is the power to decide whether people are acting, thinking, feeling, and believing things in socially appropriate ways. In essence, it is a moral judgment about the proper ways of being. It is a travesty that the mental health industry has been given the reigns of this power since they have no expertise in morality and shouldn't be given the authority to make moral decisions.

Laws about appropriate social behavior are necessary in a civil society, but that is the jurisdiction of representative legislatures, not medical or mental health professionals, especially since the people labeled with mental illness diagnoses are not literally ill. But, neither legislative bodies nor the mental health industry should try to prescribe or proscribe beliefs, thoughts, and emotions. That would be for each person to decide in the context of his or her own religious, spiritual, and intellectual views. ISEPP's political mission is to ensure individuals retain this power.

In order to be true to our mission, ISEPP cannot ally with any political party or candidate. We ally with political policies. Given that our focus is on creating a humane system of assistance to people in distress, and respect for human autonomy, our principles span across candidate and party lines. We support the notions of compassion for fellow human beings, self-determination, dignity and worth of human life, concern for the effects of distressing social contexts, the value of faith and trust in the "process," appropriate governmental assistance to people in distress, the ideas of personal responsibility for one's actions, and the avoidance of harm and dependency. When, as ISEPP members, we limit our support to a particular party or representative, we can weaken our ability to fulfill the mission, because no one party or candidate encompasses all these tenets and many are in opposition to them.

It is easy to get wrapped up in political intrigue. Many of the painful things we see

happening among our elected representatives of all persuasions seem beyond the pale. I think our human tendency to resort to anger and attack in order to soothe intolerable feelings like this is behind the political polarization that occurs. Perhaps it is an evolutionary holdover from when anger served a survival purpose - anger is more useful than despair (I think Arnold Schwarzenegger said that in Terminator 3). For what ever reason, resorting to anger in today's world, along with the accompanying bashing, blaming, name-calling, personal attacks, demonization, and righteous indignation, does not serve us well when distressing things happen. They only make things worse.

Instead, it would behoove us to recognize the incredible variation of our desires, interests, and goals. Each of us is stuck "inside" ourselves forever and we must make choices, not only in what we do, but also in how and what to think. Our reality is limited to ourselves. This includes what kind of representatives are best for us. But, we cannot get "outside" ourselves to see a universal or absolute truth about the matter, and then go back inside in order to see if we are "right." Therefore, we must accept that fact that we will forever disagree, sometimes vehemently. But, still, it is possible to cooperate respectfully instead of competing, especially when it comes to prosecuting ISEPP's mission.

ISEPP is not a forum for political ideas outside our mission. Venturing outside that political mission will only serve to create friction among us. We have plenty of real enemies to battle, we don't need to create more within our ranks. Let's move forward together, not apart.

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Announcements

~Jay Joseph, Psy.D., Critiques the Minnesota Twin Studies

See Jay Joseph's Mad in America article entitled, ["Twenty-Two Invalidating Aspects of the Minnesota Study of Twins Reared Apart \(MISTRA\)."](#) This article brings together and sharpens Dr. Joseph's analysis of the famous Minnesota reared-apart twin study, and covers several important problem areas not

discussed in his previous publications. It stands in strong opposition to the popularly accepted biopsychaitric theory about the role of genes in human behavior.



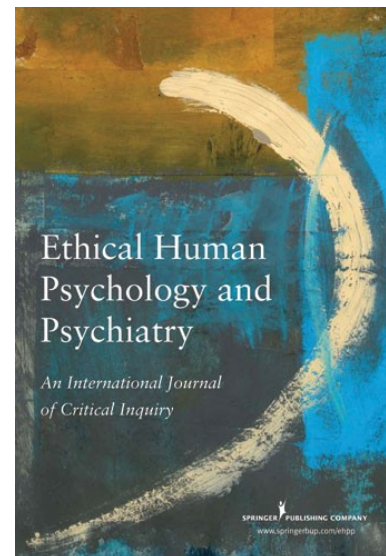
~Ken Pope, Ph.D., reviews the American Psychological Association's (APA) Involvement in Torture



For an excellent review of how the APA got stuck in an ethical quagmire regarding the U.S. Government's "War on Terror" and its involvement in torture, see Ken Pope's article, ["A Human Rights and Ethics Crisis Facing the World's Largest Organization of Psychologists: Accepting Responsibility, Understanding Causes, Implementing Solutions."](#) He suggests several principles that would need to be adopted if APA hopes to pull itself out of this swamp and prevent similar crises in the future.

~*Ethical Human Psychology & Psychiatry: An International Journal of Critical Inquiry*

[Ethical Human Psychology and Psychiatry](#) (EHPP) is a peer reviewed journal that publishes original scholarship examining the ethical ramifications of unjust practices in psychiatry, psychology, and related disciplines. As the official publication of the International Society of Ethical Psychology and Psychiatry (ISEPP), and one of the benefits of membership, *EHPP* provides a space for high quality scholarship, ethical discourse, and the creation of new knowledge that contributes to a more just and humane society. For information on submitting, please see [Author Resources](#). The latest issue of *EHPP* is due out very soon. Readers will find a number of provocative articles and essays that challenge "business as usual" in psychology and psychiatry and related fields. Topics include critiques of the anorexia nervosa literature, current suicide prevention guidelines, and typical conceptualizations of PTSD in Vietnam veterans. The issue continues *EHPP's* tradition of exposing how a medical model dominates understanding of and approaches to helping those experiencing



psychological or emotional distress.

~ThinkCitizen As A Way To Check Pharma's Truthfulness



The [ThinkCitizen](#) concept was initiated after the Brexit Referendum in the UK and the US general election. Syano Musyimi, Ph.D., having just completed his Ph.D. in Analytic Philosophy, saw how mass information was exploiting the public. He and his students formulated the ThinkCit Validity Code – a system of assessing the truthfulness of news articles, regardless of their

political leanings. This concept is being applied to advertising by the pharmaceutical industry. ThinkCit is now applying itself to make the production of truth in information about drugs a primary incentive for producers. ThinkCit are now looking for sponsorship and funds to make this a revolution in the mass information age. Please feel free to contact them at thinkcit@gmail.com. See the concept in detail [here](#).

~Join Us!

ISEPP's success in challenging the medical model of human suffering depends on expanding our membership. We are especially interested in recruiting mental health professionals who are tired of the medical model's failed assumptions and inhumane ways of treating people who struggle with very real life problems. If you are a professional or know of any who would be interested in joining a group of like-minded people who want to continue helping those in need, but not within the medical model, [please consider joining us!](#)



~Comment, Like, Follow, Connect, & Review Us!



One way to support ISEPP's mission is to frequently visit our social media pages (see the links above) and comment on our work. You can hit the "Like" button if you're happy with what you see and submit a review giving your ideas of how we're doing. The more likes, comments, and reviews we get on our website, Facebook, Twitter, Instagram, YouTube, and LinkedIn pages, the more visibility we get as an organization and the better chance we have of spreading the news! It takes a community to support our efforts!

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