

CITATION TO ACCOMPANY
THE INTERNATIONAL SOCIETY FOR ETHICAL PSYCHOLOGY AND PSYCHIATRY

LIFETIME ACHIEVEMENT AWARD

PRESENTED TO

PAULA J. CAPLAN, PH.D.

Dr. Paula J. Caplan has worked for decades as a dissident psychologist who has courageously challenged the false claims of psychiatry. Since the 1980s she has painstakingly exposed the damaging effects of psychiatric diagnoses. She served on the *DSM* Task Force in an attempt to ensure its scientific foundation, eventually resigning from it in protest when it became clear that committee members were only interested in maintaining the status quo of regulating natural human behavior. She widely published these diagnostic dangers in her book *They Say You're Crazy: How the World's Most Powerful Psychiatrists Decide Who's Normal*, and in the award-winning Off-Off-Broadway play "Call Me Crazy." She has also spoken out about how women have been harmed by the system's misogyny and veterans' screams of war trauma are silenced. Dr. Caplan's efforts give consumers of mental health services a true understanding of psychiatric diagnoses and treatment, ensuring the principle of informed consent is maintained. Her activism has shown a bright light and brought to public notice the terrible harms suffered by so many who seek help from the traditional mental health system. Dr. Caplan's many efforts have immeasurably benefited mental health professionals and the consumers of mental health services. The distinctive life and achievements of Dr. Caplan reflect great credit upon herself and makes her more than deserving of this award for lifetime achievement.

Awarded October 12, 2019



Chuck Ruby, Ph.D.
Executive Director