

CITATION TO ACCOMPANY  
THE INTERNATIONAL SOCIETY FOR ETHICAL PSYCHOLOGY AND PSYCHIATRY

## SPECIAL ACHIEVEMENT AWARD

PRESENTED TO

PETER C. GROOT, PH.D.

Dr. Peter C. Groot distinguished himself at the User Research Centre of Maastricht University in the Netherlands. For the past nine years, he worked on and developed a system to help people withdraw gradually and safely from psychiatric drugs. He did this after having had personal experiences of withdrawal effects from antidepressants. He currently works with a non-profit pharmaceutical lab to create individualized tapering strips for people who want to withdraw from psychiatric drugs, including antidepressants, antipsychotics, benzodiazepines, opioids, and mood stabilizers. He has helped thousands to avoid the horrors of withdrawal, mainly in the Netherlands but also in the US and UK. It is no exaggeration to say that his work will have prevented withdrawal-related suicides. In addition to creating the tapering strips, he personally spends many hours answering questions from people distressed by withdrawal. Dr. Groot's unique work is a proven, evidence-based, and humane way of helping people cope with the painful and grueling process of withdrawal, and he has done it all independently of the pharmaceutical companies. This is truly an example of real and practical help to get people out of the clutches of potentially harmful drugs. Dr. Groot's outstanding work is inspiring and warrants the receipt of ISEPP's Special Achievement Award.

Awarded October 12, 2019



Chuck Ruby, Ph.D.  
Executive Director