

Dear Representative Porter,

I represent the [International Society for Ethical Psychology and Psychiatry \(ISEPP\)](#), of which I am the Executive Director. My colleagues and I applaud your efforts to reduce the cost of prescription drugs to consumers. We especially congratulate your success in getting cost-reduction proposals included in the recent Inflation Reduction Act.

I am requesting a meeting with you to discuss our common interests and how we might be able to expand your efforts in this area.

ISEPP's mission dovetails with yours. Our members support your work against drug company mischief and the financial burden it poses to consumers. We have the same concern about inflated costs and drug company shenanigans, but regarding a different kind of deceit that, if exposed, would drastically reduce the cost to consumers.

Specifically, Big Psychiatry and Big Pharma have established and maintained a nefarious and symbiotic relationship. Conventional psychiatry has presented mental health problems to the public as matters of diseased brains that need chemical treatment with prescription drugs. Drug companies provide the means for that treatment.

In concert, both engage in deceptive practices to solidify that connection. Common tactics have been in the form of selectively emphasizing positive clinical trial results, "stacking the deck" regarding research protocols to increase the chances of positive results, and downplaying or outright hiding the negative effects of psychiatric drugs during the clinical trials.

Furthermore, scientific studies have repeatedly failed to support Big Psychiatry's premise that mental health problems are caused by diseased brains. This false notion, though, is the only basis for

marketing psychiatric drugs as medications that correct the putative disease, and why consumers are saddled with their exorbitant costs. It has been estimated that [by 2031, the annual revenue from psychiatric drugs will reach nearly \\$60 billion.](#)

These prescription drugs do nothing to medicate or correct faulty brains. They are not medicines. At best, they are palliative, like recreational and illicit drugs. At worst, they are physiologically harmful. Moreover, there are many other safe and effective ways to assist people who are struggling with emotional and behavioral problems. As a retired Air Force officer, I am especially interested in how this problem affects our active duty military members, veterans, and their dependents.

We have challenged this conventional premise of brain disease and the subsequent alliance between drug companies and the mental health system. First, in 2003, [we staged a hunger strike to raise awareness of this problem.](#) We asked a very basic question of conventional psychiatry: show us the evidence that supports this disease model of mental health problems. No evidence was forthcoming.

Next, in 2017, ISEPP [petitioned the five major mental health member organizations](#) in the United States* for ethical guidance regarding the *Diagnostic and Statistical Manual of Mental Disorders (DSM)*. The *DSM* had by then been publicly denounced as scientifically unreliable and invalid, even by the [Director of the National Institute of Mental Health \(NIMH\)](#). For two years, no response was received from these organizations. Finally, the American Psychological Association sent the only response: “The

* American Psychiatric Association, American Psychological Association, American Counseling Association, National Association of Social Workers, and the American Association for Marriage and Family Therapy

APA will not be making a comment on this issue now, nor in the foreseeable future.”

Last, in 2022, we sent an [open letter to the same mental health member organizations above](#). We asked a similar question as we did during the 2003 hunger strike. Again, despite numerous attempts to follow up with these organizations, to date we have received no response from any of them.

These attempts have made it clear to us that the conventional mental health system is hiding a serious flaw that has the effect of fooling consumers into taking expensive prescribed chemicals to correct an alleged brain disease that does not exist. The result to the consumer is financial burden, chemically induced damage and dependency, and real emotional and behavioral problems that continue to be ignored.

We believe that our message can be a beneficial part of your efforts to continue fighting on behalf of constituents’ lives, and for that I am asking to meet with you to discuss these mutual interests. I can provide more in-depth materials later.

Sincerely yours,

Chuck Ruby, Ph.D. Lt Col (ret)
Executive Director
International Society for Ethical Psychology and Psychiatry