

**THE 2013 CONFERENCE
OF THE CENTER FOR THE STUDY OF
EMPATHIC THERAPY, EDUCATION & LIVING**

The Empathic Therapy Conference



**APRIL 26-28, 2013
EMBASSY SUITES SYRACUSE
SYRACUSE, NEW YORK, USA**

The Empathic Therapy Conference 2013

Sponsored by
the Center for the Study of Empathic Therapy,
Education & Living

Co-sponsored by:

"It's About Childhood and Family"



Mother Bear Can!
Families for Mental Health



The Foundation for
Excellence in Mental Health Care



*There is no such thing as a spontaneous anxiety or an endogenous depression.
If a patient is anxious, there is something to be scared of. If a patient is
depressed, there is something to be depressed about. If it is not in consciousness, then it is unconscious. If it is
not in the present, then it is in the past and
something in the present symbolizes it.*

~ Bertram Karon, PhD

WELCOME TO THE EMPATHIC THERAPY CONFERENCE

As professionals and concerned individuals we embrace therapeutic relationship rather than psychiatric diagnosis. We promote empowerment, responsibility and engagement rather than psychiatric drugs and shock treatment. The Center for the Study of Empathic Therapy, Education & Living is a leader in inspiring creative, engaging relationships and programs to help those individuals who have become overwhelmed by life, traumatized by life events or saddened by losses. We are all explorers, seeking solutions for wounded hearts, minds and souls. Our conferences include participants from many countries and many cultures. We welcome your participation and contributions to this exciting new field of Empathic Therapy!

Peter R. Breggin MD & Ginger Ross Breggin

WHAT ARE "EMPATHIC THERAPIES"?

Empathy recognizes, welcomes and treasures the individuality, personhood, identity, spirit or soul of the other human being in all its shared and unique aspects.

Empathic therapies offer a caring, understanding and empowering attitude toward the individual's emotional struggles, aspirations and personal growth. They promote the individual's inherent human rights to life, liberty and the pursuit of happiness. They respect the autonomy, personal responsibility and freedom of the person. They encourage the individual to grow in self-appreciation as well as in the ability to respect, love and empathize with others.

A broad spectrum of therapeutic and educational approaches can draw upon and express empathy; but conventional psychiatric diagnosis, psychiatric medication, electroshock and involuntary treatment suppress the individuality and the empathic potential of both the provider and the recipient. Empathy lies at the heart of the best therapeutic and educational approaches.

Peter R. Breggin, MD, July 8, 2010

Warning! Most psychiatric drugs can cause withdrawal reactions, sometimes including life-threatening emotional and physical withdrawal problems. In short, it is not only dangerous to start taking psychiatric drugs, it can also be dangerous to stop them. Withdrawal from psychiatric drugs should be done carefully under experienced clinical supervision. Methods for safely withdrawing from psychiatric drugs are discussed in Dr. Peter Breggin's book, *Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients, and Their Families*.

FRIDAY MORNING

- 7:30-8:30 am** **Registration & Continuing Education Sign In**
8:30-9:30 Toxic Psychiatry Today: Peter R. Breggin MD
9:30-10:30 Recognizing the Face of Empathic Psychology: Gerald Porter, PhD
10:30-11:00 **Break with refreshments provided**
11-12 Noon An Alternative to Bullying: Howard Glasser
12-1:00 pm Mother Bear Community Action Network: Offering Hope and Support: Lisbeth Riis Cooper

FRIDAY AFTERNOON

- 1-2:00 pm** **Luncheon provided**
2-3:00 **Breakouts: Four separate workshops**
• **Onondoga I:** Relieve distress from a traumatic event quickly using Emotional Freedom Techniques/EFT: Dorothy Cassidy and Nadine DeSanto
• **Onondoga II:** A School Must Have Heart - The Need for an Educational Revolution: Michael Gilbert PhD
• **Onondoga III:** The Great Romance: Tim Evans PhD & Geri Carter
• **Syracuse Room:** Using the Privilege Walk to Promote Culturally Competent Empathic Therapy & Therapists: Barbara Street PhD
3-4:00 **Breakouts: Four separate workshops**
• **Onondoga I:** The Role of the Lawyer and the Law in Psychiatric Drug Related Tragedies-- What Makes a Viable Case and a Good Outcome: Attorney Karl Protil
• **Onondoga II:** Emotional Medicine Rx for Drug Free Living! Penelope Andrade PhD
• **Onondoga III:** Raising Resilient Children and Understanding Angry Ones: Faye Snyder PhD
• **Syracuse Room:** The Courage to be Imperfect: An Overview of Alfred Adler's Individual Psychology and a Demonstration of Adlerian Principles in Modern Psychotherapy: Thomas Garcia
4-4:30 **Break with refreshments provided**
4:30-5:30 Encouragement & Healing from the Bench: Transformation of Families: Judge Lynn Tepper
5:30-6:30 Psychiatric Drug Tragedies: Deadly Effects of Antidepressant SSRIs and Legal Implications: Attorney Karl Protil
6:30-8:30 pm **Dinner on your own**

FRIDAY EVENING

- 8:30 pm **Syracuse Room: Authors' Night and Social** —Meet conference authors, speakers and attendees
Chocolate Fountain Dessert and Refreshments

This event is co-sponsored by R. Cassidy Seminars for continuing education. Please refer to details on our website: <http://www.empathictherapy.org/Conference-Sign-Up.html>

SATURDAY MORNING

- 8:30 am-9:30 Empathic Therapy, Education & Living: Peter Breggin MD
9:30-10:30 “Family Care:” A Train-the-Trainer Model is Creating a Revolutionary Paradigm Shift in Parenting: Sandy Sheller
10:30-11 **Break with refreshments provided**
11-1 pm Pharmaceutical Companies, the Largest Legal Settlements in US History, and Illegal Marketing of Antipsychotic Drugs: Attorney Stephen Sheller

SATURDAY AFTERNOON

- 1-2:00 **Luncheon provided**
2-3:00 Soul Survivor: A Personal Encounter with Psychiatry: Mary Maddock
3-4:00 A Pediatrician Takes a Stand on ADHD and Stimulants: Tom Ryan MD
4-4:30 Break with refreshments provided
4:30-6:30 Working with the Deeply Disturbed for Genuine Healing—A Master Class: Bert Karon PhD & Peter Breggin MD

6:30-8:30 pm **Dinner on your own**

SATURDAY EVENING

- 8:30 pm **Dessert and Refreshments provided**
8:30-10:30 pm Dessert and A Conversation-- Inspiring Greatness! Premiere viewing of Howard Glasser’s new documentary & Discussion

SUNDAY MORNING

- 8:30am -10:30 Psychiatric Drug Tragedies: Personal, Legal and Medical Perspectives: Mathy Downing, Peter Breggin MD, Margaret & Tracy Orban
10:30-11 **Break with refreshments provided**
11-12 Noon A Clinician’s Mission: Healing the Invisible Wounds of War: Gayle Rozantine PhD
12-1:00 Enhancing Mental Well-Being and Emotional Health at the Personal, Family, Community and Societal Level: Peter R. Breggin MD

“We rely upon relationships built on trust, honesty, caring, genuine engagement and mutual respect.”
Empathic Therapy Guidelines; Peter R. Breggin MD

International Empathic Therapy Conference 2013

Presenters

Peter R Breggin MD: Dr. Peter Breggin is Founder and Director of the Center for the Study of Empathic Therapy, and a psychiatrist in private practice in Ithaca, New York. He also offers consultations in clinical psychopharmacology and often acts as a medical expert in criminal, malpractice and product liability suits. Dr. Breggin has been called “the Conscience of Psychiatry” for his efforts to reform the mental health field, including his promotion of caring psychotherapeutic approaches and his opposition to the escalating overuse of psychiatric medications, the oppressive diagnosing and drugging of children, electroshock, lobotomy, involuntary treatment, and false biological theories. He is a Harvard-trained psychiatrist and former full-time consultant at NIMH and the author of many scientific articles and books including, *Toxic Psychiatry* (1991), *Brain-Disabling Treatments in Psychiatry, Second Edition* (2008), *Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide and Crime* (2008) and *Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Their Families*.

Dorothy Cassidy MED: For many years Dorothy Cassidy has served on the Board of Directors of a couple of mental health organizations. She is now thrilled to be part of The Center for the Study of Empathic Therapy, Education & Living. Nationally, statewide, and locally, she has been giving presentations and seminars on issues and choices for mental health, especially those involving children, with personal appearances which on occasion have included radio and television. Over a 36 year period, she has primarily taught special education for all grades levels through adults including incarcerated women.

Lisbeth Riis Cooper: Lisbeth Riis Cooper is Founder and Chief Mother Bear of the Mother Bear CAN organization—a community of families dedicated to supporting each other through recovery education, family-led support communities and access to recovery resources that enable all family members to thrive emotionally, physically and socially. The Mother Bear Community Action Network is an outreach program and fund of the Foundation for Excellence in Mental Health Care. She is also the CooperRiis Healing Community Founder and Vice-Chair and was instrumental in bringing to North Carolina the concept of community based living and recovery based treatment for people with mental health challenges and emotional distress.

Nadine De Santo EdS: Nadine De Santo is a school psychologist in Indiana who also teaches parenting classes and workshops that incorporate personality, learning style, challenging temperaments, drug-free discipline, and Emotional Freedom Techniques (EFT). She presents at schools, churches, Huntington University, and the women’s division of the Fort Wayne rescue mission.

Mathy Milling Downing, MA: Mathy Downing resides in Laytonsville, Maryland, with her husband, Andrew, and her surviving daughter, Caroline. She has taught for numerous years and is a certified counselor and educational specialist. Following the death of her daughter, Candace, in January, 2004, Mathy became quite outspoken in the fight against the needless overmedicating of children. She has testified before the Food and Drug Association, the National Institutes of Medicine, and the United States Congressional House and Senate. She has been interviewed on radio and on every major network in regards to Candace’s untimely death from antidepressants, hospital and medical error, transparency between doctors and the pharmaceutical corporations, and the idiocy and fraud of Teen Screen. Candace’s story is recognized all over the world and Mathy was asked to present in Norway following the national screening of “Prescription:Suicide”, an award winning filming, written in part and narrated by Candace’s sister, Caroline. Mathy has appeared in two additional documentaries entitled, “Generation Rx” and “Dead Wrong”.

Thomas Garcia LMHC: Thomas Garcia, LMHC NCC CAP CFAE MAC - Doctoral Student, Department of Psychological and Social Foundations University of South Florida. Mr. Garcia has worked with the chemically dependent population – both adolescents and adults, in both private and public sectors, including Florida Department of Corrections and Department of Juvenile Justice for over 10 years. He is an advocate for education and treatment reform and a worldwide lecturer. Mr. Garcia also is the Clinical Director of Novus Detox and SunCoast Rehabilitation addiction facilities and an adjunct professor at Springfield College’s School of Human Services. He also is a Nationally Qualified Supervisor for Mental Health and Marriage & Family interns in Florida and a Board Member for the Florida Adlerian Society.

Michael Gilbert PsyD: Dr. Gilbert has worked in human services since 1989, including foster care, group home, and hospital

settings. In addition, he has worked as a school psychologist within Syracuse City Schools as well as adjunct professor at local colleges. In 2000, he founded “It’s About Childhood & Family, Inc.,” a not-for-profit clinical and resource center. Recently, he launched the Inner Wealth Initiative and the Center for Change in Central New York as a grassroots movement to provide families an alternative to the traditional mental health system. In addition to lecturing extensively he has advocated for and conducted research evaluating non-medication and non-labeling approaches for families with children exhibiting challenging behaviors often diagnosed as ADHD, ODD, and Bipolar.

Howard Glasser MA: Howard Glasser received his M. A. from New York University in 1974. He is the Executive Director of the Children's Success Foundation in Tucson, Arizona. He designed The Nurtured Heart Approach and authored *Transforming the Difficult Child* (1999). He has been a featured guest on CNN and a consultant for 48 Hours. He lectures internationally, teaching therapists, educators and parents about The Nurtured Heart Approach, which is now being used in hundreds of thousands of homes and classrooms around the world. Howard Glasser is former director and clinical supervisor of Center for the Difficult Child and he has been a consultant for numerous psychiatric, judicial and educational programs. Although he has done extensive doctoral work in the fields of Clinical Psychology and Educational Leadership, he believes that his own years as a difficult child contributed the most to his understanding of the needs of challenging children and to the success of his approach.

Bertram Karon PhD: Bertram P. Karon, PhD is the first recipient of the Empathic Therapy Award from the Center for the Study of Empathic Therapy, Education & Living. The award honors his unique combination of humanity and scientific discipline. Throughout his career he has touched and enhanced many lives and influenced many professionals for the better as an educator, therapist, researcher, writer, and leader. Because of him, psychology and indeed the world are more caring and rational places. Dr. Karon has spent most of his career as a Professor of Clinical Psychology at Michigan State University. He received his A.B. from Harvard and his Ph.D. from Princeton. He is a former President of the Division of Psychoanalysis of the American Psychological Association, and has over 150 publications. His book, *Psychotherapy of Schizophrenia: The Treatment of Choice*, remains a landmark in the field. Dr. Karon has received many awards in the fields of psychology and psychoanalysis. He is a Founding Member of the Advisory Council of our Center for the Study of Empathic Therapy, Education & Living, and a long-time friend and colleague to many of us in the organization. In the early years of Dr. Breggin’s reform work, he received support and encouragement from Dr. Karon when few others were courageous enough to do so. Dr. Karon continues in private psychotherapy practice.

Mary Maddock: International psychiatric survivor and advocate Mary Maddock, who survived decades of psychiatric abuse and reclaimed her life to go on and help others, is traveling from Ireland to meet with us all and present her story. Mary Maddock is a former nun, an electroshock survivor, founder of MindFreedom Ireland based in Cork, Ireland, and author of the book *Soul Survivor: A Personal Encounter with Psychiatry*. Mary has traveled from Ireland with her husband, Jim Maddock, who is co-author of *Soul Survivor*. Mary Maddock will be sharing both her personal uplifting experiences as well as news from Europe and beyond about the continuing expansion of the reform movement around the world.

Margaret & Tracy Orban: Margaret and Tracy Orban are the mother and wife of army veteran and police officer Anthony Orban. After becoming psychotic and delirious on an antidepressant medication, Anthony Orban committed a dreadful assault, and later in remorse committed suicide. Dr. Breggin evaluated Mr. Orban’s case and found him to be a very responsible and admirable man whose life had been ruined by psychiatric medication. As in so many cases, the harm spread to the innocent victim, to Mr. Orban’s family, and to society.

Gerald Porter PhD: Dr. Gerald Porter is currently Vice President for Academic Affairs at the Forest Institute in Springfield, Missouri. Forest Institute is a private non-profit graduate institution with doctoral and master’s programs in clinical psychology and other mental health disciplines. He has a Ph.D. in Educational Psychology and Statistics and a Certificate of Advanced Study in School Psychology from the University at Albany, State University of New York. He is permanently certified as a School Psychologist in New York. Prior to his work in academia, Dr. Porter served in a variety of clinical and policy level positions in New York State government including the State Education Department, the Department of Correctional Services, the Office of Mental Retardation and Developmental Disabilities, the Division for Youth, and the Department of Economic Development. His area of policy specialization was meeting the needs of underserved and disenfranchised populations. For the past

20 years, Dr. Porter was worked as a faculty member and administrator in higher education, training mental health counselors, school psychologists, and educators. He was Chair of the Department of Counseling and Psychological Services at SUNY Oswego. He was Professor and Dean of the School of Education at SUNY Cortland, one of the ten largest teacher education institutions in the United States. Dr. Porter was founding Dean of the School of Natural Health Arts and Sciences at Bastyr University just outside Seattle, Washington. He was Interim Dean of the Doctoral Program and Associate Vice President for Academic Affairs at the School of Professional Psychology at Forest Institute. With over 70 conference presentations and workshops, Dr. Porter has authored a number of scholarly works including the Dictionary of Counseling with Dr. Donald Biggs. His research interests include the social construction of race, gender, and psychiatric diagnostic classification. In recent years, his scholarly attention has focused on critical theory, in particular, the ontological assumptions that inform research paradigms and the cultural fallout from the application of different research methodology approaches.

Karl Protil, Attorney: Mr. Protil's practice consists of personal injury litigation, with an emphasis on medical malpractice and tort claims against the federal government He has extensive experience before Federal courts through the United States and in state trial courts in Maryland, Virginia and the District of Columbia representing clients whose litigation resulted in multi-million dollar recoveries. He is particularly active in cases involving brain damage to infants during birth. A recent case resulted in a \$21 million dollar structured settlement on behalf of a client. In addition, he has had a number of cases which have resulted in settlements in excess of one million dollars each. Mr. Protil has spoken at a number of conferences and has published articles on litigation topics. He has been a mediator for medical malpractice cases in Maryland and D.C. Superior Court. He is active with local professional associations.

Dr. Gayle Rozantine PhD: Dr. Rozantine is a licensed clinical psychologist specializing in mood disorders, posttraumatic stress disorder (PTSD), health psychology, and stress management. She is the founder of The Center for Health & Well-Being, P.C, in Savannah, Georgia, where she is in private practice with her husband, Dr. Barry Rozantine, psychiatrist. She is a Diplomate and Board Certified in Stress Management by the American Academy of Experts in Traumatic Stress and has written and recorded nine compact discs aimed at teaching effective relaxation techniques, improving self-esteem, and facilitating healing from childhood abuse. Throughout her professional career, Dr. Rozantine has worked extensively with service members and their families. She founded a publishing company, Optima Vita, Inc., and has written and published four books: Warrior's Workbook, At Ease, Soldier! How to Leave the War Downrange and Feel at Home Again, The Clinician's Guide to At Ease, Soldier! Theory and Practice, and The Wisdom of Wellness. Her books are being used by hospitals offering the Patriot Support Program, a special program for military service members struggling with emotional issues related to their combat training and experiences. Dr. Rozantine has developed an innovative approach to psychotherapy, named "Quiet Awakening," which combines psychotherapy with stress management training and guided imagery delivered in special rooms. Since opening the Center, she has used the Quiet Awakening approach successfully with hundreds of patients.

Tom Ryan MD: Dr. Tom Ryan and his wife and family live in Cartersville, Georgia where Tom maintains his pediatrics practice since 2002. Based on a critical analysis of the ADHD diagnosis and the effects of stimulant drugs, including their mechanism of action and their adverse effects, this pediatrician describes the process of no longer treating his patients with stimulant drugs for ADHD. He will describe how he came to these conclusions, how it has affected his practice and the responses of his patients and their families.

Sandy Sheller MA ATR-BC, LPC: Sandy Sheller, a Licensed Professional Counselor, Board Certified Art Therapist, Family Therapist, and Assistant Clinical Professor, has spent most of her career seeking to improve the lives of traumatized and marginalized families and children; educating professionals and paraprofessional staff members on trauma, attachment, and mental health issues; and assisting with the transformation of behavioral health systems towards more culturally-sensitive trauma-informed organizations. She has worked in inpatient settings, a children's partial hospital, an adolescent residential setting, a private counseling facility serving foster care and adopted children, and a family homeless shelter. Nationally and locally recognized for her expertise in homelessness, trauma, domestic violence, childhood abuse, and attachment; her sphere of influence extends past professional roles of therapist, professor, trainer, and organizer to serving as President of The Sheller Family Foundation where significant gifts are awarded annually to non-profit organizations. Sandy has over a decade of experience working with The Salvation Army, first as Art and Family Therapist in one of their family homeless shelters, then as Coordinator of Mental Health Training for their Greater Philadelphia Region, and finally in her present position as Clinical Director of Inde-

pendent Projects. Significant to her work at The Salvation Army was her involvement in the transformation towards more trauma-informed practices, programs, and services at all their social service programs in the Greater Philadelphia Area. Her sphere of influence captured the attention of the city of Philadelphia's Office of Supportive Housing and Deputy Mayor of Health and Opportunity who then went on to support a program she co-founded- a trauma-informed network group for social service employees and constituent agencies serving the homeless, now in its fifth year. This is one of a number of civic and community activities and programs Sandy has developed that addresses economic, cultural, and social disparity. She co-hosts a women's forum bringing together a diverse group of women to break down cultural and class barriers, and empower women dealing with adversity. Sandy has also co-founded the Family Care Curriculum parenting training model lending her expertise on attachment theory to meet the needs of parents residing in homeless shelters and other vulnerable parents.

Stephen A. Sheller, Attorney: Stephen A. Sheller is the founding partner of Sheller, P.C., one of the leading whistleblower, plaintiff's product liability, personal injury, class action and whistleblower/qui tam law firms in the United States. His long and storied career can be summed up in a few words: a principled, fervent champion for those harmed by the negligence or intentional acts of corporations or others, in need of a strong legal voice. Mr. Sheller has been at the forefront of celebrated national lawsuits, representing pharmaceutical whistleblowers and recovering over \$4.2 billion for the U.S. government: \$520 million against AstraZeneca in April 2010, \$2.3 billion against Pfizer Inc. in September 2009 and \$1.4 billion against Eli Lilly & Company in January 2009. Serving as a lead attorney in these recent pharmaceutical cases, one is the largest civil, and the other two are the largest civil and criminal settlements in U.S. history. He continues to work with whistleblowers and is recognized as one of the country's premier experts on qui tam cases. Mr. Sheller continues to represent clients injured by defective drugs. His representation of children injured by antipsychotic drugs was profiled on the CBS Evening News with Katie Couric. He recently filed cases in Pennsylvania and New Jersey on behalf of clients harmed by antipsychotic drugs Risperdal(R) and Invega(R). Boys and young men who took the drug developed gynecomastia, growth of breasts, requiring mastectomy removal. In addition to naming pharmaceutical companies, Mr. Sheller named the "ghostwriting" company who wrote the medical literature that promoted the drugs alleging they knew or should have known of the dangerous side effects. Naming the "ghostwriting" company puts corporations on notice they cannot obscure the risks of drugs by engaging a third party to write supposedly "impartial" medical articles. One of the first if not the first time, naming the "ghostwriters" demonstrates a creative approach to pharmaceutical product liability lawsuits.

Dr. Faye Snyder, PsyD: Dr. Snyder specializes in the origins and treatment of all pathology and behavioral issues that originate in childhood trauma. Dr. Faye, as she likes to be called, is a psychologist and marriage and family therapist. She is the clinical director of PaRC and former part-time professor at California State University, Northridge. Dr. Faye founded The Parenting and Relationship Counseling Foundation (PaRC), previously known as The Institute for Professional Parenting (TIIPP), in 1988 and formulated the parenting series with both professionals and parents in mind. Dr. Faye's theory, the Causal Theory, is based upon the premise of experiential and environmental cause and effect in creating temperament, personality, character, drives, behavioral and interaction patterns.

Barbara Street PhD: Barbara Streets, PhD, is an assistant professor at SUNY-Oswego in the Department of Counseling and Psychological Services, is a Board Certified Fellow in African Centered /Black Psychology. She is also a New York State licensed psychologist and an AFAA certified aerobics instructor. Her areas of interest include multicultural counseling, college students, mental health outreach programming and wellness management. Dr. Streets received her BA (Spanish; Psychology) from Meredith College; and her MS and PhD degrees (both in Counseling Psychology) from the University of Kansas.

Judge Lynn Tepper: has been a Circuit Judge in Florida's 6th Judicial Circuit since 1989. For more than 28 years, Judge Lynn Tepper has treated Parties who have appeared before her with dignity. As linked in the Adverse Childhood Experiences (ACE) Study, the impact of early childhood experiences exacerbates over time. Healing the trauma & chronic stress as well as encouraging families & defendants has proven transformative. Simple approaches can cause a paradigm shift in outcome. Judge Tepper is also an attorney. She sits in Dade City, Pasco County where she hears all the Dependencies, Children and Families in Need of Services cross-over cases for the families before her, and all of the Foreclosure cases in East Pasco County. Informally, Judge Tepper had been practicing "One Judge, One Family" for a decade before UFC was established by the Supreme Court. She has appeared on Nightline, CNN, and the Oprah Winfrey and Montel Williams shows.



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- *Family Hope (Warm) Line
- *Online family forums and blogs
- *Real family recovery stories

Recovery Resources

- *Recovery and wellness news
- *Online resource directory
- *Family recovery tools

A New Prescription for Mental Health

www.MotherBearCan.org

Mother Bear's Family Hope Line Is Now Open!

1-855-IHOPE4U

(446-7348)

Free Family Support:
Tues. 2-5 pm & Thurs. 8-11 pm (EST)

*Empathic listening and encouragement

*Help identifying recovery resources

*A chance to talk with someone who
understands your fears and concerns

24/7 Online resources & family forums at
motherbearcan.org

It can be a life saver to share your fears and concerns with someone who understands the challenges you and your family are facing. Our Hope Line families have "been there," and we can help you reconnect to hope, recovery resources, and your own inner strengths to support your family's recovery journey.

Mother Bear's Hope Line is currently open on Tuesdays and Thursdays (expanded hours coming soon). You can also access our recovery resources and discussion forums at any time by visiting our website at www.motherbearcan.org.

*Is Your Family Experiencing
a Mental Health Challenge?*



How to Contact Us and Join Us!

**Center for the Study of Empathic Therapy,
Education & Living
101 East State Street, #112,
Ithaca, New York, USA**

**<http://www.EmpathicTherapy.org>,
EmpathicTherapy@hotmail.com
Telephone: 607 272-5328
Fax: 607 272-5329**

The Center for the Study of Empathic Therapy, Education and Living is a 501c3 nonprofit organization founded by Peter R. Breggin MD for professionals and non-professionals who want to raise ethical and scientific standards in psychology and psychiatry. The board of directors, advisory council and membership include professionals in many fields spanning psychology, counseling, social work, nursing, psychiatry, and other medical specialties, neuroscience, education, religion, and law, as well as concerned advocates and laypersons. Join the Center for the Study of Empathic Therapy, Education & Living today! Be part of this innovative and forward thinking field.



Psychiatric diagnoses, drugs, electroshock and other biological interventions are not the answer to human psychological and spiritual suffering. The Center is devoted to examining the false theories and dangerous practices of biological psychiatry and to replacing them with more human and caring approaches. For the latest news, research and growing scientific resources see our ToxicPsychiatry.org project.

To be fully involved in the emerging field of Empathic Therapy:

1. Join our reform organization The Center for the Study of Empathic Therapy, Education & Living
2. Register for our upcoming Empathic Therapy Conference
3. Join our free social network where you can write about your work and share your ideas and news
4. Sign up for our free e-newsletter, chock full of information, perspectives and news.
5. Listen weekly to Dr. Peter Breggin's inspiring internet radio talk show with some of the best guests in the world in the arena of mental health and living.
6. Visit our ToxicPsychiatry.com internet news and resources page for our growing collection of scientific papers, analysis and news about the false theories and dangerous practices of biological psychiatry and more human and caring approaches.
7. Visit Dr. Breggin's professional website, www.Breggin.com, to keep up with his activities, articles, radio shows and videos including his popular "Simple Truths" series.

**Get more full connected and active now—all by going to
www.EmpathicTherapy.org**

GUIDELINES FOR EMPATHIC THERAPY

BY PETER R. BREGGIN, MD

Preface

The Guidelines for Empathic Therapy apply to every human relationship. In therapy they are codified and then applied with care by the therapist under the special conditions of therapy. Therapy is as complex and subtle as life itself. You don't have to accept every one of the Guidelines for Empathic Therapy to belong to the Center for the Study of Empathic Therapy, Education & Living. Each of us must find our own particular understanding of these principles, emphasize one or another, and perhaps modify some. We welcome an open and continuing dialogue about these guidelines and plan to include new ideas.

The Guidelines

As Empathic Therapists –

- (1) We treasure those who seek our help and we view therapy as a sacred and inviolable trust. With humility and gratitude, we honor the privilege of being therapists.
- (2) We rely upon relationships built on trust, honesty, caring, genuine engagement and mutual respect.
- (3) We bring out the best in ourselves in order to bring out the best in others.
- (4) We create a safe space for self-exploration and honest communication by holding ourselves to the highest ethical standards, including honesty, informed consent, confidentiality, professional boundaries, and respect for personal freedom, autonomy and individuality.
- (5) We encourage overcoming psychological helplessness and taking responsibility for emotions, thoughts and actions—and ultimately for living a self-determined life.
- (6) We offer empathic understanding and, when useful, we build on that understanding to offer new perspectives and guidance for the further fulfillment of personal goals and freely chosen values.
- (7) When useful, we help to identify self-defeating patterns learned in childhood and adulthood in order to promote the development of more effective choice-making and conduct.
- (8) We do not treat people against their will or in any way use coercion, threats, manipulation or authoritarianism.
- (9) We do not reduce others to diagnostic categories or labels—a process that diminishes personal identity, oversimplifies life, instills dependency on authority, and impedes posttraumatic growth. Instead, we encourage people to understand and to embrace the depth, richness and complexity of their unique emotional and intellectual lives.
- (10) We do not falsely attribute emotional suffering and personal difficulties to genetics and biochemistry. Instead, we focus on each person's capacity to take responsibility and to determine the course of his or her own life.
- (11) We recognize that a drug-free mind is best suited to personal growth and to facing critical life issues. Psychiatric drugs cloud the mind, impair judgment and insight, suppress emotions and spirituality, inhibit relationships and love, and reduce will power and autonomy. They are anti-therapeutic.
- (12) We apply the Guidelines for Empathic Therapy to all therapeutic relationships, including persons who suffer from brain injuries or from the most profound emotional disturbances. Individuals who are mentally, emotionally and physically fragile are especially vulnerable to injury from psychiatric drugs and authoritarian therapies, and are in need of the best we have to offer as empathic therapists.
- (13) Because children are among our most vulnerable and treasured citizens, we especially need to protect them from psychiatric diagnoses and drugs. We need to offer them the family life, education and moral and spiritual guidance that will help them to fulfill their potential as children and adults.
- (14) Because personal failure and suffering cannot be separated from the ethics and values that guide our conduct, we promote basic human values including personal responsibility, freedom, gratitude, love, and the courage to honestly self-evaluate and to grow.
- (15) Because human beings thrive when living by their highest ideals, individuals may wish to explore their most important personal values, including spiritual beliefs or religious faith, and to integrate them into their therapy and their personal growth.

With guidance from Executive Director Ginger Breggin and Members of the Advisory Council including Bart Billings PhD, Doug Bower PhD, Joanne Cacciatore PhD, Mathy Downing, Thomas Cushman PhD, Dorothy Cassidy MEd, Nadine De Santo EdS, Pamela Glasner, Adrienne Johnson PhD, Jennifer Kinzie LMHC, Jodi Mullen PhD, Wendy West Pidkaminy PhD, Gerald Porter PhD, Michael Shaw MD, Stuart Shipko MD, Doug Smith MD, Tony Stanton MD, Sarton Weinraub PhD, Piet Westdijk MD and Charles Whitfield MD.

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