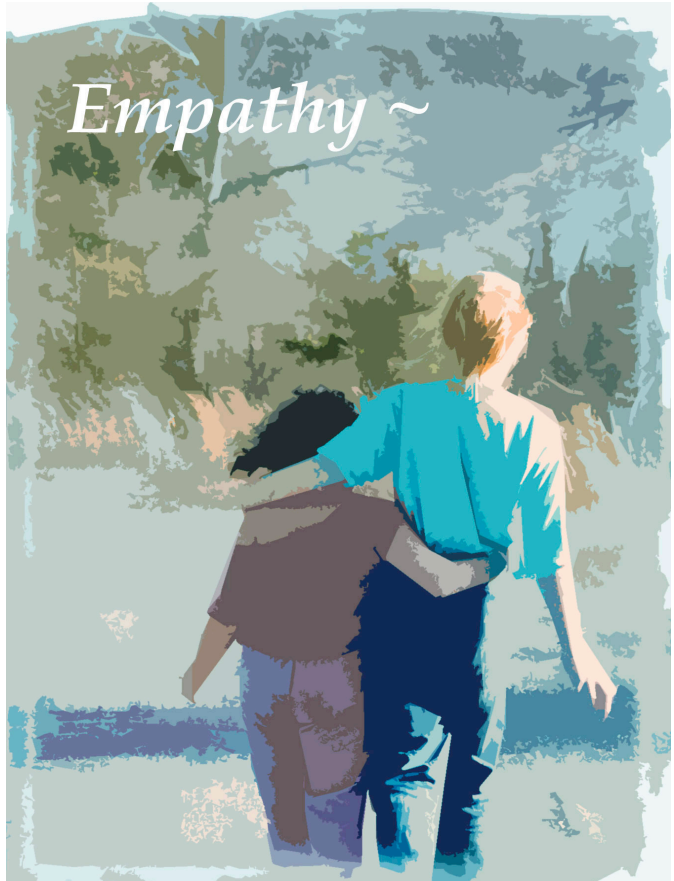


**THE 2012 CONFERENCE  
OF THE CENTER FOR THE STUDY OF  
EMPATHIC THERAPY, EDUCATION & LIVING**

# The Empathic Therapy Conference



**APRIL 13-15, 2012  
EMBASSY SUITES SYRACUSE  
SYRACUSE, NEW YORK, USA**



# The 2012 Conference of the Center for the Study of Empathic Therapy, Education & Living

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## **WELCOME TO THE EMPATHIC THERAPY CONFERENCE**

We live in exciting times. Around the world and in the United States people are embracing their individuality and seeking liberty and freedom. 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 over a dozen 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 IS "EMPATHIC THERAPY"?**

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

## FRIDAY MORNING

- 7:30-8:30 am**     **Registration & Continuing Education Sign In**  
8:30-9:30        Choosing Empathic Therapy Instead of Biopsychiatry:  
Peter R. Breggin MD
- 9:30-10:30        The Future and Promise of Empathic Therapy in the Psychological Sciences and Counseling Services: Gerald Porter PhD
- 10:30-11:00      **Break with refreshments provided**  
11-12 Noon        Identifying and Preventing Tardive Dyskinesia:  
Larry Berlin Esq., Peter Breggin MD
- 12-1:00 pm        Coercion in ‘Voluntary Mental Health Proceedings’—The Breggin Gap: Rachel Bingham MD, Commentary by Peter Breggin MD

## FRIDAY AFTERNOON

- 1-2:00 pm**        **Luncheon provided**  
2-3:00            **Breakouts: Four separate workshops**
- New
- **Onondoga I:** Diagnosis in Psychotherapy—New Model, Solutions: Martha Densmore RN, LAc
  - **Onondoga II:** Why Healthcare Professionals Oppose Electroshock: Brenda LeFrancois PhD, Simon Adam RN, PhD (Candidate), Terra Dafoe PhD (Candidate), Ambrose Kirby MED, Bonnie Burstow PhD
  - **Onondoga III:** Empathy, Compassion and the Light: What We have Learned from 35 years of Near-Death Studies: Barbara Whitfield RRT, CMT
  - **Syracuse Room:** Facilitating Empathy in Multicultural Mental Health Education: Adrienne Johnson PhD, Jose Maldonado PhD
- 3-4:00            **Breakouts: Four separate workshops**
- **Onondoga I:** Children in Distress: Michael Gilbert PhD
  - **Onondoga II:** Quiet Awakening®: An Innovative and Effective Psychotherapy: Gayle Rozantine PhD
  - **Onondoga III:** Treating the Psychiatrically Maltreated: Anne Woodlen, Advocate and Richard Gottlieb MSW
  - **Syracuse Room:** You can Choose Again! There is a Better Way: J. Diederik Wolsak RPC
- 4-4:30**            **Break with refreshments provided**  
4:30-6:00        Working with the Elderly: An Integrated Biopsychsocial Model for Well-being in Late Life: Kathryn Douthit PhD & Colleagues, Peter Breggin MD, Discussant
- 6-8:pm**            **Dinner on your own**

## FRIDAY EVENING

- 8:00 pm            **Syracuse Room: Authors’ Night—Meet conference authors! Chocolate Fountain Dessert and Refreshments**

## **SATURDAY MORNING**

- 8:30-10:30      Psychiatric Drug Tragedies: Personal, Legal and Medical Perspectives: Mathy Downing, Kim Crespi, Peter Breggin MD
- 10:30-11      **Break with refreshments provided**
- 11-12 Noon      The ADHD/Stimulant Epidemic Worldwide: Fred Baughman MD, Martin Whitely, Educator and Western Australia Politician
- 12-1:00      Generation Rx and Beyond: Kevin P. Miller, Filmmaker

## **SATURDAY AFTERNOON**

- 1-2:00      **Luncheon provided**
- 2-3:00      **Breakouts: Four separate workshops**
- **Onondaga I:** Emotional Freedom Techniques; Faster Relief of Distress—for All Ages! Dorothy Cassidy, MEd, Nadine DeSanto, EdS
  - **Onondaga II:** Psychotherapy for Depression—Beyond Psychiatric Drugs: John Snyder EdD, and panel of psychiatrists
  - **Onondaga III:** The Four False Pillars of Biopsychiatry: Ty Colbert PhD
  - **Syracuse Room:** Alfred Adler's Individual Psychology-- A Demonstration of Adlerian Principles in Psychotherapy: Thomas Garcia LMHC NCC CAP ACS MAC
- 3-4:00      **Breakouts: Four separate workshops**
- **Onondaga I:** A Psychotherapist's Role in Psychiatric Drug Withdrawal: Sarton Weinraub PhD
  - **Onondaga II:** On Understanding Depression for the Empathic Counselor: John Snyder EdD, and panel of psychiatrists (Continued)
  - **Onondaga III:** Predicting Behavior by Childhood Experiences via the Causal Theory: Faye Snyder PsyD
  - **Syracuse Room:** Recreation Therapy: Allison Wilder PhD
- 4-4:30      **Break with refreshments provided**
- 4:30-6:00      ATTENDING to Loss: The DSM Dilemma of Grief, Trauma, and Suffering: Joanne Cacciatore, PhD  
Discussant: Peter BregginMD
- 6-7:30:pm      **Dinner on your own**

## **SATURDAY EVENING**

- 7:30 pm      **Dessert and Refreshments provided**
- 8-10 pm      Working with the Deeply Disturbed for Genuine Healing: Bert Karon PhD & Peter Breggin MD

## SUNDAY MORNING

- 7:30 am            **Buffet breakfast**
- 8:30-10:00        Working with People Who Suffer from Chronic Paranoia:  
Piet Westdijk MD (45 minutes)  
Empathy, Compassion and Core Recovery Issues:  
Charles Whitfield MD (45 minutes)
- 10:00-11:30       Adverse Reactions to Psychiatric Drugs:  
Yolande Lucire MBBS, Peter Breggin MD
- 11:30-12           **Break with refreshments provided**
- 12-1:00            Critical review of Thomas Szasz: Has He a Place in an  
Empathic Psychiatry? Niall McClaren MBBS,  
Peter Breggin MD Discussant
- 1-1:30pm           Closing with Ginger and Peter Breggin



### **JOANNE CACCIATORE, PH.D. IS THE 2012 RECIPIENT OF THE EMPATHIC THERAPY AWARD**

The Center for the Study of Empathic Therapy, Education & Living and Peter and Ginger Breggin are delighted to honor Joanne Cacciatore, PhD, LMSW, FT, with the 2012 Empathic Therapy Award for her courageous contributions to the science, understanding, and acceptance of bereavement.

Dr. Cacciatore is an Assistant Professor in the School of Social Work at Arizona State University and directs the graduate Certificate in Trauma and Bereavement program. She is also the Founder of the MISS Foundation, an international nonprofit organization with 78 chapters worldwide which aids parents whose infants or children have died or are dying. Her research has been published in *The Lancet*, *Birth*, *Families in Society*, *Affilia*, *Death Studies*, *Omega*, *Social Work*, and many other peer reviewed journals. Her work has been featured in *Newsweek*, *Los Angeles Times*, *New York Times*, and CNN. She is a diplomat with the American Psychotherapy Association and has been an advocate and counselor for traumatically bereaved families since 1996.

Dr. Cacciatore lives with her family in Sedona, Arizona and is the mother of five children; “four who walk and one who soars”.

## MEET OUR SPEAKERS

**Fred Baughman, MD:** Dr. Baughman has been an adult & child neurologist, in private practice, for 35 years. He is also an international critic of the psychiatric diagnosis of children. Making “disease” (real diseases--epilepsy, brain tumor, multiple sclerosis, etc.) or “no disease” (emotional, psychological, psychiatric) diagnoses daily, he has discovered and described real, bona fide diseases. It is this particular medical and scientific background that has led him to view the “epidemic” of one particular “disease”--Attention Deficit Hyperactivity Disorder (ADHD)--with increasing alarm. Dr. Baughman describes this himself. Referring to psychiatry, he says: “They made a list of the most common symptoms of emotional discomfiture of children; those which bother teachers and parents most, and in a stroke that could not be more devoid of science or Hippocratic motive--termed them a ‘disease.’ Twenty five years of research, has failed to validate ADD/ADHD as a disease. Tragically--the “epidemic” having grown from 500 thousand in 1985 to between 5 and 7 million today--this remains the state of the ‘science’ of ADHD.”



**Laurence Berlin, Esq:** Laurence Berlin is an attorney practicing law in Tuscon Arizona. He received his education from Harvard University Kennedy School of Government, University of Arizona, James E. Rogers College of Law, and Goddard College. Specialties in his law practice includ personal injuries to brain, head, neck, back and spine; and the full range of harm caused by defective and dangerous products (like faulty drugs, medical devices or ATVs), medical malpractice (like missed diagnoses or botched procedures), toxic or chemical exposures, car or truck collisions, playground injuries, and child sexual abuse. Family law and custody matters are also an important interest arising from experience advancing the rights of children and families.

**Rachel Bingham, MD:** Dr Rachel Bingham is a medical doctor completing her residency in General Practice in London. She studied philosophy at University College London and a masters degree in Philosophy of Mental Disorder at King’s College London. Dr Bingham is a volunteer doctor for the charity Medical Justice, providing medical visits to immigration detainees in the UK. Her academic activities include delivering postgraduate seminars in philosophy of psychiatry and an alumni discussion group. She is interested in injustices in healthcare and inequalities in health.



**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), *Talking Back to Prozac* (1994 with Ginger Breggin), *Brain-Disabling Treatments in Psychiatry, Second Edition* (2008) and *Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide and Crime*.



**Joanne Cacciatore, PhD, LMSW:** Dr. Joanne Cacciatore is an Asst Professor in the School of Social Work at Arizona State University and directs the graduate Certificate in Trauma and Bereavement program. She is also the Founder of the MISS Foundation, an international nonprofit organization with 78 chapters worldwide which aids parents whose infants or children have died or are dying. Her research has been published in *The Lancet*, *Birth, Families in Society*, *Affilia*, *Death Studies*, *Omega*, *Social Work*, and many other peer reviewed journals. Her work has been featured in *Newsweek*, *Los Angeles Times*, *New York Times*, and *CNN*. She is a diplomat with the American Psychotherapy Association and has been an advocate and counselor for traumatically bereaved families since 1996. She lives with her family in Sedona, Arizona and is the mother of five children; “four who walk and one who soars”.



**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.

**Ty Colbert, PhD:** Ty C. Colbert, Ph.D. has been a licensed clinical psychologist for the last 30 years. He specializes in drug free psychotherapy for such so-called mental disorders as Schizophrenia, Bipolar and ADHD. He is the author of *Broken Brains or Wounded Hearts: What Causes Mental Illness, Rape of the Soul, Blaming Our Genes*, as well as several short booklets. He presently works as a prison psychologist and runs highly successful groups for incest victims. Many of these individuals have been incarcerated more than twenty times and diagnosed with schizophrenia. Dr. Colbert has been able to help them off their medications as well as help them live successful lives upon paroling.



**Kim Crespi:** The Kim and David Crespi tragedy occurred on 1/20/2006. After 7 days of Prozac and a cocktail of other medications, David became psychotic and fatally stabbed to death their twin 5 year old daughters. Surviving children were Jessica (17), Dylan (13) and Joshua (9) at the time. David was arrested, medicated further, charged with Murder 1 and then encouraged to plea which he did within 5 months of the tragedy. The psychiatrists brought in by the public defenders did nothing to alert family or defenders to possible “medication induced psychosis” and the family was left to find the truth along side the grief of losing the twins and dealing with David’s imprisonment. Peter



Breggin's publication of *Medication Madness* in 2008 opened their eyes to the truth and they have gone on from there. David is currently serving back to back life sentences in North Carolina; no further legal action has been filed. Lawyers are gathering the evidence to apply for a motion for appropriate relief to ask for the plea to be set aside. David has been medication free in prison for 2 1/2 years and has great clarity on what happened to him and to his family.

**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.

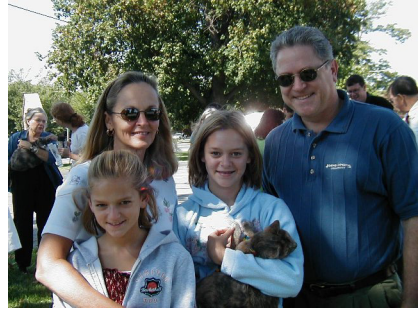


**Martha Densmore, RN LAc:** Martha Densmore is a California licensed R.N. and acupuncturist in private practice with over 20 years experience as a clinician. Since 1995, Martha has advanced east-west integrative protocols. In 2009 she organized a two year pilot program in Los Angeles to treat war vets diagnosed with PTSD by offering acupuncture and complementary medicine. Through implementing the program for vets, Martha polished a formal model for integrative medicine, the WISSH® Model. Martha is also the creator of a tarot deck, WISSH® Serenity Tarot. Her Acubody® Technique is ergonomic strength training for stress management. She uses numerous natural protocols.

**Kathryn Douthit, PhD:** Kathryn Douthit is an Associate Professor and Chair of the Counseling and Human Development Program in the Department of Counseling & Human Development, Warner School of Education, University of Rochester, New York. Dr. Douthit is a counselor educator who joined the Warner School in 2001 with a scholarly background and career experiences that encouraged her to bridge the worlds of social and biological sciences. Dr. Douthit thinks it is crucial to bring together the literatures of science and counseling to form one coherent statement about their relationship. In her earliest academic and professional experiences, she devoted more than a dozen years to earning degrees in science, teaching undergraduate biology and mathematics courses, working in a tutoring program for medical school students in medical microbiology, and conducting research for use in federal substance abuse prevention programs. Through her experiences, she has become increasingly interested in the relationship between neuroscience and counseling, and on the neurological changes that can result from effective counseling. As a division counselor in the department of math, science, and allied health at Harrisburg Area Community College, she provided personal and career counseling and academic advising to science and mathematics students. Her research and doctoral education have produced articles and professional presentations on subjects as complex and diverse as an ecological view of attention deficit disorder, academic failure among gifted students, understanding the relationship between counseling and psychiatric genetics, the inequality of the aging experience, and a critical view of contemporary dementia care. Dr. Douthit currently teaches courses in human development and the counseling process, including the requirements for effective multicultural counseling.



**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 NCC CAPACS MAC :** Mr. Garcia is the Clinical Director of Novus Detox and Suncoast Rehabilitation in Florida and is also is a Doctoral student at

University of South Florida’s College of Education in the Department of Psychological and Social Foundations and adjunct professor at Springfield College’s School of Human Services. Previously the Clinical Court Liaison for the Marchman Act in Hillsborough County, Fl. 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 15 years. Mr. Garcia is a Board member of the Florida Adlerian Society He is an advocate for education and treatment reform and a worldwide lecturer indicating the need for such. He owns Creative Consult Care, a private consulting firm in both Clearwater and Tampa.



**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.





**Richard Gottlieb, MSW:** Richard F. Gottlieb, MSW say “My work as a psychotherapist spans more than 40 years in private and public practice. In that time I have had thousands of teachers, all of whom were my patients. I have also worked with many clinicians, the best of whom share a commitment to unwavering focus on their patients. The two most influential were Dr. George P. Inge III at the very beginning of my career, and Dr. Bertram Karon, over many years and to this day. Both taught me how to learn, how to listen, and how to respect and get out of the way of a mind seeking health.” Richard Gottlieb, is a licensed Master’s Social Worker, licensed Marriage & Family Therapist, Board Certified Diplomate in Clinical Social Work, Clinical Supervision, & Practice with Children and Their Families.

**Adrienne Johnson, PhD:** Dr. Johnson, is an Associate Professor in Mental Health Counseling at SUNY - Oswego. Her clinical experience includes crisis counseling, adult outpatient counseling, and college counseling. She has presented internationally on a broad range of counseling topics, and has and produced several scholarly publications primarily related to diversity and disability issues in counseling and higher education. Dr. Johnson is a member of several professional organizations related to mental health counseling, higher education, and disability advocacy. Her current research focuses on bias and attitudes in counseling, counselor trainee competence, disability advocacy, and diversity issues in counselor education.



**Bertram P. Karon, PhD:** Dr. Karon is the first recipient of the Empathic Therapy Award (2011) from the Center for the Study of Empathic Therapy, Education & Living. The award honors his unique combination of humanity and scientific discipline. Throughout



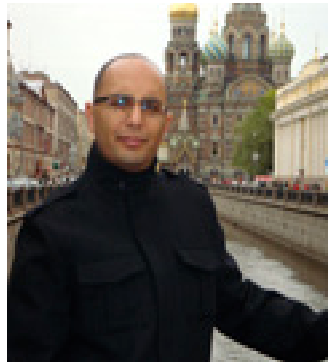
his career he has touched and enhanced many lives and influenced many professionals for the better as an educator, therapist, researcher, writer, and leader. Because of him, psychology and indeed the world are more caring and rational places. Dr. Karon has spent most of his career as a Professor of Clinical 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.

**Brenda LeFrancois, PhD:** Dr. Brenda A. LeFrançois is a psychologist and an Associate Professor of social work at Memorial University of Newfoundland. With a primary concern for the violence and oppression inherent to psychiatry, her research and writing has focused on the interface between childhood studies and mad studies in exploring power relations and children's rights within psychiatry, children's direct involvement in resisting psychiatry, as well as post-structural feminist theoretical understandings of psychiatrization, sanism, and abjection. She was one of the founding members of the journal *Radical Psychology: A Journal of Psychology, Politics, and Radicalism*.



**Yolande Lucire, PhD MBBS:** Dr Lucire is a forensic psychiatrist. Her expertise encompasses epidemic hysteria, epidemic somatization and moral panics. She gives expert evidence in RSI and CTD cases. Dr Lucire has more than thirty years of experience as a clinician and consultant. Dr Lucire has lectured on several aspects of psychiatry at undergraduate, intern and post-graduate level. Dr Lucire provides consultancy services in all areas of Forensic Psychiatry and she has worked in many jurisdictions in several countries, states and territories.

**Jose M. Maldonado, PhD:** Dr. Maldonado is an Associate Professor at Monmouth University. Experience includes multicultural counseling with families in urban environments, crisis counseling, and college counseling. He has presented internationally on a broad range of counseling and diversity in education topics, and has produced several scholarly publications primarily related to diversity and multicultural family counseling. Dr. Maldonado is a member of several professional organizations related to counseling, higher education, and multicultural advocacy in counseling. Research interests include development and teaching of multicultural counseling, client advocacy, and clinical supervision.



**Niall McClaren, MBBS:** Dr. McClaren graduated in medicine in Perth, Western Australia, in 1971, and completed training as a psychiatrist in 1977. Since then, he has had a varied career at the “rough end” of psychiatry, including forensic, military and remote area services among Australia's desert Aboriginal people in the far north of the country. However, he also trained in philosophy, and has spend decades applying the principles of the philosophy of science to psychiatry, with radical results. More recently, he has been involved in a project to develop a model of mind which supports a scientific model of mental disorder as a primary, psychological state rather than the traditional psychiatric approach of seeing mental problems as brain problems. He has published extensively in this field and has worked hard to earn the undying enmity of his profession. He is registered as a medical practitioner of good standing and is a certified specialist physician in psychiatry.



**Kevin P. Miller:** Mr. Miller is an international award-winning writer and documentary filmmaker. Since the early 1990s, he has been the recipient of a host of film and TV awards, including a Silver Medal from The New York International Film and Television Festival for his documentary *Kids in Crisis*, a Gold Medal for *Let Truth Be The Bias*, and a Bronze Medal in the category of “International TV Programming” for his film *The Promised Land* (in competition with CNN, the BBC and dozens of other international media conglomerates), among others. *The Promised Land* also received a national Emmy nomination and two regional Emmy’s for “Best Special Program” and “Best Writer,” an achievement replicated by Miller’s subsequent film, *The War Within*.



**Gerald Porter, PhD:** Dr. Porter is Vice President for Academic Affairs at the Forest Institute in Springfield, Missouri. Forest Institute is a private nonprofit graduate institution with fully accredited 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. 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.

**Gayle Rozantine, PhD:** Dr. Gayle Rozantine is a clinical psychologist with over 20 years of clinical experience. Dr. Rozantine earned a B.A. degree from Agnes Scott College, an M.A.T. in education from Emory University, an M.A. in clinical psychology from Western Carolina University, and a Ph.D. in clinical psychology from the University of Tennessee. She is a Diplomate and Board Certified in Stress Management by the American Academy of Experts in Traumatic Stress, a Registrant in the National Register of Healthcare Providers in Psychology, and a member of the American Psychological Association and the Georgia Psychological Association. Dr. Rozantine is listed in *Who’s Who of American Women* and *Who’s Who in Medicine and Healthcare*. She is the founder and CEO of The Center for Health and Well-Being, P.C., in Savannah, Ga., and Optima Vita, Inc., a company designed to produce products to improve quality of life. Dr. Rozantine has written numerous articles and three books, *The Wisdom of Wellness Program*, *At Ease, Soldier! How to Leave the War Downrange and Feel at Home Again*, and *The Clinician’s Guide to At Ease, Soldier! Theory and Practice*.





**Faye Snyder, PsyD:** Faye Snyder, aka Dr. Faye, is a psychologist and marriage and family therapist who is the clinical director of the Parenting and Relationship Counseling Foundation. She is the originator of the Causal Theory and Technique, which was born out of her own experiences as a patient as well as her work as a clinician. The Causal Theory proposes how to create all the personality disorders and emotional symptoms by parenting rather than genetics. She is the author of *The Manual: The Definitive Book on Parenting and the Causal Theory*.

**John Snyder, EdD:** Dr. Snyder received his doctorate in 1967 from the University of Pennsylvania and was subsequently appointed an Instructor in Psychiatry in the School of Medicine to train psychiatric interns and residents in relational psychotherapy, using an approach developed under grants from the National Institute of Mental Health. For the last forty years, he has devoted his professional life to the independent practice of clinical psychology, helping hundreds of people to overcome depression and the pain of estrangement in relationships, and to live more exciting and rewarding lives. In the process, he has shaped the practice of many psychiatrists, psychologists, and family therapists as well. A licensed pilot and an avid sailor, Dr Snyder lives in the Chesapeake Bay town of St. Michaels with his life partner, Carolyn Mills. Dr. Snyder is the author of two books, *Overcoming Depression without Drugs*, and *Flying Lessons: The Psychology of Intimacy and Anxiety*. He has a pair of dancing shoes.



**Sarton Weinraub, PhD:** Dr. Weinraub is the Director of the New York Person-Centered Resource Center, a humanistic mental health clinic based in New York City. Dr. Weinraub says “my mission is to guide our mental health clinic to understand and respond to the actual origin of the client’s mental illness. As an individual practitioner, I strive to offer psychotherapy services that draw upon the actualizing capacities of each person, family, and group in order to promote positive growth and healing.” Dr. Weinraub is a Rogerian person-centered psychotherapist who believes the primary goal of therapy is deep empathic listening and nonjudgmental acceptance. He says “along with many other professionals, I am against the ‘medical model’ being applied to mental health treatment. As a psychotherapist, I feel it is important to

avoid biases, not to impose values, and to appreciate each person as the expert on his or her life. Therefore, I strive to offer psychotherapy that promotes equality and honesty, is based upon what I see as solid scientific evidence, and consistently considers the actualizing potential of each person.” Dr. Weinraub has received training in the Person-Centered Approach from the Independent Consultation Center in New York City and in psychodynamic-psychotherapy from the New York University Psychoanalytic Institute, as well as a great deal of individualized psychotherapeutic training from well-regarded psychotherapeutic practitioners from the United States and abroad.



**Piet Westdijk, MD:** Dr. Piet Westdijk, born 1953 in Holland, is a child and adult psychiatrist, systemic therapist and supervisor (Heidelberg school), in private practice in Basel Switzerland for 14 years. Before he trained in medicine and psychiatry in state hospitals in Switzerland during 6 years. As assistant director he helped to lead a private evangelical clinic near Basel during 8 years. Later he dissociated himself from the evangelical teachings. As basics of his work as medical practitioner he mentions: helping patients to leave the traditional psychiatry systems informing about and unmasking psychiatric diagnoses and drugs simply by admitting one does not know much about queer

human behaviour, by personal encounter on Bubers level of “I and Thou”, also searching for reasons and goals. Dr. Westdijk’s experience ranges over the following fields of psychiatry / psychotherapy: Psychoactive Substance Use, Schizophrenia, Phobic Anxiety Disorder, Obsessive Compulsive Disorder, Adjustment Disorders, Somatoform Disorders, Personality Disorders; Forensic psychiatry; Workplace and School Bullying; and Couples and Family Therapy.

**Martin Whitely:** Martin Whitely is a West Australian (WA) politician, author (*Speed Up and Sit Still*), and former teacher. In the 1990’s Martin became alarmed at the number of boys in his class who were ‘medicated for ADHD’ but were unnaturally quiet and compliant. When he was elected to the WA Parliament in 2001 WA’s ADHD prescribing rates were amongst the highest in the world. Martin’s advocacy slashed WA Government estimates of child ADHD prescribing numbers by over 65% between 2000 and 2009. Over a similar timeframe WA teenage amphetamine abuse rates fell by over 50%. WA’s story as the world’s first ADHD hot spot to see a massive decline in child ADHD prescribing offers hope that with common sense and leadership the ADHD industry can be beaten. In addition, long term data from Martin’s home town Perth provides compelling evidence that for children ‘diagnosed with ADHD’, those ‘medicated’ had significantly worse academic and health outcomes than ‘ADHD children’ who never used ‘medication’.



**Barbara Whitfield, RRT, CMT:** Barbara Harris Whitfield had a profound near-death experience in 1975 that turned her life into a search for answers. She went back to school and became an ICU respiratory therapist which led her to write and lecture on “The Emotional Needs of Critical Care Patients.” She was one of the first in the Respiratory Care field to take seriously the emotional needs of critically ill and dying patients. Next, she became a researcher in the Department of Psychiatry at the University of Connecticut School of Medicine looking at the psychological, emotional, energetic and spiritual aftereffects of people who have had a near-death experience, especially those whose prior religious beliefs were in conflict with their present spiritual experiences. She taught classes on these after effects at Rutgers University’s Institute



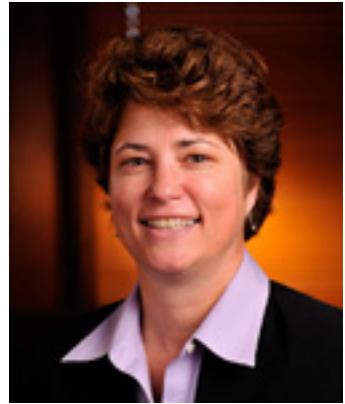
on Alcohol and Drug Studies for 12 years calling her classes “When the 12th Step happens first.” Barbara is in private practice in Atlanta, Georgia with Charles Whitfield, MD doing individual and group psychotherapy for adults that were repeatedly traumatized as children. She is the author of six books including *Victim to Survivor; Then Thrive*. For more information go to [www.barbarawhitfield.com](http://www.barbarawhitfield.com).





**Charles Whitfield, MD:** Charles Whitfield MD specializes in working with people with addictions and adults who have been traumatized as children. He has a private practice in Atlanta, Georgia. He is a consultant at the CDC, and was a faculty member at the Rutgers University Summer program for 23 years. He is on the editorial boards of several professional journals and since 1993 has been voted by his peers as one of the Best Doctors in America. Dr. Whitfield has appeared on several national TV shows as a guest expert. His bestselling book, with over 1.5 million copies sold, is *Healing the Child Within*. He has written 8 additional books including *The Truth About Mental Illness* and *Not Crazy: You May Not Be Mentally Ill*.

**Allison Wilder, PhD:** Dr. Allison Wilder is a licensed Certified Therapeutic Recreation Specialist (CTRS/L) and is currently an Assistant Professor in the Recreation Management and Policy Dept. at the University of New Hampshire. Allison has over 25 years experience in the field of recreation and leisure services, with 15 years experience as a practitioner in recreation therapy working with individuals in the areas of youth corrections, aging, physical disability, and developmental disability. Her passion is assisting people to identify what “moves and motivates” them in life, what barriers are getting in the way of expressing those motives, and what changes or strategies need to be put in place to help people live a life of meaning and fulfillment. As a recreation therapist, Allison strongly believes in using the power of recreation and leisure experiences as a way to attain and maintain optimal wellness.



**Diederik Wolsak, RPC, MPCP:** Diederik Wolsak is Founder and program Director of the Choose Again Society. He spent the first three years of his life in Japanese Prisoner of War Camps on Java, Indonesia. During this time he witnessed torture, beatings, death through disease and violence. The only interactions between male and female in the camps were violent. Core beliefs of deep guilt, shame, self hatred and a profound sense of the world being an unsafe place were the natural result of these years. This self-hatred, fear and guilt translated into chronic depression, and prolonged alcohol and drug abuse till finally at age 50 he reached that point where he realized that there had to be a better way or there would be no point in continuing. While his self-hatred drove him to be a successful businessman and international athlete, it allowed him little joy. Following a fork in the road where something had to change, Diederik entered upon a spiritual path of deep healing. An autodidact, Diederik developed many of the methods currently used by Choose Again during this time. This path eventually led to a fulfilling career as counselor in private practice. His website is [www.choose-again.com](http://www.choose-again.com).





**Anne Woodlen, Advocate:** My experience as a psychiatric patient spanned more than 45 years. In that time I took “every antidepressant known to man,” had ECT, and was inpatient in community, Catholic, teaching, state and private hospitals. I am one of the research subjects upon whom NIMH made the false claim that depression is a “chemical imbalance.” In 2001, I stopped taking antidepressants, attempting suicide and being hospitalized. I learned that depression is triggered by the perception of

powerlessness and began to recover by acting powerfully to address the problems in my life. I now live with drug damage but have recovered from depression. I am a teacher, speaker and activist against the abuses of the psychiatric system.

**Ginger Ross Breggin:** Ginger Breggin is Co-Founder and Executive Director of the Center for the Study of Empathic Therapy, Education & Living. Since the Center was founded April 2010, she has launched a new

monthly newsletter, organized the Empathic Therapy Conferences, and has created the social and educational network: The Empathic Therapy, Education & Living Network for professionals, individuals, survivors, families and advocates. She manages the websites and social networking sites for the Center and for Dr. Breggin. Ginger has co-authored two books with her husband Peter Breggin: the bestseller *Talking Back to Prozac* and *The War Against Children of Color*. For more than a decade Ginger Breggin was director of the Center for the Study of Psychiatry, informally known as the International Center for the Study of Psychiatry and Psychology (see ICSPP.org), where she developed and

organized the annual international conferences, newsletter and membership of that organization. She conceived and co-founded the scientific journal *Ethical Human Psychology and Psychiatry*, and served as its first managing editor. She is also an award winning photographer. Ginger is a wife, daughter, and delighted mother and grandmother.



**What is the preferred alternative to a psychiatric textbook? All the combined books of wisdom available to the reader. Psychiatric textbooks do not contain wisdom. They contain simplistic biological paradigms that bear no resemblance to actual human lives. Instead they promote diagnoses and treatment that undermine and shred the human spirit. ~ Peter R. Breggin, MD, *Medication Madness***

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

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# **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, over-simplifies 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.

Peter R. Breggin, MD,  
International Director  
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[www.empathictherapy.org](http://www.empathictherapy.org)

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*Annual Report:*

# **The Center for the Study of Empathic Therapy has an Exciting and Successful First Year!**

By Peter R. Breggin MD, Director  
and Ginger Breggin, Executive Director



The Year 2011 marked the successful launch of the Center for the Study of Empathic Therapy. The impact of the organization on reform in the field of mental health and education far exceeded what we could have hoped for in its first year.

The purpose of the Center for the Study of Empathic Therapy is to create a community and a national climate that inspires better, humane, non-damaging and more caring approaches to “mental illness.” Leaving behind the old solutions of diagnosing, drugging, shocking, and hospitalizing--the new Center aims at encouraging and cultivating approaches that rehabilitate, inspire and heal those who seek emotional, psychological and spiritual recovery and growth.

In 2011, the Center achieved nonprofit status in New York State, followed by an IRS designation as a tax-exempt 501c-3 nonprofit organization.

The new Center, founded by Peter and Ginger Breggin, quickly became a community with hundreds of general members and an outstanding Advisory Council of more than 50 reform-minded scientists, professionals and advocates from around the world including the United States, Canada, Great Britain, Norway, Denmark, Switzerland, Ireland, Columbia, New Zealand, and Australia. Advisory Council members represent the fields of psychiatry, neurology, medicine, nursing, psychology, social work, counseling, addiction, family therapy, education, religion, law, and advocacy.

The free Empathic Therapy e-newsletter already reaches over 3,000 subscribers every month. It provides cutting edge scientific commentary as well as stories of successful recovery from severe emotional problems and toxic psychiatry.

The first Empathic Therapy Conference in Syracuse New York in April 2011 brought together 200 professionals and laypersons concerned with improving mental health services. Speakers and participants came from around the world,

including a dozen professionals from the Far East. One main theme focused on empathic services for children, adults, the elderly, and individuals with head injury and dementia. The other theme focused on scientific, critical analyses of psychiatric drugs, electroshock, and psychiatric diagnoses. More than 30 professionals and advocates presented to an enthusiastic audience that created an environment that was in itself empathic and restorative.

Our second Empathic Therapy Conference is taking place April 13-15, 2012 in Syracuse, New York and already has a full roster of exceptional presenters from the United States and around the world. It is open to the public, professionals and nonprofessionals alike, and promises to be at least as exciting as last year's.

The two Empathic Therapy Conferences have been captured on video and DVDs of both conferences will be available soon. The DVDs sets will contain several hours of highlight presentations from the 2011 and 2012 conferences. We anticipate that these video sets may become important teaching tools and are pricing them reasonably to make them broadly available.

The Center's central website [EmpathicTherapy.Org](http://EmpathicTherapy.Org) has grown considerably with our newest project, [ToxicPsychiatry.Org](http://ToxicPsychiatry.Org). Our [ToxicPsychiatry.org](http://ToxicPsychiatry.org) website offers current news and up-to-date critiques concerning biological psychiatry. In addition to current news and analysis, this website provides a growing library of scientific articles concerning, among other things, the damaging effects of psychiatric drugs, electroshock, and psychiatric hospitalization.

Meanwhile we work, along with our many Advisory Council members and general members, to help people to remember that they are more than just the sum of their cells and biology. We work to inspire professionals, individuals and cultures that humans are complex, precious, unique and deserving of respect and dignity.

We want to thank you for joining with a marvelous group of like-minded people for our second Empathic Therapy conference and for supporting our growth and outreach. Through our various projects including Dr. Breggin's media appearances, we communicate to tens of millions of people every year, providing them with vital information and better approaches to dealing with the crises and emotional challenges of life.

***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***