

# Post World Conference Committee, Interim modification (2/1/24 by International Reference Person pursuant to Guideline L.1.) re: mind-altering drugs

## Final Language of Changed Sections:

### D.2. REQUIREMENTS OF RC TEACHERS

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Discharge and decision can be used to eliminate addictive behavior.<sup>1</sup> Meanwhile, teachers are expected

- a. not to engage in or defend the use of alcohol, cannabis, psychiatric drugs, and other chemical and/or plant-based substances that interfere with our thought processes, emotions, and/or with discharge and re-evaluation; not to defend the use of tobacco or e-cigarettes;<sup>2</sup> and to understand and share information and an RC perspective in classes about the harmfulness of their use<sup>3</sup> (exceptions<sup>4</sup> are to be discussed with the teacher's RRP);

## N. PSYCHIATRIC DRUGS AND RE-EVALUATION COUNSELING

### N.1. PSYCHIATRIC DRUGS AND RC COMMUNITY MEMBERS

All RC Community members are encouraged to discharge on and question the use of psychiatric drugs and the concept of "mental illness."<sup>5</sup> They are encouraged to challenge assumptions that psychiatric drugs support emotional well-being.

All RC Community members are asked to discharge any distress that interferes with thinking well about people who may have used or are using psychiatric drugs.<sup>6</sup>

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\* Addictive behavior is the continued giving in to the restimulated feelings of a distress recording and re-enacting the distress recording's content.

\* Co-Counselors who use tobacco or e-cigarettes may teach RC as long as they are actively committed to ending the behavior and openly discharging on the struggle to do so.

\* See *Articles Supporting Our Understanding of the Guidelines*: [rc.org/guidelinesresources](http://rc.org/guidelinesresources).

\* It is expected that RC teachers will not defend the use of such substances. There may be exceptions such as the use of a dopamine promoting drug for someone with Parkinson's disease.

\* RC uses quotation marks around the word "mental illness" to indicate that RC has a different frame of reference and perspective on emotional healing from hurts, oppression, and distress, and disagrees with the use of the term "mental illness."

\* Along with psychiatric drugs, there are other drugs and substances, such as alcohol, cannabis, and chemical and/or plant-based substances, that interfere with our thought processes, emotions, and discharge, our natural healing process. We question their use as well, for any purpose.

## REASON

RC uses a natural emotional healing process rather than psychiatric drugs that affect thought processes. Mainstream psychiatry, the pharmaceutical industry, and some other practices support the use of these drugs for attaining emotional well being. Furthermore, whereas psychiatric drugs imply that the problem to be fixed resides entirely within the individual, RC theory includes the idea that many emotional hurts result from oppression and harmful social and environmental circumstances. These drugs are not designed to address these root causes.

RC's perspectives on institutions, policies, and practices related to mainstream psychiatry and the pharmaceutical industry are not criticisms of individuals' choices related to psychiatric drugs. RC encourages Co-Counselors to discharge and determine for themselves whether or not to use psychiatric drugs.

(The full reason is lengthy and has been moved to the Appendix: Lengthy Reasons, page \_\_\_\_.)

## N.4. PSYCHIATRIC DRUGS AND RC TEACHERS

Those who elect to become RC teachers are choosing to model the natural emotional healing processes and it is expected that they will not use alcohol, cannabis, psychiatric drugs, or chemical and/or plant-based substances, that interfere with our thought processes, emotions, and/or with discharge and re-evaluation.

## REASON

Given that RC teachers are expected to model natural emotional healing and assist others to use the process, it is expected that they will be free from psychiatric and other drugs that interfere with our thought processes and emotions and/or with discharge and re-evaluation.

## Showing Tracked Changes:

### D.2. REQUIREMENTS OF RC TEACHERS

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Discharge and decision can be used to eliminate addictive behavior.<sup>7</sup> Meanwhile, teachers are expected

- b. not to engage in or defend the use of alcohol, cannabis, psychiatric drugs, or other mind-altering drugs,<sup>8</sup> including psychiatric drugs and other chemical and/or plant-based substances that interfere with our thought processes, emotions,

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\* Addictive behavior is the continued giving in to the restimulated feelings of a distress recording and re-enacting the distress recording's content.

\* Mind-altering drugs are drugs that affect the central nervous system and interfere with the thought process and/or with discharge and re-evaluation.

and/or with discharge and re-evaluation; not to defend the use of tobacco or e-cigarettes;<sup>9</sup> and to understand and share information and an RC perspective in classes about the harmfulness of their use<sup>10</sup> (exceptions<sup>11</sup> are to be discussed with the teacher's RRP);

<sup>4</sup> Mind-altering drugs are drugs that affect the central nervous system and interfere with the thought process and/or with discharge and re-evaluation.

## N. PSYCHIATRIC DRUGS AND RE-EVALUATION COUNSELING

### N.1. PSYCHIATRIC DRUGS AND RC COMMUNITY MEMBERS

All RC Community members are encouraged to discharge on and question the use of psychiatric drugs and the concept of "mental illness."<sup>12</sup> They are encouraged to challenge assumptions that psychiatric drugs support emotional well-being.

All RC Community members are asked to discharge any distress that interferes with thinking well about people who may have used or are using psychiatric drugs.<sup>13</sup>

#### REASON

RC uses a natural emotional healing process rather than psychiatric drugs that affect thought processes. Mainstream psychiatry, the pharmaceutical industry, and some other practices support the use of these drugs for attaining emotional well being. It is our experience that mind-altering drugs, including psychiatric and other drugs, interfere with thought processes, and also interfere with the natural healing process. Furthermore, whereas psychiatric drugs imply that the problem to be fixed resides entirely within the

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\* It is expected that RC teachers will not defend the use of such substances. There may be exceptions such as the use of a dopamine promoting drug for someone with Parkinson's disease.

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individual, RC theory includes the idea that many emotional hurts result from oppression and harmful social and environmental circumstances. These drugs are not designed to address these root causes.

RC's perspectives on institutions, policies, and practices related to mainstream psychiatry and the pharmaceutical industry are not criticisms of individuals' choices related to psychiatric drugs. RC encourages Co-Counselors to discharge and determine for themselves whether or not to use psychiatric drugs.

(The full reason is lengthy and has been moved to the Appendix: Lengthy Reasons, page \_\_\_\_.)

#### N.4. PSYCHIATRIC DRUGS AND RC TEACHERS

Those who elect to become RC teachers are choosing to model the natural emotional healing processes and it is expected that they will not use alcohol, cannabis, psychiatric drugs, or chemical and/or plant-based substances, that interfere with our thought processes, emotions, and/or with discharge and re-evaluation mind-altering drugs, including psychiatric drugs.

##### REASON

Mind-altering drugs, including psychiatric drugs, interfere with our natural emotional healing processes. Given that RC teachers are expected to model natural emotional healing and assist others to use the process, it is expected that they will be free from psychiatric and other drugs that interfere with our thought processes and emotions and/or with discharge and re-evaluation.