

Post World Conference Committee, proposed revision re: mind-altering drugs

D.2. REQUIREMENTS OF RC TEACHERS

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

- a. not to engage in or defend the use of alcohol, cannabis, [psychiatric drugs, or other mind-altering drugs,](#)² [including 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;³ and to understand and share information and an RC perspective in classes about the harmfulness of their use⁴ (exceptions⁵ are to be discussed with the teacher's RRP);

¹ [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."⁶ 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.⁷

* 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.](#)

* 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.

* 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. ~~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 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.~~

N.1. Psychiatric Drugs and Re-evaluation Counseling (Lengthy Reason)

Harm from Drugs

According to RC theory, our minds are intact and we can discharge, re-evaluate, and think of an elegant solution for each new situation. Psychiatric drug use is based on other assumptions.

Some psychiatric drugs can cause permanent physical damage to the central nervous system, or death. Many of them affect the ability to learn.

These drugs may sometimes allow a person to look more “normal,” tolerate unworkable and oppressive conditions in society, stop “anti-social” behavior, and suppress and numb feelings. They are not a real solution. They can add additional layers of hurt, both emotional and physical. Psychiatric drugs are being used more and more to silence people’s struggles against racism, poverty, classism, young people’s oppression, sexism, LGBTQ+ oppression, other oppressions, genocide, and war.

Psychiatric drugs also interfere with emotional healing. They can suppress the discharge process and hide outward indications of distress rather than promote discharge and healing.

The pharmaceutical industry is expanding rapidly and is making huge profits by exploiting the people hurt by oppression. It widely promotes the misinformation that there is “biological/genetic/chemical-imbalance mental illness” and that drugs are the best and only solution.

“Mental Health” and “Mental Illness”

The “mental health” system increasingly requires workers to give drugs to control people’s “symptoms” of “mental illness.” These workers are typically over-worked in under-staffed institutions. They can lose their jobs or be taken to court if they do not give the drugs. They may or may not have access to effective counseling methods.

In addition, health care providers, including physicians, physician assistants, and nurse practitioners, who work in general medicine (and not the “mental health” field) are often expected to prescribe and refill prescriptions for psychiatric drugs. Teachers and school administrators are increasingly pressured to refer young people to the “mental health” system. Forced drugging of people in the “mental health” system is a common practice in much of the world.

RC questions the concept of “mental illness.” We have found that everyone has been hurt, and those hurts show in different ways. The term “mental illness” is used to describe a wide range of behaviors, including heavy, prolonged discharge. Some of these behaviors are the result of experiences of hurt, including oppression and other massive hurts inflicted on people by society.[184] Other behaviors simply do not fit the expectations of our rigid society. People are conditioned to find these behaviors restimulating. As a result, some may push others, as well as themselves, to use drugs in order to both suppress the behaviors and hide the distresses that have caused them.

An increasing number of young people, poor people, Native and Indigenous people, Global Majority people, women, elders, LGBTQ+ people, incarcerated and institutionalized people, people with disabilities, and people oppressed in other ways are being put on these drugs, sometimes without their meaningful consent, in order to hide the hurts being inflicted on them by society.

Psychiatric Drugs Are Not a Solution

Psychiatric drugs are often used as a “solution” to what are perceived to be emotional, learning, and behavioral problems. Young people are particularly vulnerable to lifelong dependence, addiction, life-threatening diseases later in life, or even death, when adults force them to take drugs at an early age. In some countries, parents are threatened with their children being excluded from school or other programs or with losing state benefits or custody of their children if they do not give them drugs.

There are real solutions to people’s emotional, learning, and behavioral problems. They require us to organize for fundamental societal change and to pay thoughtful human attention to the people who have been harmed.

Stopping Drugs Safely

It can be harmful to suddenly stop taking some psychiatric drugs. Therefore, Co-Counselors who decide they want to stop taking psychiatric drugs are advised to consult with a physician, psychiatrist, or other medical professional authorized to prescribe psychiatric drugs, about how they can safely stop taking the drug.

* The brain can be damaged by infections, toxins, physical trauma, and degenerative processes. These are physical injuries and may affect behaviors, feelings, and other human functions. As with similar damage to other parts of the body, this kind of damage to the brain may benefit from medical intervention. This Guideline doesn’t address such physical injuries.