



ERNI
emotions are not illnesses

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www.ernimovement.com



OBJECTIVES OF THE ERNI DECLARATION:

1. To connect and make the voices of ERNI-minded professionals more audible
2. To connect and make the voices of ERNI-minded users of services more audible.
3. To make the principles of ERNI more visible.
4. To influence the development of services

An Invitation

The ERNI Steering Group love meeting new, ERNI minded individuals and groups - to share similar ideas (and those to whom the ideas are new) and to think about the ways we can all connect up what we are doing with each other.

For instance, a few months ago, they were introduced virtually to Jacqueline Harter in South Australia whose tool 'Heartyfacts' offers an alternative way of supporting people to make sense of their experiences, using online mapping technology that aims to avoid the language and structure of therapy or medicine.

They met with Diane Heaven and Ricky Newton from the Yorkshire, UK based, Working for Health, who have an asset based approach to supporting people who have accessed 'mental health services' with employment or training. They were keen to think about the language they have historically used, the way in which the mental health system impacts identity and expectation.

The ERNI declaration is a position statement about what we believe and our general approach to those in distress. It does not offer a unitary practical alternative but, instead, invites others to share examples of being or working that embrace the principles. The aim is to share links to these (alongside personal stories) on the ERNI website.

If you would like members of the steering group to meet with you, or those you work with, please contact us on ernimovement@gmail.com

Please continue to SHARE the declaration. It has now been translated into 6 languages and there are over 1000 signatories. IT IS NOW POSSIBLE TO SEARCH THE REGISTER BY NAME.



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The ERNI committee would like to share the following with our signatories. This is on behalf of ERNI signatory, Chuck Ruby Ph.D., from the International Society for Ethical Psychology & Psychiatry.

If you are an academic or mental health service practitioner and this is something you support, please do consider signing the Open Letter via the link attached:

To all mental health practitioners and academicians...

We need your signature!

ISEPP's action committee, the Coalition Against Medicalized Psychiatry and Psychology (CAMPP), is asking for all mental health practitioners and academicians, worldwide, to join us in signing an Open Letter to the major American mental health professional member organizations. The letter is asking the:

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

...to provide evidence for framing emotional distress and troublesome behaviors as illnesses or defects in a person's biology, and if they can't, to publicly reject the medical model of mental disorder. With this we hope to raise awareness of the harmful effects of that model.

Send me your name, credentials, profession, position, city, state, and country to be appended to the letter. Pass this email on to others in your network and ask them to sign too.

Our plan is to share the above organizations' responses (or lack of responses) with The Washington Post and The New York Times science and/or health editors.



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Welcome

Thanks to funding from the Andrew Wainwright Reform Trust, The ERNI Committee would like to introduce our signatories to ERNI's Project Coordinator, **Gemma Dent**, who we hope many of you will soon manage to meet and communicate with around anything ERNI related!

If you have publicly signed the declaration but cannot see your name on the website, we apologise and ask that you are patient with us whilst we update our systems!