**Correction 2 to Marthijn’s article: the one percent**

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Marthijn Uittenboogaard wrote on June 3, 2016, named “Find the truth … tell it”

([http://www.seksencyclopedie.nl/columns/ca/20160603\_Truth.html](http://www.seksencyclopedie.nl/columns/ca/20160603_Truth.html%20) ) about me and the group JON, as this group should be “a therapy group”.

The two groups, JON (East) en West are explicitly not *therapy* groups, it are *self-help* groups. There is not a therapist with clients, the members help each other. The leader of the conversation leads the conversation, not the members. Therapy is possible for who asks for it, by therapists outside the group sessions. This may help people with several depressions or other heavy problems. It also helps the groups. A self-help group is able to do a lot, but not everything; the group conversation will not be ‘too heavy’.

The principle of a self-help group is explicitly mentioned in every annual report, since 2001 on < <http://www.jorisoost.nl/lees/over_jon.htm> >, Dutch only. The methodology is described on < <http://www.jorisoost.nl/read_more/narrative.htm> > in English language.

The recidivism percentage is searched because such a percentage is mostly used to evaluate methodology to help people. Yes, the percentage of the self-help groups is about the same as the percentage of the professional care. Yes, the sample of the self-help groups is small – yet greater than the about 30 members that moment (now about 50), because I had data about many former members of such groups. Those data cannot be complete, and if there are only few members, the sample can only be small. The sample is also not at random, thus the conclusions may not be more than a prudent hypothesis.

Both self-help groups have not the aim, and surely not the possibility, to change society and its laws. The only aim is helping people who ask for it, about fifty now, trying to help them to live in a social, legal and a bit lucky way in society as it is. Reaching a form of self-acceptation is the start of that process. The method is not ‘therapy’, but self-help: members help each other.

By the way, I never have spoken ever about my “patients”, or maybe only as a joke. “Members” is the usual word for the groups, “clients” for the therapists. Client is a neutral word, meaning that a person asks for help to resolve problems, not meaning that such people is a “patient”, thus mentally ill. The problems are seen as normal problems in a human’s life, not as mental distortions.