

Brain Disabling Treatments In Psychiatry Peter R Breggin Md

Heart of Being Helpful
Psychiatric Drug Withdrawal
The Conscience of Psychiatry
The Ritalin Fact Book
The Antidepressant Fact Book
Wow, I'm an American
Talking Back to Prozac
The Psychology of Freedom
Brain-disabling Treatments in Psychiatry
Psychosocial Approaches to Deeply Disturbed Persons
COVID-19 and the Global Predators
Reclaiming Our Children
Listening to Prozac
Think, Learn, Succeed
The Bitterest Pills
Addiction Is a Choice
Medication Madness
The Antidepressant Solution
Psychiatric Drugs, Hazards to the Brain
The Crazy from the Sane
Psychotherapy of Schizophrenia
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Mad in America
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The Myth of the Chemical Cure
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Don't Shrink to Fit!
Attention-deficit Hyperactivity Disorder
Escaping Emotional Entrapment
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in this biography more than 50 years of media excerpts about dr breggin s work are combined with well over 100 contributions and commentaries about his influence from outstanding leaders in the fields of mental health education and social reform

known as the ralph nader of psychiatry peter breggin has been the medical expert in countless civil and criminal cases involving the use or misuse of psychoactive medications this unusual position has given him unprecedented access to private pharmaceutical research and correspondence files access that informs this straight talking guide to the most prescribed and controversial class of psychoactive medications prescribed for children from how these drugs work in the brain to documented side and withdrawal effects the ritalin fact book is up to the minute and easy to access with its suggestions for non prescriptive ways to treat add and adhd it is essential reading for every parent whose child is on or who has been recommended psychoactive medication

known as the ralph nader of psychiatry dr peter breggin has been the medical expert in countless court cases involving the use or misuse of psychoactive medications this unusual position has given him unprecedented access to private pharmaceutical research and correspondence files information from which informs this straight talking guide to the most prescribed and controversial category of american drugs antidepressants from how these drugs work in the brain to how they treat or don t treat depression and obsessive compulsive panic and other disorders from the documented side and withdrawal effects to what every parent needs to know about antidepressants and teenagers the anti depressant fact book is up to the minute and easy to access hard hitting and enlightening every current former and prospective antidepressant user will want to read this book

in a bold new approach to the lives of the founding fathers and the principles they embraced breggin shows how the same ideals that inspired the american revolution and the declaration of independence can motivate and guide people today to live happier and more satisfying lives

a psychiatrist takes a critical look at this ssri and newer medications that are among the most frequently prescribed drugs in america prozac millions of americans are on it and just about everyone else is wondering if they should be on it too the claims of the pro prozac

chorus are enticing that it can cure everything from depression the only disorder for which prozac was originally approved to fear of public speaking pms obesity shyness migraine and back pain with few or no side effects but is the reality quite different at what price do we buy prozac induced euphoria and a shiny new personality psychiatrist peter breggin md and coauthor ginger ross breggin answer these and other crucial questions in talking back to prozac they explain what prozac is and how it works and they take a hard look at the real story behind today's most controversial drug the fact that prozac was tested in trials of four to six weeks in length before receiving fda approval the difficulty prozac's manufacturer had in proving its effectiveness during these tests the information on side effects that the fda failed to include in its final labeling requirements how prozac acts as a stimulant not unlike the addictive drugs cocaine and amphetamine the dangers of possible prozac addiction and abuse the seriousness and frequency of prozac's side effects including agitation insomnia nausea diarrhea loss of libido and difficulty reaching orgasm the growing evidence that prozac can cause violence and suicide the social and workplace implications of using the drug not to cure depression but to change personality and enhance performance using dramatic case histories as well as scientific research and carefully documented evidence the breggins expose the potentially damaging effects of prozac they also describe the resounding success that has been achieved with more humane alternatives for the treatment of depression talking back to prozac provides essential information for anyone who takes prozac or is considering taking it and for those who prescribe it

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at a time when biological psychiatry claims that drugs and electroshock are the best methods for helping deeply disturbed persons mental health professionals need to be reminded that psychological and social approaches to mental illnesses remain more effective less harmful and much more able to address the real needs of recovery growth and development for affected persons psychosocial approaches to deeply disturbed persons empowers counselors psychiatrists psychologists and social workers to trust their intuitive and clinical understanding of how to help seriously disturbed people through humane caring approaches psychosocial approaches to deeply disturbed persons introduces mental health professionals to an array of psychological and social alternatives that are available for helping patients considered psychotic or very emotionally disturbed focusing on psychological and social approaches to helping people who become labeled psychotic or who carry serious psychiatric diagnoses contributors show mental health professionals psychological social and spiritual alternatives for approaching or treating these individuals readers learn about a successful model for nonmedical non drug residential treatment centers utilizing the artwork of psychotic patients case histories of psychoanalytic therapy group therapy to help families with a schizophrenic member improve communication re evaluation counseling rc with disturbed individuals psychoanalytically oriented therapy world health organization research which demonstrates the positive effect of extended family and social relationships and the

negative effect of modern biopsychiatric treatment research demonstrating the efficacy of psychotherapy with persons labeled schizophrenic these chapters combined with a review of empirical studies demonstrate to readers the efficacy of psychotherapy with psychotic patients students or experienced professionals in any of the mental health fields including psychotherapy counseling clinical psychology clinical social work and re evaluation counseling will find psychosocial approaches to deeply disturbed persons a necessity for most effectively and humanely treating clients with serious psychiatric diagnoses

covid 19 and the global predators is much more than an analysis of the current exploitation of humanity under cover of the sars cov 2 pandemic it discloses for the first time the actual blueprint and master plan that that was ten years in the making by global predators before the pandemic a plan to reorganize the world in the name of public health billionaires government agencies giant funds and major industries collaborated years ahead of time to lay the groundwork for what would become operation warp speed and the great reset in 2020 all this is disclosed individuals and groups are named and their plans for the future are documented the book concludes with chapters on what america and the world must do in the coming weeks and months to save humanity s freedoms many top medical and public health experts treating and examining covid 19 agree this is the most comprehensive book about who and what is behind the draconian measures that are crushing individual freedoms and many of the societies and economies of the western world including the united states canada great britain and australia three of these medical doctors have confirmed this in their introductions to the book physicians peter mccullough md mph vladimir zev zelenko md and elizabeth lee vliet md they are echoed by endorsements from robert f kennedy jr and paul alexander phd this book thoroughly documents solid answers to these tragic questions about the global predators who are reaping enormous benefits from covid 19 suffering including wealth power and the destruction of america as an opposition to globalism who are the they these global predators what are their motives and their plans for us how can we defend against them why did they plan warp speed for a sars cov pandemic years before it came distribute mrna and dna vaccines that killed lab animals and now humans collaborate with the chinese making pandemic viruses bioweapons hide the origin of sars cov 2 in the wuhan institute let china spread the virus around the world on passenger planes give so much power to dr anthony fauci why do they continue to prohibit cheap available safe and effective covid 19 treatments impose draconian closures on our society and economy disproportionately harm or destroy small businesses and churches make us wear masks and distance ourselves from each other exaggerate the death rate from covid 19 to frighten us hide the high and growing vaccine death rate from all of us make experimental vaccines that turn our bodies against ourselves dr breggin is a physician with 70 scientific articles and 20 medical texts and popular books he is among the world s most experienced medical experts in landmark legal cases in psychiatry and neurosurgery and now in covid 19 the breggins bestsellers include talking back to prozac and toxic psychiatry their research led the united states to cancel the deadly chinese collaboration breggin is an intrepid scholar and is assiduous and methodological as he assembles all the pieces to the

puzzle his research carried out with his wife ginger is impeccable and his incisive approach sears the neck of those whose aim it is to wield power control and instill fear among the world's wealthiest nations

in response to the recent rash of teen violence in our schools a noted psychiatrist delivers a passionately argued yet highly prescriptive blueprint for healing our relationships with our children

the new york times bestselling examination of the revolutionary antidepressant with a new introduction and afterword reflecting on prozac's legacy and the latest medical research peter kramer is an analyst of exceptional sensitivity and insight to read his prose on virtually any subject is to be provoked enthralled illuminated joyce carol oates when antidepressants like prozac first became available peter d kramer prescribed them only to hear patients say that on medication they felt different less ill at ease more like the person they had always imagined themselves to be referencing disciplines from cellular biology to animal ethology dr kramer worked to explain these reports the result was listening to prozac a revolutionary book that offered new perspectives on antidepressants mood disorders and our understanding of the self and that became an instant national and international bestseller in this thirtieth anniversary edition dr kramer looks back at the influence of his groundbreaking book traces progress in the relevant sciences follows trends in the use and public understanding of antidepressants and assesses potential breakthroughs in the treatment of depression the new introduction and afterword reinforce and reinvigorate a book that the new york times called originally insightful and intelligent and informative a window on a medicine that is telling us new things about the chemistry of human character

our thought lives have incredible power over our mental emotional and even physical well being in fact our thoughts can either limit us to what we believe we can do or release us to experience abilities well beyond our expectations when we choose a mindset that extends our abilities rather than placing limits on ourselves we will experience greater intellectual satisfaction emotional control and physical health the only question is how backed by up to date scientific research and biblical insight dr caroline leaf empowers readers to take control of their thoughts in order to take control of their lives in this practical book readers will learn to use the 5 step switch on your brain learning program to build memory and learn effectively the gift profile to discover the unique way they process information the mindfulness guide to optimize their thought life and find their inner resilience dr leaf shows readers how to combine these powerful tools in order to improve memory learning cognitive and intellectual performance work performance physical performance relationships emotional health and most importantly a meaningful life well lived each of us has significant psychological resources at our fingertips that we can use in order to improve our overall well being dr leaf shows us how to harness those resources to unlock our hidden potential

a challenging reappraisal of the history of antipsychotics revealing how they were

transformed from neurological poisons into magical cures their benefits exaggerated and their toxic effects minimized or ignored

politicians and the media tell us that people who take drugs including alcohol or nicotine cannot help themselves they are supposedly victims of the disease of addiction and they need treatment the same goes for sex addicts shopping addicts food addicts gambling addicts or even addicts to abusive relationships this theory which grew out of the temperance movement and was developed and disseminated by the religious cult known as alcoholics anonymous has not been confirmed by any factual research numerous scientific studies show that addicts are in control of their behavior contrary to the shrill mindless propaganda of the war on drugs very few of the people who use alcohol marijuana heroin or cocaine will ever become addicted and of those who do become heavy drug users most will matruue out of it in time without treatment research indicates that treatment is completely ineffective an absolute waste of time and money instead of looking at drub addiction as a disease dr schaler proposes that we view it as willful commitment or dedication akin to joining a religion or pursuing a romantic involvement while heavy consumption of drugs is often foolish and self destructive it is a matter of personal choice

dr breggin presents this fascinating frightening and dramatic look at people driven to suicide murder and other violent behaviors by the psychotropic medications that were meant to help them

emphasizes selective serotonin reuptake inhibitors ssris like prozac and paxil

inevitably every psychotherapist has some experience with severely disturbed patients consequently they will turn with excitement to this important new book which is a stunning attempt by two knowledgeable persevering psychotherapists to present their understanding and sound therapeutic approach to these difficult and challenging patients the authors argue that the treatment of choice is clearly psychotherapy and that such treatment can be successful and as long lasting for schizophrenic patients as it is for neurotic patients but the journey may be longer and it may take more time to traverse the task of therapy is to untangle the past from the present to make the future conceivable the volume provides a thorough historical overview of the theoretical and clinical approaches to the problem of schizophrenia including the views of leading contemporary clinicians on the topic in general the major clinical controversies have been regarded as issues of whether to focus on past present or future reality or fantasy affects exploration or relationship whether the therapist should be active or passive and how to handle regression the authors argue that these are the wrong issues they say that the task of therapy is to untangle the past from the present to make the future conceivable reality and fantasy are intertwined and must both be dealt with affects are central to all therapy and emphasis on anger despair loneliness terror and shame are all necessary as is the clarification of affect and the acceptance of positive affect activity versus passivity is again in the wrong question the right one is what action is helpful when it is helpful and when is not doing anything helpful regression is inevitable should one accept it fully or try to limit it

this has no general answer other than do what is necessary i e unavoidable or most helpful to a particular patient at a particular time

broadly scanning the biologically oriented treatments for psychological disorders in 20th century psychiatry the authors raise serious questions about the efficacy of the somatic treatments for psychological distress and challenge the widespread preference for biologically based treatments as the treatments of choice for graduate and undergraduate courses in clinical social and health psychology behavioral medicine psychotherapy and psychoanalysis psychopharmacology psychiatry and clinical social work

this is an amazing text on the subject of coming off psychotropic drugs this book is for anyone who has an interest in the preparation and process of what it takes to learn to come off these drugs and live life without them amazing stories of many who had been led to believe they were ill and now live life outside of the constricting paradigm of mental disease a must read for therapists doctors users of these drugs and their family members

an updated edition of the classic history of schizophrenia in america which gives voice to generations of patients who suffered through cures that only deepened their suffering and impaired their hope of recovery schizophrenics in the united states currently fare worse than patients in the world s poorest countries in mad in america medical journalist robert whitaker argues that modern treatments for the severely mentally ill are just old medicine in new bottles and that we as a society are deeply deluded about their efficacy the widespread use of lobotomies in the 1920s and 1930s gave way in the 1950s to electroshock and a wave of new drugs in what is perhaps whitaker s most damning revelation mad in america examines how drug companies in the 1980s and 1990s skewed their studies to prove that new antipsychotic drugs were more effective than the old while keeping patients in the dark about dangerous side effects a haunting deeply compassionate book updated with a new introduction and prologue bringing in the latest medical treatments and trends mad in america raises important questions about our obligations to the mad the meaning of insanity and what we value most about the human mind

it is my feeling that debilitating shame and guilt are at the root of all dysfunctions in families says jane middelton moz a few common characteristics of adults shamed in childhood you may suffer extreme shyness embarrassment and feelings of being inferior to others you don t believe you make mistakes you believe you are a mistake you feel controlled from the outside and from within you feel that normal spontaneous expression is blocked you may suffer from debilitating guilt you apologize constantly you have little sense of emotional boundaries you feel constantly violated by others you frequently build false boundaries if you see yourself in any of these characteristics you can learn how shame keeps you from being the person you were born to be and how to change that shame and guilt describes how debilitating shame is created and fostered in childhood and how it manifests itself in adulthood and in intimate relationships through the use of myths and fairytales to portray different shaming environments dr middelton moz allows you to reach the shamed child

within you and to add clarity to what could be difficult concepts read shame and guilt you re worth it

issuing a passionate much needed wake up call for everyone who plays a part in america s ever increasing dependence on harmful psychiatric drugs a psychiatrist breaks through the hype and false promises surrounding the new psychiatry and shows how potentially dangerous even brain damaging many of its drugs and treatments are

a much praised memoir of living and surviving mental illness as well as a stereotype shattering look at a tenacious woman whose brain is her best friend and her worst enemy time elyn r saks is an esteemed professor lawyer and psychiatrist and is the orrin b evans professor of law psychology psychiatry and the behavioral sciences at the university of southern california law school yet she has suffered from schizophrenia for most of her life and still has ongoing major episodes of the illness the center cannot hold is the eloquent moving story of elyn s life from the first time that she heard voices speaking to her as a young teenager to attempted suicides in college through learning to live on her own as an adult in an often terrifying world saks discusses frankly the paranoia the inability to tell imaginary fears from real ones the voices in her head telling her to kill herself and to harm others as well as the incredibly difficult obstacles she overcame to become a highly respected professional this beautifully written memoir is destined to become a classic in its genre

health care regulatory agencies demand that patients receive efficient competent compassionate care however because of caregivers own unhealed issues along with other factors care often falls short of those goals melanie sears rn mba phd leverages more than thirty years of nursing experience to look at what really prevents patients from getting the care they need and health care workers from getting the support needed to thrive in the stressful environment of health care from domination style management fear and judgment based practitioner relationships and a poignant separation between physical mental and emotional care the costs of these factors are enormous sears argues that the most effective way to evolve this problematic culture is to shift the language used by those providing care

dr breggin presents this fascinating frightening and dramatic look at people driven to suicide murder and other violent behaviors by the psychotropic medications that were meant to help them

this book exposes the traditional view that psychiatric drugs correct chemical imbalances as a dangerous fraud it traces the emergence of this view and the way it supported the vested interests of the psychiatric profession the pharmaceutical industry and the modern state instead it is proposed that psychiatric drugs work by creating abnormal brain states which are often unpleasant and impair normal intellectual and emotional functions along with other harmful consequences research on antipsychotics antidepressants and mood stabilisers is examined to demonstrate this thesis and it is suggested that acknowledging

the real nature of psychiatric drugs would lead to a more democratic practice of psychiatry
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this is the first book to establish guidelines and to assist prescribers and therapists in withdrawing their patients from psychiatric drugs including those patients with long term exposure to antipsychotic drugs benzodiazepines stimulants antidepressants and mood stabilizers it describes a method developed by the author throughout years of clinical experience consultations with experienced colleagues and scientific research based on a person centered collaborative approach with patients as partners this method builds on a cooperative and empathic team effort involving prescribers therapists patients and their families or support network the author known for such books as talking back to prozac toxic psychiatry and medication madness is a lifelong reformer and scientist in mental health whose work has brought about significant change in psychiatric practice this book provides critical information about when to consider psychiatric drug reduction or withdrawal and how to accomplish it as safely expeditiously and comfortably as possible it offers the theoretical framework underlying this approach along with extensive scientific information practical advice and illustrative case studies that will assist practitioners in multiple ways including in how to recognize common and sometimes overlooked adverse drug effects that may require withdrawal treat emergencies during drug therapy and during withdrawal determine the first drugs to withdraw during multi drug therapy distinguish between withdrawal reactions newly occurring emotional problems and recurrence of premedication issues estimate the length of withdrawal

the book that tells the reader the truth behind the testing of prozac and its potentially frightening side effects find out what prozac s label doesn t say the panic and anxiety prozac can cause not cure what prozac has in common with cocaine and amphetamines cases of sexual dysfunction from prozac particularly in men and much more martin s press

this 8 5 x 11 comb bound workbook provides a master set of the assessment and treatment forms questionnaires and handouts recommended by barkley in attention deficit hyperactivity disorder a handbook for diagnosis and treatment second edition formatted for easy photocopying many of these materials are available from no other source all child and adult interview forms and rating scales have been completely revised for dsm iv and new norms for many of the scales have been provided also included are a fact sheet for parents and teachers of children with adhd as well as adhd diagnosed adults daily school report cards for monitoring academic progress and more

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The Little White Lies We Tell Ourselves (and Others): Unpacking Self-Enhancement Lying

We all want to be seen in the best possible light. But where does harmless puffery end and self-enhancement lying begin? It's a blurry line, isn't it? We casually embellish achievements, downplay failures, and subtly inflate our skills in everyday conversation. Is this inherently bad? A harmless social lubricant? Or a slippery slope towards a more dishonest self-image? Let's delve into the fascinating – and often uncomfortable – world of self-enhancement lying. Defining the Beast: What Exactly is Self-Enhancement Lying? Self-enhancement lying refers to the intentional distortion of information about oneself to present a more positive or favorable image. This isn't necessarily about outright fabrication; it often involves subtle exaggerations, omissions, or strategically chosen narratives that sculpt a more impressive self-portrait. It's about managing the impression we make on others, bolstering our self-esteem, and potentially even gaining advantages. Think of the job interview where you subtly exaggerate your experience with a particular software, or the casual conversation where you gloss over a failure, emphasizing the eventual success. It's a pervasive behavior, woven into the fabric of social interaction. The Psychology Behind the Puffery: Why Do We Do It? The motivations behind self-enhancement lying are multifaceted. Firstly, it's often driven by a desire for self-esteem maintenance. Boosting our perceived competence, even if falsely, can provide a much-needed confidence boost. Secondly, it can serve a social function. Presenting ourselves in a favorable light can help us secure jobs, attract romantic partners, and foster positive social connections. Thirdly, it can be a defense mechanism against perceived threats to our self-worth. Downplaying failures can protect our fragile ego from the sting of criticism or rejection. Consider the student who minimizes their struggles with a difficult course to maintain a facade of effortless academic success. The Spectrum of Self-Enhancement Lies: From Mild to Malicious It's crucial to understand that self-enhancement lying exists on a spectrum. At one end are the relatively harmless "white lies," like slightly exaggerating a positive experience to make a story more engaging. At the other end are more serious forms of deception, involving outright fabrication or significant distortions of reality, potentially causing harm to others. For example, exaggerating qualifications on a resume falls into a more serious category, as it has the potential to impact others' trust and even their jobs. The key difference often lies in the intention and the potential consequences. The Ripple Effect: Consequences of Self-Enhancement Lying While seemingly innocuous, consistent self-enhancement lying can have serious repercussions. It can erode trust in relationships, both personal and professional. Repeatedly exaggerating achievements can create a disconnect between self-perception and reality, leading to a precarious sense of self.

Furthermore, relying on self-enhancement as a coping mechanism can hinder personal growth; avoiding honest self-reflection prevents learning from mistakes and limits opportunities for genuine self-improvement. The person who constantly avoids acknowledging their flaws will struggle to address them. Navigating the Ethical Minefield: How to Be Authentic Without Being Self-Deprecating The alternative to self-enhancement lying isn't self-deprecation. Instead, strive for authenticity. This involves honestly presenting your strengths while acknowledging your weaknesses. This doesn't mean broadcasting your failures; it involves being comfortable with your vulnerabilities and accepting that imperfection is part of the human experience. Focus on clearly communicating your skills and experience in a factual and straightforward manner.

Conclusion: Finding the Balance Between Self-Presentation and Honesty Self-enhancement lying is a complex behavior with nuanced motivations and far-reaching consequences. While a degree of self-promotion is natural and even necessary in many social contexts, it's crucial to maintain a balance between presenting oneself favorably and remaining honest. Cultivating self-awareness, understanding your motivations, and practicing mindful communication are key to navigating this ethical minefield. Authenticity, not fabricated perfection, is the foundation of genuine connection and lasting self-respect.

Expert-Level FAQs: 1. How does self-enhancement lying differ from other forms of deception, such as self-deception? Self-enhancement lying involves intentional distortion of information presented to others, while self-deception may involve unconscious distortions of reality for oneself. 2. Can self-enhancement lying ever be beneficial? In limited circumstances, minor self-enhancement might improve confidence or navigate social situations. However, the long-term consequences generally outweigh any short-term benefits. 3. What are the neurological underpinnings of self-enhancement lying? Research suggests brain regions associated with reward processing and self-referential thought are involved, reinforcing the behavior. 4. How can one identify self-enhancement lying in others? Inconsistencies in narratives, lack of specific details, and overly positive self-descriptions should raise suspicion. However, remember confirmation bias can cloud judgment. 5. What therapeutic interventions can address excessive self-enhancement lying? Cognitive behavioral therapy (CBT) can help individuals identify and modify maladaptive thought patterns and behaviors associated with self-enhancement lying, fostering a more realistic and balanced self-perception.

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