

Warning: Weaning yourself off psych-drugs **WITHOUT** implementing the necessary therapies, and, as psychosis is not cured, the return to psychiatry is guaranteed. - The **objective** must be the cure of psychosis by means of a combination of adequate nutri-, psycho- and socio-therapies. Integrated to these therapies, weaning becomes then possible without relapse.

CURING so-called Mental Illnesses without psych-drugs (medications)

Non-exhaustive Bibliography of Publications in English, compiled by [Luc De Bry, PhD.](#) - Images and sky blue titles contain links to Internet sites. - Names in sky blue lead to CVs, biographies and possible lists of academic publications.

1. Documentaries by DANIEL MACKLER , psychologist and film-maker of New-York.	
	a) Film : « Take these Broken Wings » - With among others Joanne Greenberg and Catherine Penney , two ex-schizophrenics cured of their childhood traumas, and several psychologists and psychiatrists, all humanistic, holistic and competent in healing psychosis. - This generates HOPE!
	b) Film : « Open Dialogue » - With the team from Western Lapland, Northern Finland, where they succeeded in eradicating schizophrenia , thanks to their innovation, the " Open Dialogue Therapy ". So, they help sufferers to heal the wounds of their souls. - This is THEORY!
	c) Film : « Healing Homes » - <i>The best medicine is Love !!!</i> - Inspired by the Therapeutic Community of the Town GEEL, in Belgium , where, from the 7 th to the 19 th century, one could heal from psychosis, schizophrenia, that is before psychiatry, 1808, CARINA HAKANSSON founded the " Family Care Foundation " and the " Extended Therapy Room " of Sweden . This is PRACTICE!
2. Success Stories by ex-diagnosed « schizophrenic », « bipolar », etc	
	Highly acclaimed Blog, by MONICA CASSANI , « Everything Matters: BeyondMeds ». She writes critically about the system , as well as about holistic pathways of healing without medication .
	Book by ARNHILD LAUVENG , « A Road back from Schizophrenia : a Memoir ». Ex-diagnosed schizophrenic, and cured, she realized her dream: to become a psychologist. * TO STUDY: Her Memoir is not for reading: it must be studied, sitting at a table, taking notes. Arnhild is our Professor! - For example, she teaches us that sufferers "create" hallucinations which is an absolute necessary step towards healing. "Open Dialogue" therapists speak about "metaphors". And the more the sufferers can find the WORDS they need to describe the traumas that have happened to them, and the more the wounds of their souls can heal, until they are cured. - In order to heal, she had to go through 3 episodes of trials and errors to build her adequate Support Network.
	Books and videos by Dr. DANIEL B. FISHER , « Heartbeats of Hope: the Emporwement Way to Recover ». Ex-schizophrenic who became psychiatrist, Daniel developed the e-CPR approach : E = Emotional, C = Connection, P = emPowering, and R = Revitalizing, to help Sufferers to heal.
	Film by KATRINE BORRE : « Mette's Voice ». - For 4 years, Katrine followed the healing journey of METTE , a former nurse who fell into schizophrenia and psychiatry.
	Conference by OLGA RUNCIMAN , « Building Bridges in Everyday Life ». - Olga was a psychiatric nurse who suffered schizophrenia. Psychiatrists told her it is an incurable. She healed without them, and graduated in Psychology. Today, at " Psycovery ", she is helping others to heal.
	Video, Ted-Talk by ELEANOR LONGDEN , « The Voices in my Head ». - Ex-schizophrenic, she is now Professor of Psychology at the « The Psychosis Research Unit », UM, UK.
	Blog by MICHAEL CORNWALL , a Jungian/Laingian psychotherapist who healed from madness without medication or treatment. He helped Sufferers in psych-drugs-free Diabasis-like sanctuaries .
	Book by ex-anorexic MARYA HORNBACHER , « Wasted, updated edition : A Memoir of Anorexia and Bulimia ». It is a classic of psychology and a New York Times best-seller.
	Book by SEAN BLACKWELL , « Am I Bipolar or Waking Up ? ». After his traumatic stay in psychiatry, with restraints and forced injections of poisonous drugs, a paradigm shifter, Sean offers hope to the thousands of people trying to make sense of their own misunderstood divine madness.
	Book by ISABEL PLASMEIJER , « The Wolf in Sheep's Clothes: Especially for Parents and other Allies ». - This workbook is full of quotes and tips from coaches, psychologists, and ex-anorexics. - Cured by PEGGY CLAUDE-PIERRE , she is now coaching anorexics to get cured too: Isa-Power .
	Book by RON COLEMAN , « Recovery : an Alien Concept ». Edited by ELEANOR LONGDEN , it explores how Ron gave up being a "chronic schizophrenic" and went back to being Ron.
	Book by WILL HALL , « Harm Reduction Guide to Coming-off psych-drugs ». After psychiatry under constraint, he healed and he is committed to the defence of the rights of patients in psychiatry.
	Blog by LAURA DELANO , « The Inner Compass » thrives towards a future of interconnected individuals and communities flourishing beyond the mental health system, including " Withdrawal ".
	Former assistant in psychiatry, suffering depression, KATIE MOTTRAM used alternatives to heal. She founded Emerging Proud , and is editing very inspiring Grassroots Social Movement Books .
	Book by MARY & JIM MADDOCK : « Soul Survivor : A personal Encounter with psychiatry ». Since then, she became an international leader advocating for a better mental health system.
	Book by JIM GOTTSTEIN : « The Zyprexa Papers ». After he became a lawyer, Jim suffered psychosis. He discovered a major scandal behind psych-drugs causing chronic iatrogenic diseases.
Article	By DYLAN CHARLES : « The Difference between my Psychiatrist and my Shaman ».

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3. Shamans, ancestors of philosophers, psychologists, doctors and pharmacists	
	Film by anthropologist PHIL BORGES , « CRAZYWISE ». He parallels the two approaches to psychosis: that of traditional and indigenous culture, practiced by the Shamans, or "Healers", including the Dalai Lama, and that of modern western culture practiced by psychiatrists and psychologists.
	By Dr. MALIDOMA PATRICE SOME , chapter extract « What a Shaman sees in a psychiatric hospital ». From STEPHANIE MAROHN (ed.), « The Natural Medicine Guide to Schizophrenia ».
	Multi-authored book edited by CATE MONTANA , « Shamanism in the new Millennium ». It is an exploration of shamanism revealing the journey of a person called by Spirit to become a shaman/healer.
Article	By JONATHAN DAVIS : « An Indigenous Approach to Healing Traumas ».
4. By Occidental Professionals, Nutri-therapy and Psychotherapy to Cure	
	Book TO STUDY, translated into 24 languages, by PEGGY CLAUDE-PIERRE , psychologist, mother of two ex-anorexics, « The Secret Language of Eating Disorders ». Anorexia is the greatest cause of death in psychiatry. Believing she was doing the right thing, pioneer Peggy made one mistake in her career: she agreed to participate in the TV show of OPRAH WINFREY . Realizing that, at her Montreux Clinic , she was curing Sufferers of mental illnesses, without psych-drugs, big-pharma lobbied to attack her with virulence and made her a martyr... - Fortunately, angels do not die : Her discoveries of the "Confirmed Negative Condition" and of the "5 Stages of Curing" are major shifts in paradigm. The hundreds of Sufferers she cured and their parents are all very grateful. Her 2nd book with case studies is under writing.
	Book by MARCIA HINDS , psychologist and mother of an autistic, « I Know You're in There: Winning our War against Autism », tells how, through diet, applied behavior analysis, consistent and rigorous medical treatment, and more , Ryan's family was able to overcome autism to live a happy "typical" life.
	Book by Dr. MELINDA SHARMA , PhD in Immunology and Microbiology, mother of an autistic, « A Parent's Guide to the common Immune System Issues in Autism Spectrum Disorder ». With list of tests.
	Book by KARYN SEROUSSI , « Unraveling the Mystery of Autism and Pervasive Developmental Disorder: a Mother's Story of Research and Recovery ». - Adjusting diet was key . Her son is cured.
	Videos, Prof. Dr. JAAKKO SEIKKULA , « 7 Principles of Open Dialogue », « Open Dialogue with Families ». - A remarkable success, the development of the "Open Dialogue" innovation in Western Lapland, made it possible, after 25 years of efforts, to eradicate schizophrenia . Within 5 years of the crisis, 80-85% of sufferers are "psych-drugs-free" and in full-time studies or job. - Jaakko's book .
Conference	By Dr. psychiatrist, BIRGITTA ALAKARE , « Open Dialogue », and the selective use of medications.
Video	Dr. psychologist MARY OLSON , « The Power of Open Dialogue », whatever the culture, the context.
Conference	By Dr. psychiatrist CHRIS GORDON , « Open Dialogue », under installation at Boston, MA, USA.
Conference	By Prof. Dr. JOHN READ , « Social Causes of Human Distress ». - Book (ed.): « Models of Madness ».
	Book by Prof. Dr. psychiatrist RUSSELL RAZZAQUE , « Dialogical Psychiatry: a Handbook for the Teaching and Practice of Open Dialogue ». About installing "Open Dialogue" in the NHS of the UK.
	Videos and Books by Dr. KELLY BROGAN , « Psychiatrist Links Psych Drugs to Violence, Suicide and Homicide ». Her most recent book: « Own Yourself: the Surprising Path beyond Depression, ... ».
	Book by Dr. psychiatrist BESSEL VAN DER KOLK , « The Body Keeps the Score : Brain, Mind, and Body ». Trauma is part of life and Bessel shows our extraordinary ability to suffer, but also to heal.
	* TED-Talk by Dr. neuropsychiatrist DANIEL AMEN , « The most important Lessons from 83000 Brain Scans ». At the minute 3:41, how does a brain damaged by psych-drugs look like?... With nutri-therapy, it takes 10 to 15 years to heal the injured brain. - 2nd video: « Change your Brain, Change your Life ».
	Book by Dr. ABRAHAM HOFFER , biochemist and psychiatrist, « Orthomolecular Treatment for Schizophrenia ». Nutritional deficiencies caused by psych-drugs must be compensated to cure psychosis.
	Book edited by MARIUS ROMME , SANDRA ESCHER , JAQUI DILLON , DIRK CORSTENS and MERVYN MORRIS , « Living with Voices: 50 Stories of Recovery ». A groundbreaking book !
	Book by Dr. EDWARD M. PODVOLL , psychiatrist and psychanalyst: « Recovering Sanity: A Compassionate Approach to Understanding and Treating Psychosis ». A book full of hope!
	Book by LOREN MOSHER and VOYCE HENDRIX : « Soteria: through Madness to Deliverance ». It tells about a noble experiment to alleviate oppression and suffering without destroying their victims.
	Book Dr. NORMAN DOIDGE , neurologist : « The Brain's Way of Healing ». (2016) - Healing from psychosis involves, among other things, rewiring the brain by neuroplasticity.
	Book by Dr. psychiatrist DAVID HEALY : « Psychiatric Drugs Explained », 6th edition. Here is information on each class of drugs, independent of big-pharma, presenting their real effects and risks.
	Book by Dr. psychiatrist JOANNA MONCRIEFF : « The Bitterest Pill: the Troubling Story of antipsychotic drugs ». She founded the "UK Critical Psychiatry Network".
	Book by Dr. psychiatrist SANDRA STEINGARD (ed.): « Critical Psychiatry: Controversies and Clinical Implications ». A guide for incorporating transformational strategies into clinical work. + Article .
	* Books by R WHITAKER , « Mad in America », « Anatomy of an Epidemic », « Psychiatry under the Influence ». * Video ROBERT WHITAKER and JAAKKO SEIKKULA : « Humanistic psychiatry ? »
	WORLD HEALTH ORGANISATION : « Report Intl. Schizophrenia Study (1973) », « Schizophrenia, an Intl. Follow-up Study (1979) », « Recovery from Schizophrenia : an Intl. Perspective (2007) ».

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