



CRITICAL RESEARCH ON MODERN PSYCHIATRY & PSYCHOPHARMACOLOGY

A BIBLIOGRAPHY OF PUBLICATIONS
PREPARED BY THE ASSOCIATION OF CERTIFIED BIBLICAL COUNSELORS (ACBC)

These works from within psychology and psychiatry reveal research that questions the long-held beliefs of psychiatric progress. While Christians do not agree with the solutions that each author gives, all shed light on the scientism in psychiatry that has lead to confusion regarding problems in life and Scripture's sufficiency to address them.

Breggin, Peter. *Toxic Psychiatry: Why Therapy, Empathy and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the "New Psychiatry."* New York: St. Martin's Press, 1991.

The author, a former teaching fellow at Harvard Medical School and consultant with the National Institute of Mental Health, has been writing for years on topics surrounding psychiatric medical treatments. This volume presents a critical case against the medicalization of psychiatry and argues for an empathetic and humane approach to care.

Carlat, Daniel. *Unhinged: The Trouble with Psychiatry - A Doctor's Revelations About a Profession in Crisis.* New York: Free Press, 2010.

A Harvard-trained psychiatrist, the author reveals the risks of psychiatric diagnoses and the various medications prescribed to treat them. This volume attempts to demonstrate the unsettling connections and collusion between psychiatry and the pharmaceutical companies which produce psychotropic drugs.

Dineen, Tana. *Manufacturing Victims.* Westmount, QC, Canada: Robert Davies Multimedia, 1998.

Dr. Dineen is a former licensed psychologist who intends to expose psychology as an industry out to sell services, gain influence and make money at the expense of both the authentic victims and the fabricated victims manufactured by the industry.

Frances, Allen. *Saving Normal: An Insider's Revolt Against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life.* New York: William Morrow, 2013.

The former task-force chair of the DSM IV reveals how revisions of the DSM consistently contribute to a hyperinflation of psychiatric diagnoses by labeling millions of otherwise normal people as "mental patients." Frances also provides a historical review of popular approaches in the psychiatric medical profession that have driven this dangerous treatment trend.

Greenberg, Gary. *The Book of Woe: The DSM and the Unmaking of Psychiatry.* London: Blue Rider Press, 2013.

This volume contains a history of the origins, development, and evolution of the DSM. Greenberg attempts to demonstrate how the use of this "bible of psychiatry" has treated typical human suffering as a commodity and how the American Psychiatric Association has benefited financially and politically.

Healey, David. *The Antidepressant Era.* Cambridge, MA: Harvard. University Press, 1997.

David Healey, a respected psychiatrist and professor at Bangor University in the United Kingdom, provides a brief history of psychopharmacology. He focuses on the development and research that birthed antidepressant medication. This volume gives insight to the impact of antidepressant medication as a cultural phenomenon.

Healey, David. *Let Them Eat Prozac: The Unhealthy Relationship Between the Pharmaceutical Industry and Depression*. New York: NYU Press, 2006.

Many assume that side effects are the only problems with SSRIs (antidepressants). Healey demonstrates through the drugs' developmental history, his own research and experience, and case histories, that the problems with SSRIs are not bound to the labeled side-effects. He exposes much of the research development and marketing schemes that created the beliefs that SSRIs were a curative miracle pill.

Kirsch, Irving. *The Emperor's New Drugs – Exploding the Antidepressant Myth*. London: The Bodley Head, 2009.

Kirsch unveils that instead of demonstrating general medical consensus and drug efficacy, a 15-year study researching the effectiveness of antidepressant drugs has shown that what everyone “knew” to be true about these drugs is actually false. What the medical community has promoted as the cornerstone of psychiatric intervention has turned out to be a faulty consensus.

Milton, Joyce. *The Road to Malpsychia: Humanistic Psychology and Our Discontents*. San Francisco: Encounter Books, 2002.

In this review, Milton shows the momentary triumph of the self-centered humanistic psychology movement. However, she highlights that the natural consequence of a movement which is constantly “impatient with human limitations” eventually creates a culture of selfishness and narcissism.

Moncrieff, Joanna. *The Myth of the Chemical Cure: A Critique of Psychiatric Drug Treatment*. London: Palgrave Macmillan, 2007.

Moncrieff attempts to expose the view that psychiatric drugs target an underlying and demonstratable etiology of disease. Through a historical review of the origins, marketing, and science of psychopharmacology, the author suggests that there is no conclusive evidence that these drugs act in a way to fulfill their promise.

Peele, Stanton. *The Diseaseing of America: How We Allowed Recovery Zealots and the Treatment Industry to Convince Us We Are Out of Control*. Hoboken, NJ: Wiley, 1999.

In this landmark book, the author documents the scientific fallacies of the disease model of addiction as a movement. This model sets up the sufferer in a context of irresponsibility which typically results in relapse of substance abuse and a continuing problem of emotional distress and disturbance.

Taylor, Michael A. *Hippocrates Cried: The Decline of American Psychiatry*. Oxford: Oxford University Press, 2013.

As an internationally known neuropsychiatrist, Taylor argues that the “mentally ill” are no longer being provided ethical or empathetic care. Instead, through the over-reliance of the DSM, and its subsequent neglect of important conditions and symptoms, many of those in the mental health field improperly diagnose their patients' conditions.

Whitaker, Robert. *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*. New York: Crown Publishing Group, 2010.

Science and history writer, Robert Whitaker, investigates the dramatic rise of those labeled as “mentally ill” over the past twenty years in America. He reveals how other non-Western societies have begun to alter their approach to psychopharmacology and now report much improved outcomes due to a diminished reliance upon these drugs.

Whitaker, Robert. *Mad in America: Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill*. New York: Perseus Publishing, 2002.

In this volume, Whitaker traces the history of modern psychiatry from colonial America through the present. The author focuses on the inhumane treatment of those marked as “mad” throughout the years through radical treatments based more in folklore than medical science.

