

## TREATMENTS FOR MENTAL DISORDERS: PSYCHOTHERAPY vs DRUGS

by Robert M. Young

My presentation will be in two parts. The first, on 15<sup>th</sup> November, is a screening of a full-length documentary entitled 'Take These Broken Wings' and is about full recovery from schizophrenia solely by means of intensive psychotherapy. One of the patients is Joanne Greenberg, author of *I Never Promised You a Rose Garden*. The other is Catherine Penney, a mental health nurse. The issues around treatments for psychosis are thoroughly and entertainingly aired. More information is available at <http://wildtruth.net/dvd/brokenwings/>

I will deliver the second presentation on 17<sup>th</sup> January, which is about the controversy surrounding the latest edition of the *Diagnostic and Statistical Manual of the American Psychiatric Association: DSM-5*. My talk will range widely over the historical growth of diagnostic categories, the pros and cons of pharmacological treatment of mental disorders of all degrees of seriousness, and the impact of the highly touted drug treatment of mental disturbances - to the point that the efficacy of psychotherapy is being held very much in doubt, leading to low morale among psychotherapists and very aggressive marketing of psychoactive drugs by their manufacturers with the result that they are being fined billions of dollars and pounds for illegal touting and various other disreputable practices. A strong critique of DSM-5 and of the drug industry has been published by concerned psychologists and psychotherapists: <http://dsm5response.com/statement-of-concern>. I am completing a book about these matters.

Those attending these events will not be assumed to have read any of the documents mentioned in this blurb.