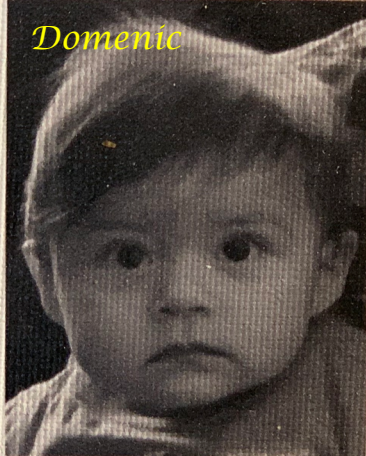
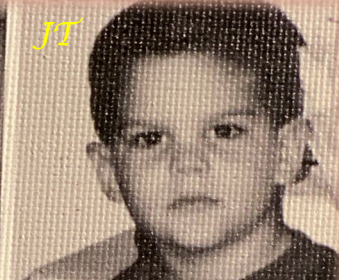
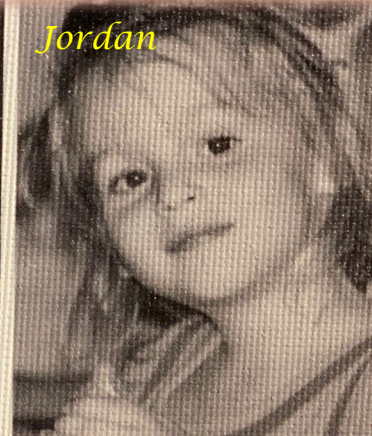
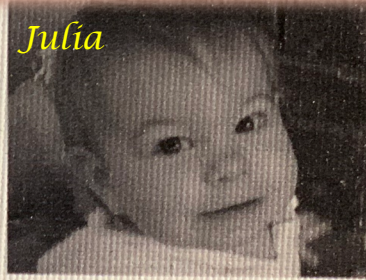
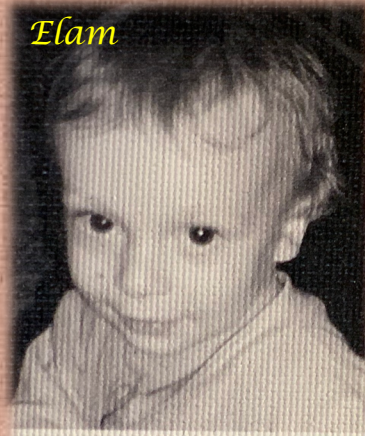


Meet the Grandkids:

Jack J. Déjà vu - We love you



MENTAL ILLNESS: IT'S NOT FOR EVERYONE!!

CACC – California Association of Collaborative Courts
1 Hour CEU – CEPA Approval #: ????????????



*A Presentation by Randy L. Cima, Ph.D.
October, 2019*

What Do You Believe?

AP-GfK Poll conducted March 20-24, 2014 - 1,012 respondents

Margin of error – plus/minus 3.4% *

Very/Somewhat Confident Not at all confident

• A mental illness is a medical condition that affects the brain	92%	6%
• The universe began 13.8 years ago with a big bang	46%	51%
• Smoking causes cancer	94%	4%
• The universe is so complex, there must be a supreme being guiding its creation	72%	25%
• The temperature of earth is rising mostly due to man-made greenhouse gases	61%	37%
• Inside our cells, there is a complex genetic code that helps determine who we are	91%	8%
• Overusing antibiotics causes the development of drug resistant bacteria	88%	9%
• The earth is 4.5 billion years old	60%	36%
• Child hood vaccines are safe and effective	83%	15%
• Life on earth, including human beings, evolved through a process of natural selection	56%	42%

* SOURCE: <https://www.cbsnews.com/news/americans-big-bang-evolution-ap-poll>

Top Ten Brain Disorders & Their Causes

SOURCE: Drugs.com

ADHD (54*)	<p>While <u>the exact cause . . . is not clear . . .</u> research continues. Factors include:</p> <ul style="list-style-type: none">• <i>Environment</i>• <i>Genetics</i>• <i>Problems during development</i>
Anxiety (162*)	<p><u>The causes . . . aren't fully understood.</u> Factors include:</p> <ul style="list-style-type: none">• <i>Traumatic Events</i>• <i>Inherited traits</i>• <i>Medical causes</i>
Autism (18*)	<p>Autism <u>has no single known cause . . .</u> probably many causes. Factors include:</p> <ul style="list-style-type: none">• <i>Genetics</i>• <i>Environment</i>
Bi-Polar (80*)	<p><u>The exact cause . . . is unknown . . .</u> factors may be involved, such as:</p> <ul style="list-style-type: none">• <i>Biological</i>• <i>Genetics</i>
Borderline (25*)	<p><u>The causes . . . aren't fully understood . . .</u> may be linked to:</p> <ul style="list-style-type: none">• <i>Environment</i>• <i>Genetics</i>• <i>Brain abnormalities</i>
Eating D/O (22*)	<p><u>The exact cause. . . is unknown.</u> There may be many causes, such as:</p> <ul style="list-style-type: none">• <i>Genetics</i>• <i>Biology</i>• <i>Psychological/emotional</i>
Depression (210*)	<p><u>It's not known exactly what causes depression. . .</u> variety of factors:</p> <ul style="list-style-type: none">• <i>Biological differences</i>• <i>Brain chemistry</i>• <i>Hormones</i>• <i>Inherited</i>
OCD (44*)	<p><u>The cause . . . isn't fully understood.</u> Main theories include:</p> <ul style="list-style-type: none">• <i>Biology</i>• <i>Genetics</i>• <i>Environment</i>
PTSD (16*)	<p><u>Doctors aren't sure why people get PTSD . . .</u> probably a complex mix of:</p> <ul style="list-style-type: none">• <i>Stress experiences</i>• <i>Inherited</i>• <i>Brain chemicals</i>
Schizophrenia (82*)	<p><u>It's not known what causes schizophrenia . . .</u> a combination of:</p> <ul style="list-style-type: none">• <i>Genetics</i>• <i>Brain chemistry</i>• <i>Environmental</i>

* Number of drugs available to prescribe for this "brain disorder"

Here's Ten More

Anorexia Nervosa: The exact cause of anorexia is unknown. As with many diseases, it's probably a combination factors including:

- *Biological*
- *Psychological*
- *Environmental*

[<https://www.drugs.com/mcd/anorexia-nervosa>]

Body Dysmorphic Disorder: It's not known specifically what causes body dysmorphic disorder. Body dysmorphic disorder may result from a combination of:

- *Brain differences*
- *Genes*
- *Environment.*

[<https://www.drugs.com/mcd/body-dysmorphic-disorder>]

Hypochondriasis: No one knows exactly what causes hypochondriasis. The following are some reasons why it may happen:

- *You or a loved one had a serious illness in the past*
- *You had overly protective parents that focused too much on your minor health problems*
- *You have a mental health condition, such as anxiety or depression*
- *You have had a stressful life event, such as the death of a loved one.*

[<https://www.drugs.com/cg/hypochondriasis.html>]

Kleptomania: The cause of kleptomania is not known. . . . *kleptomania* may be linked to:

- *Problems with serotonin*
- *Addictive disorders (release of dopamine causes pleasure)*
- *Imbalance could make it harder to resist urges.*

[<https://www.drugs.com/mcd/kleptomania>]

Nightmare disorder: The exact cause of nightmares is not known. Nightmares can be triggered by many factors, including:

- *Stress or anxiety*
- *Trauma*
- *Sleep deprivation*
- *Medications*
- *Substance abuse*
- *Other mental health disorders*
- *Scary books and movies*

[<https://www.drugs.com/mcd/nightmare-disorder>]

Oppositional Defiant Disorder: There's no known clear cause of oppositional defiant disorder. Contributing causes may be a combination of:

- *Genetics*
- *Environment*

[<https://www.drugs.com/mcd/oppositional-defiant-disorder-odd>]

Paranoid personality disorder: The cause may not be known. Your risk for PPD is increased if:

- *You have a family history of the disorder*
- *You were abused or neglected as a child.*

[<https://www.drugs.com/cg/paranoid-personality-disorder.html>]

Panic Disorder: It's not known what causes panic attacks or panic disorder, but these factors may play a role:

- *Genetics*
- *Major stress*
- *More sensitive to stress or prone to negative emotions*
- *Certain changes your brain function*

[<https://www.drugs.com/mcd/panic-attacks-and-panic-disorder>]

Social Anxiety Disorder: Social anxiety disorder likely arises from a complex interaction of biological and environmental factors. Possible causes include:

- *Inherited traits*
- *Brain structure*
- *Environment*

[<https://www.drugs.com/mcd/social-anxiety-disorder-social-phobia>]

Tourette's Syndrome: The exact cause of Tourette's syndrome isn't known. It's a complex disorder likely caused by:

- *A combination of inherited (genetic) and environmental factors*
- *Chemicals in the brain . . . including dopamine and serotonin, might play a role.*

[<https://www.drugs.com/mcd/tourette-syndrome>]

KEEPING SCORE
*Known CAUSES for more
than 400 psychiatric
"diseases?"*

- 0 -

What Are We Taking – and Why Are We Taking Them?

Source: PsychCentral – 2016 - <https://psychcentral.com/blog/top-25-psychiatric-medications-for-2016/>

1. *Zoloft*: Depression (SSRI)
2. *Xanax*: Anxiety (BENZO)
3. *Lexapro*: Depression (SSRI)
4. *Celexa*: Depression (SSRI)
5. *Wellbutrin*: Depression (AD)
6. *Desyrel*: Anxiety, Depression (AA)
7. *Prozac*: Depression (SSRI)
8. *Adderall*: ADHD (AMPH)
9. *Ativan*: Anxiety (BENZO)
10. *Cymbalta*: Depression (SSRI)
11. *Effexor*: Depression (SNRI)
12. *Seroquel*: BPD, Depression (AA)
13. *Concerta*: ADHD (AMPH)
14. *Kapvay*: High blood pressure/ADHD
15. *Lamictal*: BPD (AC)
16. *Paxil*: Depression (SSRI)
17. *Elavil*: Depression (AD)
18. *Remeron*: Depression (AA)
19. *Vyvanse*: ADHD (AMPH)
20. *Depakote*: BPD (AC)
21. *Risperdal*: BPD, Schizophrenia (AA)
22. *Abilify*: BPD/depression/schizophrenia (AA)
23. *Zyprexa*: BPD, Schizophrenia (AA)
24. *Intuniv**: High blood pressure/ADHD
25. *Lithium*: BPD (AP)

KEEPING SCORE
Known CURES for more than 400 psychiatric "diseases?"

- 0 -

SSRI: Selective Serotonin Reuptake Inhibitors
SNRI: Serotonin Norepinephrine Reuptake Inhibitors
BENZO: Benzodiazepines (minor tranquilizers)
AA: Anti-Anxiety/Anxiolytics (minor tranquilizers)
AC: Anti-Convulsant tranquilizers

AD: Anti-Depressant tranquilizers
AP: Anti-Psychotic (major tranquilizers)
AMPH: Amphetamine
BLUE: CNS Depressant
RED: CNS Stimulant

BPD = Bipolar Disorder

Medicine's Track Record Treating "Mental Illness"

First half of 20th Century – See: *Zombie Theory – Part 2*

<https://psychintegrity.org/the-zombie-theory-the-era-of-medical-experimentalism-part-2/>

DEEP SLEEP THERAPY – c. 1920: Jakob Klaesi, a Swiss psychiatrist re-popularized DST after two failed attempts earlier in the century due to toxicity. He used Sonmifen (a sedative) for his schizophrenia patients. DST is carried out by administering massive doses of sedatives for several weeks which induces a coma and shuts down the brain, allowing the patient to “unlearn” habits that lead to compulsive behaviors and psychiatric conditions. *“Deep sleep therapy left majority of patients in a more deranged mental and physical state than pre-admission, with many suffering from long-term effects such as paralysis and brain damage.”* To our relief, it is not currently used anywhere on Earth.

INSULIN SHOCK (COMA) THERAPY – c. 1928: Dr. Manfred Sakel (Vienna) was given the task to reduce withdrawal symptoms of opiates. Experimenting with a newly discovered hormone – insulin – he unexpectedly found a large dose would cause his mentally ill patients to go into a stupor and, once recovered, were less argumentative, less hostile, and less aggressive. Insulin Shock Therapy (IST) was born. Insulin injections were administered six days a week for two months or more as the daily dose gradually increased until hour-long comas were produced. Seizures before or during the coma were common as were hypoglycemic aftershocks. Often patients were subjected to ECT while comatized. Given the profuse cases of brain damage and an estimated mortality risk rate ranging from 1-5%, IST fell out of use in the United States, and nearly everywhere else, by the 1970s.

ELECTRO-CONVULSIVE THERAPY – c. 1934: Ugo Cerletti and Lucio Bini, Italian neuropsychiatrists, were using electric shocks to produce seizures in animal experiments. They noticed when pigs were given an electric shock, they were in an “anesthetized state.” As a bonus, they surmised, ECT brought about *retrograde amnesia* so patients had no ill feelings about a treatment they could not remember. Cheaper and more convenient, ECT replaced chemical-induced convulsive therapy and by 1940 was being used in England, Germany, Austria, and the United States. Cerletti and Bini were nominated, though not selected, for a Nobel Prize. Shamefully, ECT is still in use - with children - in the U.S. [Read about the Judge Rotenberg Center @ <https://doctorcima.com/2012/06/>]

PSYCHOSURGERY – c. 1930: Antonio Egas Moniz, a Portuguese neurologist, used the term “leucotomy” (lobotomy) to describe a surgical operation that destroys brain tissue by extraction, burning, freezing, electrical current or radiation. The objective is to sever connections between the frontal lobes and deeper brain structures. From 1930 to 1970, approximately 40,000 lobotomies were performed in the US alone, *nearly two thirds were women*. In 1950, the Soviet Union banned the practice on moral grounds, with Japan and Germany following suit. By the late 1970s, the practice of lobotomy had generally ceased everywhere. Moniz (and Walter Rudolf Hess) shared the Nobel Prize in 1949 for this discovery. There have been calls in the early 21st century for the Nobel Foundation to rescind the prize it awarded to Moniz, characterizing the decision at the time as an astounding error in judgment. To date, the foundation has declined to take action and has continued to defend the results of the procedure.

KEEPING SCORE
*Number of successful
psychiatric procedures
during the first half of
the 20th Century?*

- 0 -

Thorazine to the Rescue

See: *Zombie Theory – Part 3*

<https://psychintegrity.org/the-zombie-theory-thorazine-to-the-rescue-part-3/>

- In 1952 a French psychiatrist, Henri Laborit, described chlorpromazine (CPZ) as inducing *indifference towards what was happening* around them in nonpsychotic, nonmanic patients. Laborit claimed to have discovered *a treatment for agitation in anyone*.
- Another French psychiatrist, Pierre Deniker, described CPZ as *controlling manic or psychotic agitation*. Deniker claimed to have discovered *a treatment for psychotic illness*.
- In 1954, Smith-Kline & French received FDA approval to market CPZ as *Thorazine* to treat schizophrenia, and the world's first psychiatric "medication" was created – and marketed.
- During the next ten years, Thorazine was prescribed for:
Bursitis pain, cancer pain, emotional stress, anxiety, nausea and vomiting, "management of menopausal patients," child behavior disorders, acute alcoholism, severe asthma, depression, hiccups, catatonic schizophrenia, schizoaffective conditions, epileptic clouded states, agitation in lobotomized patients, confusional states, senile psychoses, gastrointestinal disorders, psoriasis - and more.
- By 1964, fifty million people around the world had used Thorazine.
- In his book, *The Creation of Psychopharmacology* (2002), David Healy, a British psychiatrist, professor, scientist, and author, notes Thorazine was the first *profitable* psychiatric medication for pharmaceutical companies and he marks the convergence of these two events – a "wonder treatment" and profitability – as the genesis of what he termed "biological psychiatry," and the 1980 publication of DSM-III bonding psychiatry to the *biological cause* of mental illness – forever.
- By the end of the 1960's pharmaceutical companies had created dozens of "new and improved" medications for a growing number of new mental illnesses. By then, Thorazine was regarded as just another, less effective medication, now criticized by its competitors for its notorious side effects (the "Thorazine shuffle").
- What were these "new and improved" medications from Big Pharma? More tranquilizers.
- Thorazine was – nothing more and nothing less – the world's first *tranquilizer*, and a precursor to the hundreds of varieties of tranquilizers to follow.
- One thing was missing – a theory to make sense of all of this nonsense. They came up with a doozy.

The Theory: Brain Centers

An Invention – NOT a discovery

Most significant Inventor: Dr. Paul MacLean – *The Triune Brain Theory*

CINGULATE GYRUS – An integral part of the limbic system, which **is involved with emotion formation and processing, learning, and memory**. The combination of these three functions . . . **makes the cingulate cortex highly important in disorders such as depression and schizophrenia**. https://en.wikipedia.org/wiki/Cingulate_cortex

ORBITOFRONTAL CORTEX: The OFC is . . . **thought to represent emotion and reward in decision making**. https://en.wikipedia.org/wiki/Orbitofrontal_cortex

HYPOTHALAMUS – The hypothalamus **regulates a number of functions, including body temperature, thirst, hunger, sleep, sex drive, bonding, “fight or flight” responses to threats, and mood**. <https://www.dr.laurendeville.com/articles/depression-hypothalamus/>

AMYGDALA – Shown in research to **perform a primary role in the processing of memory, decision-making and emotional responses (including fear, anxiety, and aggression)**, the amygdalae are considered part of the limbic system. <https://psychologydictionary.org/amygdala-amygdaloid-complex/>

HIPPOCAMPUS – **Responsible for processing of long term memory and emotional responses**. <http://brainmadesimple.com/hippocampus.html>

NUCLEUS ACCUBENS (THE “PLEASURE CENTER”)

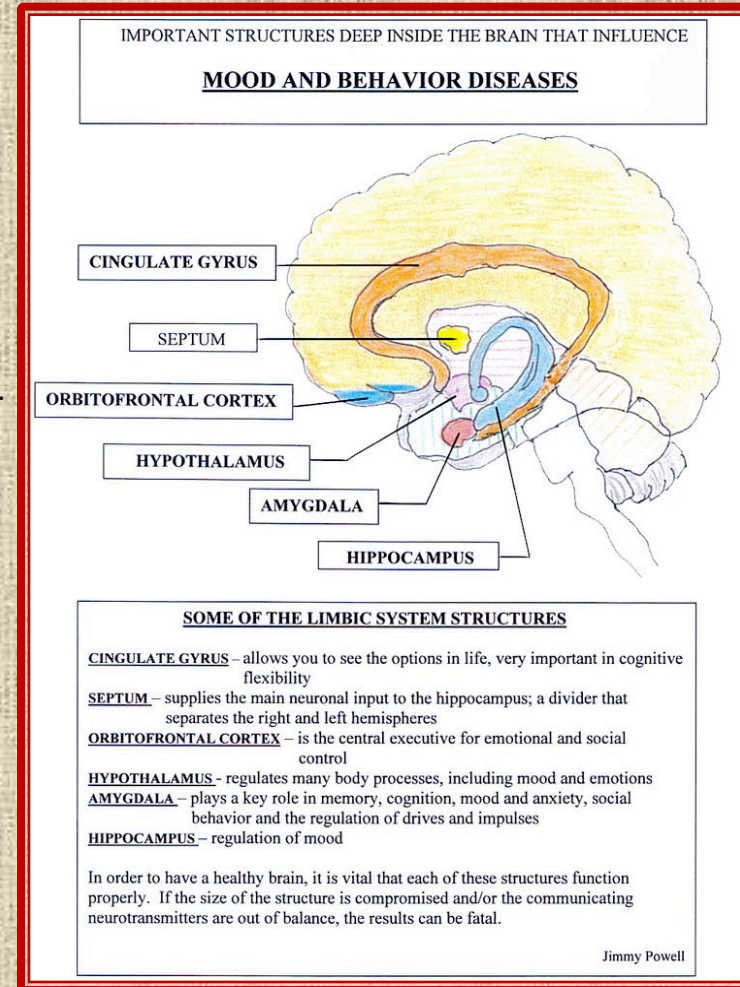
The nucleus accubens. . . **is important for motivation, pleasure, and addiction . . . is a link in the brain pathways that cause addiction and depression . . . Damage if NA . . . causes a lack of motivation and inhibits addictive behavior**. <https://www.wisegeek.com/what-is-the-nucleus-accubens.htm>

BONUS: TWO MORE EXAMPLES OF PSCHI-BABBLE

Symptoms of an Overactive Hypothalamus: moodiness and irritability, negative thinking, hopelessness, and negative interpretation of events, low motivation, appetite and sleep dysregulation, abnormally high or low sexual interest, tendency to isolate socially, and a hindered ability to form relational bonds. <https://www.sharecare.com/health/functions-of-the-brain/what-brain-controls-our-mood>

“When you are stressed, anxious, or depressed, the hypothalamus tells the pituitary to tell the adrenal gland to produce cortisol. This hypothalamus-pituitary-adrenal (HPA) axis is therefore a highway for the stress response as well as for depression and anxiety.”

<https://www.sharecare.com/health/functions-of-the-brain/what-brain-controls-our-mood>



Modern Bio-Psychiatry: By The Numbers

SOURCES: WORLD HEALTH ORGANIZATION (WHO) - <https://www.who.int/en/news-room/fact-sheets/detail/mental-disorders> (2018)

JOURNAL of the AMERICAN MEDICAL ASSOCIATION (JAMA) - <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2592697> (2017)

CENTERS FOR DISEASE CONTROL (CDC) - <https://www.cdc.gov/childrensmentalhealth/data.html> (2017)

- In 2018, the World Health Organization (WHO) estimates **300 million people** around the world have depression disorder, **60 million** have bi-polar disorder, and another **23 million** have schizophrenia disorder and other psychoses. Leading the way – the United States.
- The Journal of the American Medical Association (JAMA) reported in 2017 more than **40 million adults** were prescribed one or more psychiatric prescriptions in America.
- Race is a factor: About **one in five white adults**, **one in ten black adults**, **one in twelve Hispanic adults**, and **one in 20 Asian adults** are prescribed psychiatric medications.
- Gender matters. Nearly twice as many **women (20.8%)** are taking psychotropics than **men (11.9%)**.
- Age matters too. About **one in ten 18-39 year-olds**, nearly **one in five 40-59 year-olds**, and a solid **one fourth of adults between the ages of 60-85** are prescribed psychiatric medications.
- There are **75 million children** in the United States in 2019. Nearly **17 million (22%)** are diagnosed with a brain disease.
- The Center for Disease Control (CDC) reports **6.1 million children have been diagnosed with ADHD disorder, 4.5 million with a behavior disorder, 4.4 million with anxiety disorder, and 1.9 million with depression disorder.**
- The New York Times, May 2014: *“About **15,000 American toddlers** 2 or 3 years old, many on Medicaid, are being medicated for attention deficit hyperactivity disorder, according to data presented Friday by an official at the federal Centers for Disease Control and Prevention.”*
- Medical Daily, December 2015: *“The report shows that psychotropic drug prescriptions **among babies** nearly doubled in one year, from **13,000 prescriptions in 2013 to 20,000 in 2014**, despite the lack of evidence that shows they are effective and safe for young children . . . psychiatrists often prescribe these drugs . . . for behavioral issues like unusual aggression, temper tantrums, or lethargy.”*

and now it's time for some . . .



...with a 6%er

“Today one is hard-pressed to find anyone knowledgeable who believes that the so-called biological revolution of the 1980s made good on most or even any of its therapeutic and scientific promises.”

Anne Harrington, science writer: Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness – Published by Brilliance Corporation, United States (2019)

“No clear-cut biological markers for any mental illnesses have been found.”

John Horgan – Scientific American - Can Psychiatry Heal Itself? <https://blogs.scientificamerican.com/cross-check/can-psychiatry-heal-itself/> – July 2019

“Perhaps it is time we stopped pretending that medical-sounding labels contribute anything to our understanding of the complex causes of human distress or of what kind of help we need when distressed.”

Professor John Read, University of East London. https://www.science20.com/news_staff/its_an_adequate_glossary_but_for_psychiatric_diagnoses_dsm5_is_scientifically_meaningless-240192 – July, 2019

(PS: Thank you! – RC)

Resources & Readings

Suggested Readings:

- Greenberg, Gary: *The Book of Woe: The DSM and the Unmaking of Psychiatry*, Blue Rider Press, 2013. May 2013
- Harrington, Anne: *Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness* - Published by Brilliance Corporation, United States (2019)
- Whitaker, Robert: *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*. Published April 2010 by Crown
- Joseph, Jay: *Five Decades of Gene Finding Failures in Psychiatry* - <https://www.mentalhealthforum.net/forum/threads/five-decades-of-gene-finding-failures-in-psychiatry.55421/>
- Colbet, Ty (2016) *The Four False Pillars of Biopsychiatry* Copyright © 2016 Kevco Publishing
- Galves, A. (2012). *Harness Your Dark Side: Mastering jealousy, rage, frustration and other negative emotions*. Far Hills, NJ: New Horizon Press
- Maisel, Eric (2017) *The Future of Mental Health: Deconstructing the Mental Disorder Paradigm*, 1st Edition Routledge, New York.
- Maisel, Eric (2018) *Humane Helping - Focusing Less on Disorders and More on Life's Challenges*, 1st Edition Routledge, New York.
- Morgan, Robert F. (2005). *The Iatrogenics Handbook: A Critical Look at Research & Practice in Helping Professions*. (With Robert Alexander, Peter Breggin, Jeffrey Buck, David B. Cheek, Juanne Clarke, Frank Epling, Stanley Fevens, David Frey, John Friedberg, Glen Gabbard, D'Arcy Helmer, Lenore Jacobson, Mark Kamlet, Richard Mason, Michael Miller, Geoffrey Nelson, Carl Rogers, Robert Rosenthal, Jalal Shamsie, Thomas Szasz, Benjamin R. Tong, Stuart Twemlow, Kenneth Walker, J.B. Woodward). Albuquerque, NM: Morgan Foundation, 2005 edition. (1st edition: Toronto: IPI)
- Simon, Laurence (2019) *Psycho"therapy" and The Stories We Live By*. 05/12/2019 Publisher: BookBaby

My Writings:

- *The Zombie Theory – Part 1: Why Modern Day Psychiatry Should be Ridiculed and Discarded* @ <https://psychintegrity.org/the-zombie-theory-why-modern-day-psychiatry-should-be-ridiculed-and-discarded-part-1/>
- *The Zombie Theory – Part 2: The Era of Medical Experimentalism* @ <https://psychintegrity.org/the-zombie-theory-the-era-of-medical-experimentalism-part-2/>
- *The Zombie Theory – Part 3: Thorazine to the Rescue* @ <https://psychintegrity.org/the-zombie-theory-thorazine-to-the-rescue-part-3/>
- *Goth Girl* - A story about a 14 year old who was lost, self-abusive, and hearing voices. Medical doctors forced her to take chemicals for her “psychosis.” She lost her feelings along the way. You already may know, that can be a terrible feeling. @ <https://doctorcima.com/2018/10/25/goth-girl/>
- *Here Comes Julia!* - Julia is the newest Muppet on Sesame Street. Julia has autism. The show will educate the public about this brain disorder. Everyone is happy because we will see how autistic children need our understanding and patience. On second thought, I should have said ALMOST everyone is happy. @ <https://doctorcima.com/2018/10/25/here-comes-julia/>
- *The Horrible Kid* - A story about a 9 year-old boy on the verge of being removed from his home.. The school was asking for him to be medicated for his psychiatric “disorder.” See what happens to this horrible kid, and what it means for other horrible kids. @ <https://doctorcima.com/2018/10/25/the-horrible-kid/>
- *The Sugar Lie* – The myth about the sugar high is exposed – once and for all. @ <https://doctorcima.com/2018/10/25/the-sugar-lie/>
- *The Gene Fool* – Despite recent genetic “discoveries,” “studies,” “links,” “might-be’s,” “identifieds,” “beliefs,” “finds,” and “ the evidence suggests,” to date, not a single gene – or combination of genes – has been scientifically shown to be the cause of any human behavior. Zero. The Gene Fool provides facts. @ <https://doctorcima.com/2018/10/23/the-gene-fool/>
- *The Era of Chemicals – Redux* - An old story from the 1980’s about the use of chemicals to manage the behavior or children that is, unfortunately, still too relevant @ <https://doctorcima.com/2018/10/25/the-era-of-chemicals-redux/>