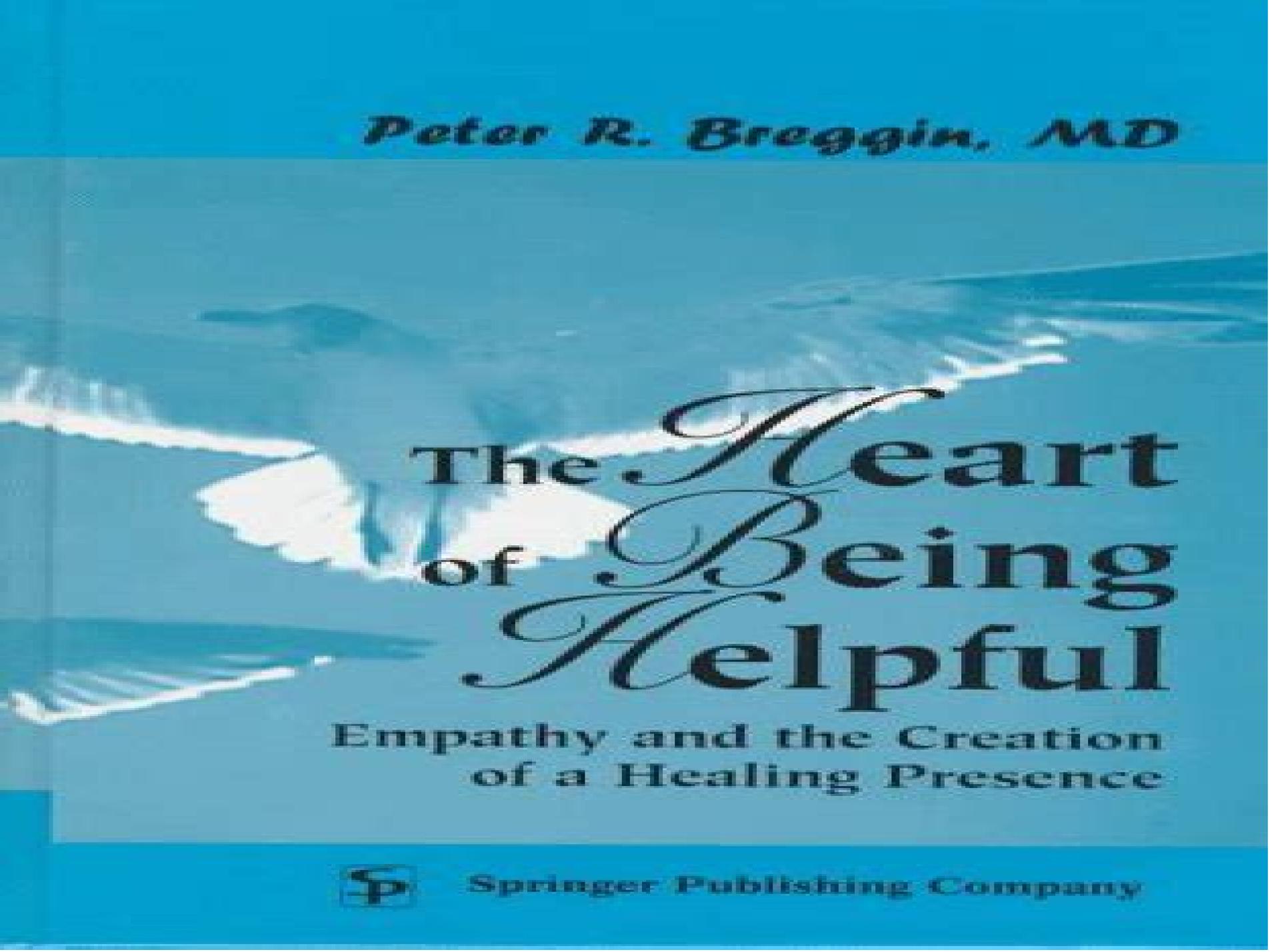


Peter R. Breggin, MD

A white dove is shown in flight, its wings spread wide, flying from the left side of the frame towards the right. The background is a soft-focus landscape featuring rolling hills or mountains under a clear blue sky. In the foreground, there is a body of water, possibly a lake or a wide river, which reflects the light. The overall color palette is dominated by blues and whites, creating a serene and peaceful atmosphere.

The Heart
of Being
Helpful

Empathy and the Creation
of a Healing Presence



Springer Publishing Company

Heart Of Being Helpful Empathy And The Creation Of A Healing Presence

Bonnie Burstow



Heart Of Being Helpful Empathy And The Creation Of A Healing Presence:

Heart of Being Helpful Peter Roger Breggin, 2006-04-28 Book jacket Jacket **Negotiating a Presence-Centred Christian Counselling** Simon Shui-Man Kwan, 2016-04-26 How Christian is Christian counselling In what ways should one's counselling practice be conducted in order to fulfil one's role as a Christian counsellor Is there a counselling practice that truly penetrates into the secular approaches while remaining faithful to the Christian traditions of healing What are the theological roots of secular counselling How may secular counselling both reinforce and challenge the Christian faith In answering these questions this book engages readers to navigate between two frames of reference one Eastern secular social scientific and modern the other Western Christian theological and traditional At levels of both theory and practice this book undertakes to integrate synthesize hybridize revise dichotomize and antagonize the two It proposes a revised presence centred counselling approach which may serve as a perspective that helps us to see things in more depth as we shuttle back and forth between the two frames This book thus negotiates a revised presence centred form of counselling that is theologically grounded social scientifically informed and cross culturally sensitive As the author's counselling practice proceeds mainly in societies where Chinese is the majority the cross cultural examinations and proposals offered in this book have been bred in a space where Chinese culture meets the Christian Protestantism in particular West This book is an outgrowth of the author's experience teaching Christian counselling courses for 17 years and his 30 year clinical practice experience in places where East meets West namely Hong Kong and South China Guangdong Province *Favorite Counseling and Therapy Techniques* Howard G. Rosenthal, 2011-01-19 In the new edition of this highly popular book Howard Rosenthal once again brings together a group of prominent therapists who share their insightful pioneering and favorite therapeutic techniques These therapists include such well known figures as Albert Ellis Arnold Lazarus William Glasser Raymond Corsini and Allen E Ivey Many of the classic entries in the previous edition are once again included some unaltered and others updated while several new chapters have been added to reflect the newest advancements in the counseling field For practitioners wondering what methods to use when working with clients and what they can prescribe for them between sessions or for those who simply are interested in gaining insight into the thoughts and minds of such eminent therapists the more than 50 entries in this text are sure to be both highly useful and exciting reads *Doing Good* Jeffrey A. Kottler, 2013-08-21 This text is intended to inspire people to make a difference in their work Told through the experiences of those who do good as a vocation it reflects the realities of helping others through those who are successful and flourishing in their work Focused on helping beginners to feel good about their commitment to service it is thus appropriate as a text in both undergraduate and graduate courses in counselling human services social work education and similar survey courses It is also of use to both professionals and those involved in volunteer helping efforts *The Antidepressant Fact Book* Peter Breggin, 2009-04-20 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 **Counseling Hispanics Through Loss, Grief, And Bereavement** Ligia M.

Houben,2012 Counseling Hispanics through Loss Grief and Bereavement is an extremely timely and welcome addition to the literature in thanatology Counselors will find in it the tools knowledge and insights to respond to a growing and diverse Hispanic community as individuals cope with loss and grief from the foreword by Kenneth J Doka PhD Professor The College of New Rochelle Senior Consultant The Hospice Foundation of America Hispanics the fastest growing minority population in the United States are increasingly willing to seek mental health counseling creating a critical need for counselors to understand the values and traditions of Hispanic culture This book examines these values and traditions and their impact on the ways in which this population copes with loss grief and bereavement across the life span The book addresses the unique losses that may be faced by Hispanics particularly newcomers who must adapt to a different language and unfamiliar customs It focuses on such important cultural considerations as styles of verbal and nonverbal communication personal space social organization environmental control factors and the significance of gender Competency based models and Latino specific counseling frameworks are integrated into the text along with the historical and political context from which they arise Numerous practical recommendations for improving quality of care are provided with specific attention given to the great diversity of cultures within the Hispanic population and the need for counselors to take these variations into consideration Key Features Facilitates understanding of Hispanic values and traditions to promote more sensitive and effective treatment Provides exercises to help therapists evaluate their own knowledge and awareness of particular Hispanic cultures Addresses factors that may impede a successful therapeutic relationship Presents specific techniques for building trust with Hispanic clients Includes illustrative case studies throughout the text The Medicalization of Psychotherapy Sylvia Olney,2015-04-08 The Medicalization of Psychotherapy Practicing under the Influence is an ethnographic account of the practice of clinical psychology under the reductionist auspices of biomedicine Using Peircean semiotic analysis focusing in particular on modes in meaning making Sylvia Olney proposes that consciousness should be accorded the same conceptual and value status as nature and the human body This would resolve the psyche soma split as mirrored both within and between the practice disciplines of medicine and psychotherapy and could also free practitioners and client patients from the idea of essential helplessness in the face of biology a notion which happens to contribute to the vested interests of the

pharmaceutical and insurance industries Given the advances of neuroscience and psychoneuroimmunology that support the recognition of force like dimensions of mind and intention The Medicalization of Psychotherapy helps to restore the practice of psychotherapy to the significant healing art it has actually been the healing of consciousness Brain-Disabling Treatments in Psychiatry Peter R. Breggin, 2007-12-17 From the author of Toxic Psychiatry and Talking Back to Prozac Peter Breggin is the conscience of American psychiatry Once more he updates us on the real evidence with respect to the safety and effectiveness of specific psychiatric medications and ECT This information is needed by all mental health professionals as well as patients and families Bertram Karon Ph D Professor of Psychology Michigan State University Author of The Psychotherapy of Schizophrenia Nowhere does false medical thinking do more harm than in the modern psychiatric argument that mental illness is easily diagnosed and then cured by a side effect free drug Nowhere is the correct psychiatric thinking more evident than in the books by Peter Breggin William Glasser MD psychiatrist author of Reality Therapy In Brain Disabling Treatments in Psychiatry renowned psychiatrist Peter R Breggin M D presents startling scientific research on the dangerous behavioral abnormalities and brain dysfunctions produced by the most widely used and newest psychiatric drugs such as Prozac Paxil Zoloft Cymbalta Effexor Xanax Ativan Ritalin Adderall Concerta Strattera Risperdal Zyprexa Geodon Abilify lithium and Depakote Many of Breggin's earlier findings have improved clinical practice led to legal victories against drug companies and resulted in FDA mandated changes in what the manufacturers must admit about their drugs Yet reliance on these drugs has continued to escalate in the last decade and drug company interests have overwhelmed psychiatric practice This greatly expanded second edition supported by the latest evidence based research shows that psychiatric drugs achieve their primary or essential effect by causing brain dysfunction and that they tend to do far more harm than good New scientific analyses in this completely updated edition include Chapters covering every new antidepressant and stimulant drug Twenty new guidelines for how to conduct non drug therapy A chapter describing how to safely withdraw from psychiatric drugs A discussion of medication spellbinding explaining how patients fail to appreciate their drug induced mental dysfunctions Documentation of how the drug companies control research and the flow of information about psychiatric treatments **Promoting Psychological Wellbeing in Children and Families** Bruce Kirkcaldy, 2015-06-30 Psychology's contribution to health research and clinical practice continues to grow at a phenomenal pace In this book a global and multidisciplinary selection of outstanding academics and clinicians focus on the psychological well being and positive health of both children and families in order to depathologise mental disorders *The Ritalin Fact Book* Peter Breggin, 2009-04-30 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

Talking Back To Ritalin Peter Breggin, 2007-10-10 Millions of children take Ritalin for Attention Deficit Hyperactivity Disorder The drug's manufacturer Novartis claims that Ritalin is the solution to this widespread problem But hidden behind the well oiled public relations machine is a potentially devastating reality children are being given a drug that can cause the same bad effects as amphetamine and cocaine including behavioral disorders growth suppression neurological tics agitation addiction and psychosis Talking Back to Ritalin uncovers these and other startling facts and translates the research findings for parents and doctors alike An advocate for education not medication Dr Breggin empowers parents to channel distracted disenchanted and energetic children into powerful confident and brilliant members of the family and society

Christianity and the Roots of Morality, 2017-06-06 What is the role of religion especially Christianity in morality pro social behavior and altruism Are there innate human moral capacities in the human mind When and how did they appear in the history of evolution What is the real significance of Jesus teaching in the Sermon on the Mount does it set up unique moral standards or only crystallize humans innate moral intuitions What is the role of religious teachings and religious communities in pro social behavior Christianity and the Roots of Morality Philosophical Early Christian and Empirical Perspectives casts light on these questions through interdisciplinary articles by scholars from social sciences cognitive science social psychology sociology of religion philosophy systematic theology comparative religion and biblical studies Contributors include Nancy T Ammerman István Czachesz Grace Davie Jutta Jokiranta Simo Knuuttila Kristen Monroe Mika Ojakangas Sami Pihlström Antti Raunio Heikki Rissanen Risto Saarinen Kari Syreeni Lauri Thurn Petri Ylikoski

Medication Madness Peter R. Breggin, 2009-05-26 Medications for everything from depression and anxiety to ADHD and insomnia are being prescribed in alarming numbers across the country but the cure is often worse than the original problem Medication Madness is a fascinating frightening and dramatic look at the role that psychiatric medications have played in fifty cases of suicide murder and other violent criminal and bizarre behaviors As a psychiatrist who believes in holding people responsible for their conduct the weight of scientific evidence and years of clinical experience eventually convinced Dr Breggin that psychiatric drugs frequently cause individuals to lose their judgment and their ability to control their emotions and actions Medication Madness raises and examines the issues surrounding personal responsibility when behavior seems driven by drug induced adverse reactions and intoxication Dr Breggin personally evaluated the cases in the book in his role as a treating psychiatrist consultant or medical expert He interviewed survivors and witnesses and reviewed extensive medical occupational educational and police records The great majority of individuals lived exemplary lives and committed no criminal or bizarre actions prior to taking the psychiatric medications Medication Madness reads like a medical thriller true crime story and courtroom drama but it is firmly based in the latest scientific research and dozens of case

studies The lives of the children and adults in these stories as well as the lives of their families and their victims were thrown into turmoil and sometimes destroyed by the unanticipated effects of psychiatric drugs In some cases our entire society was transformed by the tragic outcomes Many categories of psychiatric drugs can cause potentially horrendous reactions Prozac Paxil Zoloft Adderall Ritalin Concerta Xanax lithium Zyprexa and other psychiatric medications may spellbind patients into believing they are improved when too often they are becoming worse Psychiatric drugs drive some people into psychosis mania depression suicide agitation compulsive violence and loss of self control without the individuals realizing that their medications have deformed their way of thinking and feeling This book documents how the FDA the medical establishment and the pharmaceutical industry have over sold the value of psychiatric drugs It serves as a cautionary tale about our reliance on potentially dangerous psychoactive chemicals to relieve our emotional problems and provides a positive approach to taking personal charge of our lives

Multicultural Encounters Stephen Murphy-Shigematsu, 2002-09-19 Counsellors and other mental health professionals are increasingly encountering clients who differ from them in terms of race culture and ethnicity Unfortunately many have not been trained to understand how powerfully culture affects our view of the world The series on Multicultural Foundations of Counseling and Psychology is an invaluable new resource from Teachers College Press that focuses on multicultural issues in counseling and psychology The books in this series chart the development of this evolving new field and will help educators psychologists counselors social workers and other mental health professionals learn to balance culture universal and culture specific approaches to treat a diverse population This volume uses fascinating therapeutic encounters to help clinicians understand and respond to the needs of their increasingly diverse clientele Murphy Shigematsu urges clinicians to look beyond their assumptions and stereotypes to learn their clients cultures through eliciting key narratives Keeping the client and therapist center stage the author shows the complex ways in which their cultural self narratives interact

Coaching Psychology for Mental Health Martin O'Connor, Hugh O'Donovan, 2021-09-21 Traditionally coaching psychologists have worked with people who aren't experiencing significant mental distress or have diagnosed mental illness This book describes an innovative and challenging project of bringing coaching psychology to the lived experience of individuals with a diagnosed mental illness Borderline Personality Disorder BPD The authors present a case for why coaching psychology needs to be constructively challenged to broaden its base and be more inclusive and of service to people experiencing BPD in particular The book describes a coaching interaction involving coaching psychologists and a number of individuals with BPD who had completed a behavioural skills programme Dialectical Behaviour Therapy DBT It explores the epistemological and practice tensions involving the dominance of clinical recovery elimination of symptoms in mental health services and personal or psychological recovery originating in the narratives of people with a diagnosis of mental illness who yearn to live a life worth living This book written amidst the Covid 19 pandemic makes a compelling case for coaching psychologists to engage with the philosophy and practice implications of personal recovery at both professional

and personal levels It will be vital reading for those engaged in coaching psychology and for the education training and continuous professional development of coaches and coaching psychologists

Cultivating Professional Resilience in Direct Practice Jason M. Newell, 2017-09-26 Overwhelming empirical evidence indicates that new social workers particularly those going into child welfare or other trauma related care will discover emotional challenges including the indirect or secondary effects of the trauma work itself professional burnout and compassion fatigue However the newly revised CSWE Educational Policy and Accreditation Standards EPAS does not mandate the inclusion of content related to self care in social work curriculum or field education In a textbook that bridges the gap between theoretical and pragmatic approaches to this important issue in human service work Jason M Newell provides a potential resolution by conceptualizing self care as an ongoing and holistic set of practice behaviors described as the key to professional resilience To address the effects of trauma related care on direct practitioners Newell provides a comprehensive competency based model for professional resilience examining four key constructs stress empathy resilience and self care from a range of theoretical dimensions For those who work with vulnerable populations the tendency to frame self care solely within organizational context overlooks the importance of self care in domains beyond the agency setting Alternatively he uses a framework grounded in the ecological systems perspective conceptualizing self care as a broader set of practice behaviors pertaining to the whole person including the physical interpersonal organizational familial and spiritual domains of the psychosocial self Alongside professional self care practices at the organizational level Newell makes a case for the pragmatic role of recreational activities time with family and friends physical health spirituality and mindfulness The application of a comprehensive approach to self care practice has potential to empower practitioners to remain resilient and committed to the values mission and spirit of the social work profession in the face of trauma

Medication Madness Peter Roger Breggin, 2009-05-26 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

The Revolt Against Psychiatry Bonnie Burstow, 2019-08-20 A real eye opener this riveting anti critical psychiatry book is comprised of original cutting edge dialogues between Burstow an antipsychiatry theorist and activist and other leaders in the revolt against psychiatry including radical practitioners lawyers reporters activists psychiatric survivors academics family members and artists People in dialogue with the author include Indigenous leader Roland Chrisjohn psychiatrist Peter Breggin survivor Lauren Tenney and scholar China Mills The single biggest focus tension in the book is a psychiatry abolition position versus a critical psychiatry or reformist position In the scope of this project Burstow considers the ways racism genocide Indigeneity sexism media bias madness neurodiversity and strategic activism are intertwined with critical and antipsychiatry

On Becoming an Effective Teacher Carl R Rogers, Harold C Lyon, Reinhard Tausch, 2013-08-22 On Becoming an Effective Teacher describes exemplary practices like Teach For America which highlight the power of person centered teaching to bring about higher student achievement and

emotional intelligence Lyon situates the classic with the cutting edge integrating wisdom with research anecdote with practical advice to find truths that reveal paths toward effective teaching Jeffrey Cornelius White Psy D LPC Professor of Counseling Missouri State University USA Author of Learner Centered Instruction Building Relationships for Student Success This fascinating book reveals through current research and contemporary applications that Carl Rogers pioneering and radical approach to education is as relevant today as it was in the 1970s and 80s Brian Thorne University of East Anglia UK Carl Rogers is one of the most influential psychologists of the twentieth century His influence is similarly outstanding in the fields of education counselling psychotherapy conflict resolution and peace On Becoming an Effective Teacher presents the final unpublished writings of Rogers and as such has not only unique historical value but also a vital message for today s educational crises and can be read as a prescription against violence in our schools It documents the research results of four highly relevant related but independent studies which comprise the biggest collection of data ever accumulated to test a person centred theory in the field of education This body of comprehensive research on effective teaching was accomplished over a twenty year period in 42 U S States and in six other countries including the UK Germany Brazil Canada Israel and Mexico and is highly relevant to the concerns of teachers psychologists students and parents The principal findings of the research in this book show that teachers and schools can significantly improve their effectiveness through programs focusing on facilitative interpersonal relationships Teachers who either naturally have or are trained to have empathy genuineness congruence and who prize their students positive regard create an important level of trust in the classroom and exert significant positive effects on student outcomes including achievement scores interpersonal functioning self concept attendance and violence The dialogues between Rogers and Lyon offer a unique and timeless perspective on teaching counselling and learning The work of Reinhard Tausch on person centered teaching for counselors parents athletics and even textbook materials and the empathic interactions of teachers and students is among the most thorough and rigorous research ever accomplished on the significance and potential of a person centered approach to teaching and learning This pioneering textbook is highly relevant to educational psychologists and researchers as well as those in undergraduate and graduate university courses in education teacher training counseling psychology and educational psychology

Your Drug May Be Your Problem Peter Breggin, David Cohen, 2007-09-07 When first published in 1999 Your Drug May Be Your Problem was ahead of its time The only book to provide an uncensored description of the dangers involved in taking every kind of psychiatric medication it was also the first and only book to explain how to safely stop taking them In the time elapsed there have been numerous studies suggesting or proving the dangers of some psychiatric medications and even the FDA now acknowledges the problems more studies are under way to determine their long term and withdrawal effects In the meantime this book continues to be ever relevant and helpful Fully updated to include study results and new medications that have come to market Your Drug May Be Your Problem will help countless readers exert control over their own psychiatric

treatment

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