

## The myth of mental illness

<http://www.youtube.com/watch?v=zQegsqYhuZE>

Professor Szasz controversial video on ADHD

Amazon: The Myth of Mental Illness by Thomas Szasz

<http://www.youtube.com/watch?v=bguQkX1M1Pg&feature=related>

No evidence for mental illness

<http://www.youtube.com/watch?v=bPOrD6xfDNo&feature=related>

Psychiatry is a mental disorder

The above references are deliberately sensationalist. I cite them, if you haven't already come across them not because I want to impress on you the rightness of their opinions, but because they attempt to shock us out of our complacency and cause us to question what has remained unquestioned for decades in the world of mental health. If you've seen them before, my apologies. If you haven't then I advise you to watch some of them. By all means, tweet them and distribute them. I am still shocked on a daily basis to hear regurgitated some of the things psychiatrists have asked my clients and told them about their mental health. The more people that learn to question the status quo and reclaim their humanity, in my opinion, the better.

How do we understand and conceptualise of Mental Ill Health? Where has our modern idea come from and why are our Mental Health provisions woefully inadequate as a society? What are we doing, and moreover, what are we not doing, that is causing arguably more suffering than it is solving? I could cite a whole range of contradictory statistics for and against psychiatry or mental ill health at this point.

However, I'm suspicious of statistics one way or another. They provide yet again another subjective and skewed interpretation of a set of data. What I do know is the evidence of working with people and the evidence of my own experience.

We are inspired to go to experts to find out what is wrong with us. And what we fail to identify is that we ARE the experts but have lost trust in our own inner wisdom. We have become culturally externally referenced. That doesn't mean we shouldn't continue to consult, but I believe we should question whether it feels right and to assert our rights to get the help we believe would benefit us.

What is OCD?

What is depression?

What is anxiety?

What is Schizophrenia?

What is ADHD?

What is autism?

What is dyslexia?