

Struggling with Help that Harms

Informed Choice – John Breeding, Ph.D.

Pathways #46, page 64



Talking Points

"I learned early on in my practice that applying my education and training as a psychologist was secondary to alleviating the harm caused by my own colleagues in the mental health profession." (65)

- John Breeding, Ph.D.,

- For many children on psychiatric drugs, it's the previous "help" that is harming them and making it difficult to help them now. ADHD is the most popular psychiatric diagnosis. It is the justification for prescribing millions of school-aged children stimulant drugs. ("Which the Drug Enforcement Administration has pointed out are basically equivalent to cocaine and methamphetamine in their effects profile." (64)) If the Drug Enforcement Administration has pointed out that the drugs are basically equivalent to cocaine and methamphetamine in their effects profile, why are they being prescribed to children in such high numbers?
- Next to ADHD, bipolar disorder is the next popular diagnosis. Coincidentally, a large percentage of the bipolar kids started off being diagnosed as having ADHD. "Given that psychosis, agitation, anxiety, mania, and cognitive and mood deterioration are all effects of stimulant drugs, it is easy to see that the end result is often a tragic and pathetic example of an iatrogenic disease." (64)
- It is hard to determine the casual dynamics of a person's behavior when they are on drugs because many of the negative behaviors they are experiencing are side effects of the drugs they are on. However, often times they are continually prescribed more drugs. With this field, diagnoses are made strictly based on behavior, not physical or chemical abnormalities. What are the ethics behind all of this?
- Psychiatric drugs are addictive. When a person is on them for a period of time tolerance is built. Dosages are increased so the person can maintain the "therapeutic" effect of the drug. People become dependent on the drug and if they were to stop taking it they would experience withdrawal.
- Psychiatric drugs suppress thought and emotion. People heal by expressing themselves emotionally however, there is a trend in our society to suppress expressing our emotions. People are made to feel shame for expressing themselves. How can we create safe places for self-expression and show our kids that this type of expression is OK?

- Parents want their children to be responsible, yet children who have been on drugs for years are made to feel they aren't fully capable of being fully responsible because of their perceived mental illness. These drugs disempower the patients.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

John Breeding's website: <http://www.wildestcolts.com/>

"The Pill Merchants: The Relentless and Tragic Marketing of Psychiatric Drugs" by John Breeding, PhD & Amy Philo <http://pathwaystofamilywellness.org/Informed-Choice/the-pill-merchants-the-relentless-and-tragic-marketing-of-psychiatric-drugs.html>

"Still at Large: Are Psychiatric Drugs the Hidden Culprit in Mass Shootings?" by Kelly Hayford, C.N.C. <http://pathwaystofamilywellness.org/Family-Life/still-at-large-are-psychiatric-drugs-the-hidden-culprit-in-mass-shootings.html>