

## **A Short Antipsychiatry Bibliography – Selected and Annotated Sources**

compiled by Don Weitz

Peter Breggin (1991). *Toxic Psychiatry*. NY: St. Martin's Press.

This dissident psychiatrist launches a serious attack on biological psychiatry, exposes the fraud of psychiatric diagnostic labels, particularly "schizophrenia", and many abuses in medication and electroshock.

Peter Breggin (1997, Second Edition 2008). *Brain-Disabling Treatments in Psychiatry*. NY: Springer Publishing Co.

A powerful critique of psychiatric treatment and brilliant discussion of the brain-disabling hypothesis to explain how the drugs and electroshock 'work'.

Bonnie Burstow & Don Weitz, Eds. (1988). *Shrink Resistant: The Struggle Against Psychiatry in Canada*. Vancouver, B.C.: New Star Books.

A powerful collection of survivor accounts of psychiatric abuses and resistance in Canada by over 30 psychiatric survivors. A damning critique of psychiatry by the editors, a feminist academic and psychiatric survivor-activist--the first antipsychiatry anthology work published in Canada.

Bonnie Burstow (1992). *Radical Feminist Therapy: Working in the Context of Violence*.

Newbury, CA, London, UK, New Delhi, India: Sage Publications Inc.

A critical analysis of women's psychological issues and counselling from feminist and anti-oppression perspectives; includes a chapter on psychiatry as "fundamentally problematic."

Bonnie Burstow (2006a) "Electroshock as a Form of Violence Against Women."

Violence Against Women, vol.12, no.4.

A feminist and political analysis of electroshock as violence – a brilliant deconstruction of this psychiatric "treatment" that mainly targets women.

Bonnie Burstow. (2006b). "Understanding and Ending ECT: A Feminist Imperative". Canadian Woman Studies, vol.25, numbers 1,2.

A comprehensive critique of electroshock ('ECT') informed by a feminist analysis. Dr. Burstow is the only health professional and academic in Canada to publicly condemn and call for a total ban on this allegedly "safe and effective treatment."

Paula J. Caplan (1995). *They Say You're Crazy: How the World's Most Powerful Psychiatrists Decide Who's Normal*. Addison-Wesley Publishing Company.

A psychologist and feminist exposes the patriarchy, sexism, elitism and secrecy surrounding the production of psychiatric diagnoses, including the Diagnostic and Statistical Manual of Mental Disorders. (DSM).

Judi Chamberlin (1978). *On Our Own: Patient-Controlled Alternatives to the Mental Health System*. NY: Hawthorn Books; London, UK; reprinted by Mind Publications, 1988.

A strong critique of mental health ideology, paternalism and professionalism and strong advocacy of peer-run grassroots organizations. A movement classic by this legendary survivor-advocate and leader in the psychiatric survivor movement

Leonard Frank (1978). *The History of Shock Treatment*. San Francisco, CA: Self-published. The first critical history of electroshock ('ECT') compiled and edited by a shock survivor. This major work features numerous quotes from psychiatrists and shock survivors, illustrations, photographs, a "Death Chronology" documenting over 350 ECT-related deaths, and a glossary of many key terms. An invaluable resource for researchers and activists.

Leonard Frank (2006). *The Electroshock Quotationary*. [<http://endofshock.com>]

A more recent and comprehensive critique of electroshock with many additional quotations and fully cited references. A greatly expanded and substantial revision of Frank's History of Shock Treatment. Available only online

Erving Goffman (1961). *Asylums: Essays on the social situation of mental patients and other inmates*. Garden City, NJ: Anchor Books/Doubleday & Company, Inc.

A humanistic sociologist deconstructs mental hospitals as dehumanizing 'total institutions' or psychiatric prisons. The chapter "The Moral Career of the Mental Patient" is a chilling analysis of stigma and destroyed identity.

Hirsch, S, JK Adams, LR Frank. *Madness Network News Reader*. San Francisco: Glide Publications, 1974. (currently available from Leonard Roy Frank, #603, 2300 Webster St., San Francisco, CA 94115). An anthology of major critiques of the mental health system, psychiatry and its 'treatments' by survivor-activists and dissident health professionals by editors of the movement magazine *Madness Network News*. (out of print)

Herb Kutchins and Stuart A. Kirk (1997) *Making Us Crazy: DSM: The Psychiatric Bible and the Creation of Mental Disorders*. NY: The Free Press/Simon & Schuster Inc.

Two social scientists and health critics expose psychiatric diagnoses in psychiatry's fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) as unscientific, invalid, and harmful in its effects on people's lives - a form of character assassination.

Lenny Lapon (1986). *Mass Murderers in White Coats: Psychiatric Genocide in the United States and Nazi Germany*. Psychiatric Genocide Research Institute.

A powerful, well-documented expose of psychiatric atrocities in both countries, a list of psychiatrists by name and institution who were complicit, a chapter on movement resistance including concise reports of the International Conferences on Human Rights and Psychiatric Oppression (1976-1984), and a list of Psychiatric Inmate Liberation/Antipsychiatry groups - one of the most radical works published. (Available from MindFreedom- <http://mindfreedom.org>.)

Phoenix Rising Editorial Collective (1980-1990). Phoenix Rising. Toronto. (see Don Weitz "Phoenix Rising: Its Birth and Death")

Irit Shimrat. *Call Me Crazy: Stories From the Mad Movement* (1994). Vancouver, B.C.: Press Gang.

A collection of personal accounts of psychiatric abuse, trauma and survivor resistance in Canada, based on the author's interviews with many psychiatric survivor-activists.

Thomas S. Szasz (1961) *The Myth of Mental Illness: Foundations of a Theory of Personal Conduct*. NY: Delta Book, Dell Publishing Co.; second edition reprinted in 1974 by Harper & Row. The first major critique of "mental illness" as unscientific and illogical, Szasz brilliantly deconstructs "mental illness" as a medical fraud and metaphor for personal crises or "problems in living."

Thomas S. Szasz. (1971). *The Manufacture of Madness*. NY: Delta Book, Dell Publishing. A devastating critique of psychiatric dogma and fraud, "inventing" mental illness

Thomas S. Szasz (2007). *Coercion As Cure: A Critical History of Psychiatry*. New Brunswick: Transaction Publishers.

Another analysis in which Szasz asserts that force as social control - not humane treatment or concern for the health and well-being of patients - is what really drives diagnosis and forced intervention throughout psychiatry's history.

Don Weitz (Fall 1990). Phoenix Rising: Its Birth and Death. *Borderlines*, #19, 14-19.

A tribute to and look back at the critical successes of Phoenix Rising, the first and only antipsychiatry magazine in Canada collectively edited and controlled by psychiatric survivors during a 10-year period (1980-1990). This article summarizes several major issues and priorities including personal stories of psychiatric abuse, accounts of legal victories, essays and other critiques of the "mental health" system, survivor testimony against electroshock, critical articles of drug deaths and inquests, government cover-ups, book reviews, art, and letters to the editor.

Don Weitz (Summer 2008). "Psychiatry's Human Rights Violations: An Antipsychiatry Perspective." *Radical Psychology*, volume 7, [online <http://radicalpsychology.org>]

A critical discussion of some major violations of people's human rights (torture) in psychiatry- electroshock ('ECT'), forced drugging, solitary confinement ("seclusion"), physical restraints, involuntary committal (preventive detention), and community treatment orders.

Robert B. Whitaker (2010). *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*. NY: Crown Publishers.

A follow-up to Whitaker's critically acclaimed *Mad in America* (2002), this book documents with an awesome amount of medical-scientific evidence of "this plague of disabling mental illness" in the United States. As investigative journalism, the book exposes the active and unethical roles of Big Pharma (multinational drug corporations) and organized psychiatry (American Psychiatric Association) in manufacturing new types of "mental illness" (e.g., "bipolar", ADHD"), especially among millions of vulnerable children, and promoting damaging drugs that cause emotional and physical trauma and neurological disorders.