



Wellness Forum Health

Mental and Emotional Health With Peter Breggin

For information or to set up a time for a phone call to discuss,
email pampopper@msn.com or call 614 841-7700.

See time-limited special offers at the end of this document

Psychiatric Drug Withdrawal: Consumer Course \$995

Research does not support the idea that “chemical imbalances in the brain” are the cause of mental illness. Yet today, 25% of Americans, including millions of children, are taking psychiatric drugs for conditions ranging from ADHD to schizophrenia. Research shows that psychiatric drugs are not effective (barely better than placebo). Instead, the drugs have significant side effects that are often disabling and sometimes life-threatening. Furthermore, the drugs do not address the underlying causes of the individual’s suffering and impairment such as childhood or adult losses and trauma, emotional conflicts in the family, poor self-discipline, difficulties focusing and persisting, real life crises, and self-defeating attitudes.

While many doctors know how to prescribe the drugs, few know much about how to help patients withdraw, which is why consumers must be educated and prepared. This course provides valuable information about the effects of the drugs, what to expect while withdrawing, how to develop a team for support, and how to improve physical health in preparation for withdrawal.

The course is taught via online video platform. Students will have access to the platform for one year from the date of enrollment. Participants must have access to a computer in order to access the videos.

Curriculum Outline:

Introduction: Dispelling Psychiatric Drug Myths

Understanding Major Psychological Disorders

PTSD	Psychosis
Depression and Despair	Bipolar
Anxiety and Panic Disorders	ADHD and Behavior Disorders in Children

Impact of Psychiatric Drugs on the Body and Brain

Medication Spellbinding	Chronic Brain Impairment
Antipsychotic (Neuroleptic) Drugs	Antidepressant Drugs
Stimulant Drugs	Benzodiazepines and Other Sedatives
Lithium and Mood Stabilizers	

Preparing the Body of Psychiatric Drug Withdrawal

Diet, Exercise and Mental Health

Orchestrating Your Withdrawal Process

Understanding the Withdrawal Process
Preparation for Psychiatric Drug Withdrawal
Techniques for Beginning Medication Withdrawal
Developing a team

Beginning and Sustaining Your Drug-Free Life

Additionally, the program includes membership to Wellness Forum Health, which includes additional instruction concerning diet and lifestyle change via live teleconference and online video platform.

The Heart of Being Helpful

"Nearly all of us are called upon at one time or another to help people in emotional and spiritual distress. We do this as friends, family members, employers, ministers, educators, therapists, and health professionals."

Peter R. Breggin, M.D.

Part I starts with personal transformation - becoming the "best you" that you can be. The more centered and happy you are, the more pleased with your life that you are—the more you will be able to help others. You'll learn how to constructively look at both your past and present circumstances, your successes and failures, your relationships with others, and how to transform yourself to live your best life. Ultimately you will learn how to identify your self-defeating reactions to life and to replace them with positive, rational and caring approaches. Insight into your own experience, and continually fine-tuning yourself to live and to relate better, provides the basis for helping others with their lives.

Curriculum includes:

- Humans, Relationships and Love
- Reflecting on Your Childhood
- When You and Others Are Suffering
- Overcoming Negative Emotions
- Discover Your Purpose and Live Your Best Life
- Relationships and How to Heal Them
- Dealing With Impossible Relationships and Impossible People
- How to Have and Live the Life You Want

Tuition \$695

Part II continues with your learning how to apply what you've learned to helping others – not by delivering therapy, but by helping people through the same self-transformation experience you've undergone for yourself. Helping ourselves and those we touch to live fuller and more satisfying lives is an ongoing process that all people can share with one other, sometimes through a lifetime together. **Tuition \$695 (will be available early 2019)**

These courses are offered via self-study via online video platform with accompanying workbooks.

Fall specials:

Heart of Being Helpful Part I and II \$1195 (save \$195)

Heart of Being Helpful Part I and Psychiatric Drug Withdrawal 1395 (save \$295)

Heart of Being Helpful Part I and Part II, and Psychiatric Drug Withdrawal \$1995 (save \$390)

Packages expire November 30