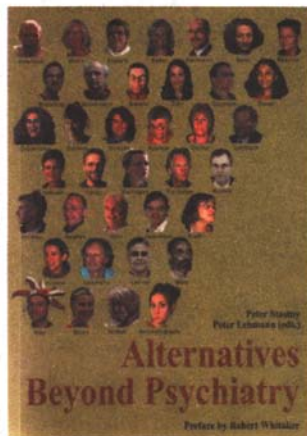


booklooks

with Paula McKeown

Alternatives Beyond Psychiatry

Editors Peter Stastny and Peter Lehmann; preface by Robert Whitaker;
published and distributed by Peter Lehmann Publishing; ISBN 978-0-9788399-1-8; AU RRP \$42.90



This book questions the mainstream psychiatry treatment available to people. It looks at alternative programmes and therapies that have a track record of helping people get better. It looks at each available, and sometimes controversial, contemporary treatment such as psychiatric drugs, and their adverse effects. The writers of *Alternatives Beyond Psychiatry* take a serious look at electric shock treatment, which is still used today, and its ability to cause permanent brain damage. This book is not written as medical advice it is written to tell personal experience accounts with old, current and new and alternate treatments and therapies. This book offers alternative medicine, holistic remedies and self-help methods.

It is a collection of reports and approaches from non-, anti- and post-psychiatric everyday life in different countries. The writings in this book describe a commitment to (1) developing adequate and effective assistance for people in emotional difficulties; (2) safeguarding civil rights in treatment on a par with "normal" patients; (3) joining forces in cooperation with other human rights and self-help groups; (4) use of alternative and less toxic psychotropic substances and a ban of electroshock; (5) new ways of living with madness and being different – with as much independence from institutions as possible; and (6) tolerance, respect and appreciation of diversity at all levels of life. Contributions to the book are made by over 50 others, some of whom are ex-mental patients,

professors, film directors, economists, clinical psychologists, from all over the world. Chapters cover everything from money, rights, alternatives, research to develop an evidence base for alternative approaches. Diagnostic methods, self help, respecting and supporting people. This is an extremely comprehensive book full of valuable information and insights.

Schizophrenia Awareness Week 9-15 March '09; for more information visit the website: www.sfnat.org.nz