

# The Wellness Forum Institute for Health Studies, Inc.

## Why and How to Withdraw From Psychiatric Drugs

### 2018 Course Catalog

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# The Wellness Forum Institute for Health Studies

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Certified through the Ohio State board of Career Colleges  
Registration number 09-09-1908T

Executive Director:  
Pamela A. Popper

## **General Information**

### **School Calendar for 2018:**

#### **Legal holidays observed by the school are:**

- New Years Day
- Martin Luther King Day
- Good Friday
- Passover (one evening and one day only)
- Memorial Day
- July 4
- Labor Day
- Thanksgiving and the day following
- Christmas Eve
- Christmas Day
- New Years' Eve

#### **Payment:**

All tuition and fees are payable for one school term only. Payment is due prior to the start of classes each term.

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increase will become effective for the school term following student notification of the increase.

#### **Cancellation and Settlement Policy**

This enrollment agreement may be canceled within five calendar days after the date of signing provided that the school is notified of the cancellation in writing. If such cancellation is made, the school will promptly refund in full all tuition and fees paid pursuant to the enrollment agreement and the refund shall be made no later than thirty days after cancellation. This provision shall not apply if the student has already stated academic classes.

#### **Refund Policy**

If the applicant is not accepted into the program, all monies paid by the student shall be refunded. Refunds for books, supplies and consumable fees shall be made in accordance with Ohio Administrative Code section 3332-1-10.1. There is one (1) academic term for this program that is 39 contact hours in length. Refunds for tuition and fees shall be made in accordance with following provisions as established by Ohio Administrative code section 332-1-10:

A student who withdraws before the first class and after the five-day cancellation period shall be obligated for the registration fee only.

A student who starts class and withdraws during the first full calendar week of the academic term shall be obligated for 25% of the tuition and refundable fees for that academic term plus the registration fee.

A student who withdraws during the second full calendar week of the academic term shall be obligated for fifty percent of the tuition and refundable fees for that academic term plus the registration fee

A student who withdraws during the third full calendar week of the academic term shall be obligated for seventy-five percent of the tuition and refundable fees for that academic term plus the registration fee.

A student who withdraws beginning the fourth full calendar week of the academic term will not be entitled to a refund of any portion of the tuition and fees.

The school shall make the appropriate refund within thirty days of the date the school is able to determine that a student has withdrawn or has been terminated from a program. Refunds shall be based upon the last date of a student's attendance or participation in an academic school activity.

Books can be returned for refund if they are new and unused.

### **Complaint or Grievance Procedure**

All student complaints should be first directed to the school personnel involved. If no resolution is forthcoming, a written complaint shall be submitted to the director of the school. Whether or not the problem or complaint has been resolved to his/her satisfaction by the school, the student may direct any problem or complaint to the Executive Director, State Board of Career College and Schools, 30 East Broad Street #2481 Columbus, Ohio 43215. Phone 614 466-2752; toll free 877 275-4219.

## **Why and How to Withdraw From Psychiatric Drugs will be offered beginning Fall 2018**

**Enrollment Deadlines:** Students must be enrolled by August 31, 2018 in order to participate in this series.

**Program Length:** 87 Hours

This program is completed in 19 weeks.

### **Tuition and Fees:**

Registration Fee: \$ 100.00

Tuition: \$2784.00

Total Cost: \$2884.00

Textbooks are listed with the course descriptions. Textbooks are not included in the cost of tuition, and students are responsible for procuring books. Books are available from outside vendors such as [www.amazon.com](http://www.amazon.com).

### **Entrance Requirements:**

Why and How to Withdraw From Psychiatric Drugs is Recommended For:

- Psychiatrists who are interested in returning to a practice model centered on talk therapy rather than pharmaceutical intervention and who want to assist patients in withdrawing from psychiatric drugs
- Family practice and internal medicine physicians, physician assistants, and nurse practitioners and any other prescribers who want to assist patients in withdrawing from drugs.
- Any prescribers and health professionals who want to learn about the real origins of psychological issues
- Psychologists, social workers, counselors, family therapists, clergy and others who offer services to people with psychological issues and who want to gain greater understanding of the effects of psychiatric drugs, and how to help patients who wish to withdraw from them
- Individuals and family members who seek to have a better understanding of their own psychological conditions and to learn how to help themselves, and/or who have affected family members or friends
- Government employees, lawyers, judges, clergy, coaches and teachers and others who are in a position to advise patients and families in respect to psychiatric drugs and better approaches to helping with psychological conditions

Students are advised that the information in this course must be applied in accordance with the scope of practice for their occupation and in compliance with state licensure laws in state of residence where applicable.

**Delivery Method:** Classes are offered via “virtual classroom;” live and interactive teleconference calls which re scheduled for specific times. Students must be “in class,” meaning calling the conference call number, in order to participate. Classes are recorded and made available for 4 weeks after each class takes place. Students may make up missed classes by listening to the recordings.

Additionally, lectures and talks with Peter Breggin, M.D. are made available to supplement classroom sessions.

**Requirements:** In addition to paying the registration fee and tuition, students must participate in all of the modules that comprise this program, and successfully complete all assignments.

Students must have an email address and access to a computer and telephone in order to take this course. Students must be able to call a long distance number and to enter a passcode for access in order to take the classes.

**Graduation:** Students must attend classes or listen to recordings, watch Dr. Breggin’s videos; and turn in assignments on time, which will include research, writing papers, and other assignments that demonstrate knowledge of and ability to apply information taught in the course.

**Tardiness and absence:** Classes are recorded and made available for four weeks for students who miss classes for reasons beyond their control.

**Termination:** Students can only be terminated from this series through non-attendance. Terminated students can attend the classes when offered again at no additional charge.

**Grading System:** Each instructor determines the grading system for each module. Students will be notified at the beginning of each module of the requirements and grading system.

**Probation for Unsatisfactory Progress:** Progress in this course is evaluated through attendance during the series. Completion is based on completing the final project. There is no probationary period.

**Privacy Policy:** Personal contact information for students and faculty is available for contact and communication between faculty members and students for school-related business only. This policy is designed to prevent students from the solicitation of unwanted marketing of products or services.

Students and faculty are prohibited from marketing products and services to one another while students are enrolled in the school. Students and faculty are strictly

prohibited from using student information for private gain, or for any type of solicitation during school or after graduation.

**Program Description:** 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.

The majority of today’s practicing psychiatrists are trained to prescribe drugs, and not to provide therapy. Some psychiatrists are interested in assisting patients with medication withdrawal, and returning to a practice model that centers on empathic therapy. Others, however, are hostile to the idea, which means that in order to help the tens of millions of people currently taking drugs and who need help in regaining their physical and mental health, family practice and other general practice health providers, along with psychologists and other types of therapists will need to be trained to assist. While many of these health professionals have maintained for many years that psychiatric drugs were more harmful than helpful, few are trained specifically in what to expect when patients begin the withdrawal process, how to differentiate between medication withdrawal symptoms and underlying psychological issues, and how to effectively engage families and friends to help those affected.

This unique program was developed by Wellness Forum Institute and psychiatrist Peter Breggin, M.D., a leading promoter of empathic therapy and a pioneering researcher in the toxic effects of psychiatric drugs and how to withdraw from them. Participants will learn guidelines for prescribers, therapists, patients and their families involved in psychiatric drug withdrawal, with emphasis on a collaborative effort that is empowering to the patient and family.

The course fills an important need. Although there are many books and classes that address aspects of drug withdrawal, there are no formal and comprehensive training programs that teach practitioners, patients and families “the whole story” – the actual causes of psychological issues, the consequences of drugging, and effective methods for helping people to extract themselves from “the psychiatric mill.” Conscientious professionals have had to seek knowledge from diverse sources to “piece together” the body of knowledge needed to help patients with their mental health issues, and patients and their families have often had little to rely upon for solid information and encouragement. Finding one’s own way as a professional, family member or patient can be a difficult, time-consuming, expensive, and incomplete process. This is the first comprehensive training program that addresses all aspects of this issue.

**Upon completion of the course, the healthcare provider will be able to:**

- Educate clinicians as to how biological psychiatry became the preferred method of treatment
- Reframe conditions like depression, anxiety, bipolar, ADHD and other “mental illnesses” as psychological conditions rather than biological illnesses
- Inform clinicians of the true nature of various psychological conditions in order to treat them more effectively
- Familiarize clinicians with manifestations of drug toxicity ranging from subtle symptoms like lethargy, loss of interest in themselves and others, and emotional remoteness; to severe and life-threatening side effects such as addiction, suicide, violence, neuroleptic malignant syndrome, and serotonin syndrome.
- Help clinicians learn how to withdraw patients safely from psychiatric drugs through patient- and family-centered collaborative care, while also helping therapists, patients and families empower themselves to participate.

**Employment opportunities:** Many students in this course will already be employed in healthcare-related practices such as physicians, nurses, nurse practitioners, psychologists, social workers; or fields related to mental health such as lawyers or judges. Others who take this course will be laypersons who want to help themselves or support others. For health practitioners, this course teaches a new practice specialty; psychiatric drug withdrawal. There is no other formal training that teaches practitioners how to do this. And there is no training program focused on this area that is available for others who are in a position to help patients who take these drugs.



## Course Descriptions and Credit Hours

### **History of Psychiatry and the Biological Model of Psychiatric Care**

Credit Hours: 7

6 hours of classroom instruction

One-hour video with Peter Breggin, M.D.: Origins and Principles of Psychiatry

Textbooks:

*Anatomy of an Epidemic* by Robert Whitaker

*Deadly Psychiatry and Organized Denial* by Peter C. Gøtzsche, MD

*Toxic Psychiatry* by Peter Breggin, M.D.

*Brain-Disabling Treatments in Psychiatry: Drugs, Electroshock and the Role of the FDA* by Peter Breggin, MD

Course description: Includes detailed history of the psychiatric profession, how mental health and psychological issues have been addressed throughout medical history, how the biological model of psychiatry was developed and gained traction, and the state of psychiatry and mental health today.

### **Understanding the Major Psychological Disorders**

Credit Hours: 31

24 hours of classroom instruction

7 hours of video lecture with Peter Breggin, M.D. covering:

- PTSD
- Psychosis and Autism Spectrum Disorders
- Depression and Despair
- Bipolar
- Anxiety (includes OCD and panic disorder)
- ADHD and Behavior Disorders in children
- Addiction

Textbooks:

*Toxic Psychiatry* by Peter Breggin, M.D.

*Talking Back to Ritalin* by Peter Breggin, M.D.

*Guilt, Shame and Anxiety: Understanding and Overcoming Negative Emotions* by Peter Breggin, M.D.

Course description: Covers causes of and defines major psychological disorders such as depression, anxiety, ADHD, PTSD, bipolar, addiction, and psychosis.

## **Strengthening the Body in Anticipation of Psychiatric Drug Withdrawal**

Credit Hours: 8, all classroom instruction

Textbooks:

*InforMED Health101* by Pamela A. Popper, Ph.D., N.D. (note: this text must be purchased through Wellness Forum Health)

*Exercise for Mood and Anxiety* by Jasper Smits and Michael Otto

Includes information about diet for optimal physical health, the relationship between diet and mental health, the gut microbiome and its influence on the brain and mood, exercise for optimal health, and the effects of exercise and other lifestyle habits on psychological challenges like depression, anxiety, and ADHD.

## **Impact of Psychiatric Drugs on Patients**

Credit hours: 17

10 hours of classroom instruction

7 hours of video lecture with Peter Breggin, M.D. covering:

- Consequences of Drugging

- Chronic Brain Impairment

- Medication Spellbinding

- Antipsychotic (Neuroleptic) Drugs

- Antidepressants Drugs

- Stimulant Drugs

- Benzodiazepines, Sedatives and Opiates

- Lithium and Mood Stabilizers

Textbooks:

*Toxic Psychiatry* by Peter Breggin, M.D.

*Psychiatric Drug Withdrawal : A Guide for Prescribers, Therapists, Patients and their Families* by Peter Breggin, M.D.

*Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide and Crime* by Peter Breggin, M.D.

Psychological disorders are not caused by chemical imbalances in the brain, this theory of causation has never been proven. This module covers the ways in which each class of drugs causes chronic brain impairment and medication spellbinding. Includes preparation for providing expert witness testimony for patients who have been harmed.

## **Psychiatric Drug Withdrawal: A Person-Centered Collaborative Approach to Psychiatric Drug Withdrawal**

Credit hours: 24

16 hours of classroom instruction

8 hours of video lecture with Peter Breggin, M.D. covering:

- Understanding the Withdrawal Process

- Preparation for Psychiatric Drug Withdrawal

Techniques for Beginning Medication Withdrawal  
Developing a team  
Psychotherapy During Medication Withdrawal  
Handling Emotional Crises

Textbooks:

*Psychiatric Drug Withdrawal* by Peter Breggin, M.D.

*The Heart of Being Helpful* by Peter Breggin

Detailed instruction on what to expect when withdrawing from psychiatric drugs; how practitioners and involved/concerned persons can communicate with patients; developing a support team; specific protocols for specific classes of drugs; how to deliver empathic therapy; how to deliver therapy during withdrawal; limitations of therapy during withdrawal.

## Instructors

### **Peter Breggin, M.D.**

Peter R. Breggin, MD is known as "The Conscience of Psychiatry" for his many decades of successful efforts to reform the mental health field. His scientific and educational work provides the foundation for modern criticism of psychiatric drugs and electroshock (ECT) and he promotes more caring and effective therapies.

He has been a consultant to the Federal Aviation Agency (FAA) on the effects of psychiatric drugs on pilots, and recently was the key expert witness in hearings before the U. S. Congress on psychiatric drug-induced violence and suicide in the military.

He has authored more than 50 peer-reviewed scientific articles and more than 20 books including the bestseller *Talking Back to Prozac* (1994, with Ginger Breggin). Based on his clinical and forensic experience, he presented numerous examples of tragic adverse drug reactions in his book, *Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide and Crime* (2008). He summarized the dangers of psychiatric drugs and described how to withdraw from them in *Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Their Families* (2013). Dr. Breggin's newest book is *Guilt, Shame and Anxiety: Understanding and Overcoming Negative Emotions*.

Dr. Breggin is a graduate of Harvard (with Honors) and Case Western Reserve Medical School. His psychiatric training included a Teaching Fellowship at Harvard Medical School. After finishing his psychiatric training, he became a full-time consultant at the National Institute of Mental Health (NIMH) for two years. He has taught at many universities.

Dr. Breggin's private practice is in Ithaca, New York where he treats adults, couples, and families with children.

### **Pinar Miski, M.D.**

Dr. Pinar Miski is the Chief of Psychiatry at St. Agnes Hospital in Baltimore, Maryland, responsible for clinical and administrative duties for psychiatric consultation services in an acute care setting. She earned a B.S. in psychology from Penn State University, and a medical degree from Temple University School of Medicine.

Dr. Miski has received awards including the Don Ross Award for resident psychotherapy paper, and was appointed Chief Resident for psychiatry services at The University of Maryland. She has been involved in several research projects, authored papers, and made presentations at professional conferences.

## **Pam Popper**

Pam Popper is Executive Director of Wellness Forum Health. The company offers educational programs for consumer and healthcare providers that facilitate evidence-based, collaborative and informed decision making for health-related matters.

Pam serves on the Physician's Steering Committee and the President's Board for the Physicians' Committee for Responsible Medicine in Washington D.C.

She served as part of Dr. T. Colin Campbell's teaching team at eCornell, teaching part of a certification course on plant-based nutrition. She has been featured in many widely distributed documentaries, including *Processed People* and *Making a Killing* and appeared in the acclaimed documentary *Forks Over Knives*, which played in major theaters throughout North America in 2011. She is one of the co-authors of the companion book which was on the *New York Times* bestseller list for 66 weeks. Her most recent films are *Food Choices* and *The Yoyo Effect*. Her most recent books are *Food Over Medicine: The Conversation That Can Save Your Life*, and *Food Choices: The Book*.

Pam is also a public policy expert, and continually works toward changing laws that interfere with patients' right to choose their health provider and method of care. She has testified in front of legislative committees on numerous occasions, and has testified twice in front of the USDA's Dietary Guidelines Advisory Committee.

## **Kylea Rorabaugh**

Kylea is the owner of Healthy on Purpose in Kansas City, Missouri. She is a Licensed Professional Counselor in private practice, and also a Certified Health Educator. She earned her BA in psychology from Point Loma Nazarene University in 2001 and a MA in counseling from the University of Missouri in 2005. Kylea specializes in a whole-person approach to health, addressing both psychological and physical health. She has taken courses through the Wellness Forum Institute and Wellness Forum Health for many years, and was appointed as a faculty member of the Institute and a Provider Affiliate of Wellness Forum Health in 2018.