

PAVLOS SAKKAS M.D.



REVEALING
PSYCHIATRY

FROM AN INSIDER
PSYCHIATRIC STORIES FOR OPEN
MINDS AND TO OPEN MINDS

STERGIOU LIMITED

Revealing Psychiatry Insider Psychiatric Stories

Tobias Bleicker



Revealing Psychiatry Insider Psychiatric Stories:

Revealing Psychiatry... From an Insider Pavlos Sakkas, 2015-09-12 SECOND EDITION 2023 KIRKUS BOOK REVIEW
Roaming conversational musings on psychiatry principles and phenomena ABOUT THE BOOK This volume contains the principal elements preoccupying modern Psychiatry The author introduces the reader into all mental illnesses on the one hand through real examples deriving from his rich clinical experience and on the other explaining in simple terms the fault that is the underlying cause It is in essence an interesting investigation into the magical world of the human brain Using easily comprehended language the author provides convincing explanations for the diverse mental functions The models he expounds on bring mental illness down to earth from the mists of Philosophy to the realities of Medicine He compares schizophrenia to a minor short circuit and Anorexia Nervosa to the activation of a programme in reserve in the brain He gives reasons for the necessity for sleep and dreams Other than a doctor however Pavlos Sakkas is a person intensively querying social behaviour His many years of practice of psychiatry and his experience of human pain give him the potential to be of assistance to those who arrive at crucial crossroads in their life His charitable attitude and the unconventional viewpoints he develops provide interesting answers to the greatest existentialist questioning of human beings He speaks of his own questioning and recounts what he answers when his patients ask him about the meaning of life In this book the reader will be able to find useful directions to be guided in the great and thrilling journey of life Guidelines for relations with parents siblings companions and one's children The author has a way of transmitting such knowledge to his layman reader as would be envied by an experienced psychiatrist But the book's best achievement is to bring the reader into the head and the thoughts of a psychiatrist His way also at the same time gives advice in the correct practice of clinical Psychiatry as well as of Medicine in general It is a book addressing every challenged and questioning person who cogitates a problem including professionals of mental health who will find in it new methods of approach along the hazardous paths of the human soul

Anxiety - The Inside Story Niall McLaren, 2018 In *Anxiety The Inside Story* the author takes a critical look at modern psychiatry's twin notions that all mental disorders are biological in nature but anxiety is hardly worth worrying about By the simple process of taking a careful detailed history Niall McLaren shows that anxiety is far more common and far more destructive than mainstream psychiatry realizes Detailed case histories chart how anxiety arises as a psychological disorder and how it reinforces itself to the point where it destroys lives McLaren concludes that anxiety is a major factor in most mental disorders especially depression and bipolar disorder This book will change your understanding of mental disorders Niall Jock McLaren writes as he speaks and he pulls no punches I love this People should listen to what he has to say about the academic corruption of his specialty psychiatry Read this book The man is unique And funny as well Prof Peter Gotzsche Director Nordic Cochrane Centre Copenhagen Debilitating anxieties are frequently misdiagnosed as depression by GPs and specialists alike In this wonderfully accessible account of anxiety Dr McLaren demonstrates with great clarity and very

movingly how a case history approach can help patients confront and overcome their psychological demons He provides compelling evidence that instead of drugging people listening to them attentively and analytically has to be the beginning of the healing process Dr Allan Patience University of Melbourne Anxiety The Inside Story offers readers a devastating blistering critique of psychiatry together with a provocative exploration of how anxiety so often dismissed as a minor difficulty should be understood as the root cause of so much suffering which manifests in a diverse range of behaviors that get wrongly categorized as distinct psychiatric illnesses Niall McLaren presents a compelling case that psychiatric care in Australia and beyond needs to be completely rethought Robert Whitaker author of Mad in America and Psychiatry Under the Influence From Future Psychiatry Press Learn more at www.FuturePsychiatry.com Revealing Psychiatry... from an Insider ,2015

Encyclopedia of Mental Health ,2015-08-26 Encyclopedia of Mental Health Second Edition Four Volume Set tackles the subject of mental health arguably one of the biggest issues facing modern society The book presents a comprehensive overview of the many genetic neurological social and psychological factors that affect mental health also describing the impact of mental health on the individual and society and illustrating the factors that aid positive mental health The book contains 245 peer reviewed articles written by more than 250 expert authors and provides essential material on assessment theories of personality specific disorders therapies forensic issues ethics and cross cultural and sociological aspects Both professionals and libraries will find this timely work indispensable Provides fully up to date descriptions of the neurological social genetic and psychological factors that affect the individual and society Contains more than 240 articles written by domain experts in the field Written in an accessible style using terms that an educated layperson can understand Of interest to public as well as research libraries with coverage of many important topics including marital health divorce couples therapy fathers child custody day care and day care providers extended families and family therapy Shattering Minds Anna Ovasa,2023-09-07 This study offers a new perspective on unusual and unsettling experiences that are often interpreted as mental illnesses and on the techniques through which literary representations invite readerly responses and engagement The book examines how four Finnish modernist writers Helvi H m l inen Jorma Korpela Timo K Mukka and Maria Vaara construct experiences of shattering and distress as bodily experiences that are embedded in the social and material world and entangled with social and cultural norms that govern subjectivity gender and sexuality Drawing on narrative theory theories of embodied cognition phenomenology of illness and feminist theory the analyses show how literary works can invite readers to respond emotionally and to reflect on our views of the human mind and its interaction with the world The book sheds light on the fictional portrayals and techniques of representation and on the ethics of narrating and reading about painful experiences It also illuminates the ways the mind body consciousness and mental distress are discussed in Finnish modernist literature and situates the texts in the international modernist tradition **Cinema's Sinister Psychiatrists** Sharon Packer, M.D.,2012-09-19 Film history is merged with psychiatric history seamlessly to show

how and why bad depictions of mind doctors especially hypnotists occur in early film long before Hannibal Lecter burst upon the scene The German Expressionist Dr Caligari is not cinema's first psychotic charlatan but he launches the stereotype of screen psychiatrists who are sicker than their patients Many film psychiatrists function as political metaphors while many more reflect real life clinical controversies This book discusses films with diabolical drugging unethical experimentation involuntary incarceration sexual exploitation lobotomies shock schlock conspiracy theories and military medicine to show how fact informs fantasy and when fantasy trumps reality Traditional asylum thrillers changed after hospital stays shortened and laws protected people against involuntary commitment Except for six short golden years from 1957 to 1963 portrayals of bad psychiatrists far outnumber good ones and this book tells how and why that was

Practical Alternatives to the Psychiatric Model of Mental Illness Arnaldo Cantú, Eric Maisel, Chuck Ruby, 24-02-09 Practical Alternatives to the Psychiatric Model of Mental Illness is the fifth Volume of the Ethics International Press Critical Psychology and Critical Psychiatry Series Understanding the current systems of psychology and psychiatry is profoundly important So is exploring alternatives The Critical Psychology and Critical Psychiatry Series presents solicited chapters from international experts on a wide variety of underexplored subjects This is a series for mental health researchers teachers and practitioners for parents and interested lay readers and for anyone trying to make sense of anxiety depression and other emotional difficulties Practical Alternatives provides practical and implementable alternatives to psychiatric diagnosing These discussions will be set against the unique backdrop that is managed care and the contemporary system of healthcare in the United States It likewise looks at worldwide practices that have arisen in different cultures and as a result of various alternative frameworks The aim of this book is to provide people including medical and psychiatric professionals researchers and students with practical and varied clinical approaches they can utilize that sidestep the need to rely on psychiatric diagnoses

One Story Inside Another Victor Gordon Cullen, 2014-04-10 The existence of Gulls is unquestionable that they exist in the way portrayed in this book is for you to decide The existence of off shore oil rigs is also unquestionable and their becoming Spike Moulds Standing Upright in the Bright Mother Sea enhances rather than subtracts from their designed purpose The wonders emerging from the Ocean of Energy are for you alone to investigate they exist for your looking and laughing The Ocean of Energy like its much smaller water filled sisters is in constant motion with an inherent efficiency of the highest magnitude possible What once was is recycled and from this recycling things are made anew for what is important is never wasted Appreciation of such wonders is of course an individual calling and sadly there are many amongst us today who seem convinced they actually own what the Ocean of Energy has freely created The myriad of habitats created as havens for the life forms that followed the Beginning is a wonder greater than all else The needs essential for daily survival were built unreservedly into the system so that they could be used freely whenever required The record being left behind by my own species proves the system can be misused and abused This misuse and abuse so far as understood seems to be tolerated because it is made from energy that has no

inherent intelligence of its own Come now let Thag Sea Wolf and Humber Current Holly guide you through their remarkable journey while Harry Lloyd living in a reality closely linked to Gulldom guides you through his own story and the story of the oil industry **Show Me the Bodies** Peter Apps,2022-11-10 WINNER OF THE ORWELL PRIZE FOR POLITICAL WRITING 2023 Never before in years of reviewing books about buildings has one brought me to tears This one did Rowan Moore Observer Book of the Week On 14 June 2017 a 24 storey block of flats went up in flames The fire climbed up cladding as flammable as solid petrol Fire doors failed to self close No alarm rang out to warn sleeping residents As smoke seeped into their homes all were told to stay put Many did and they died It was a tragedy decades in the making Peter Apps meticulously exposes how a steady stream of deregulation corporate greed and institutional indifference caused a tragedy 72 people did not need to die as the Grenfell Tower Inquiry makes clear Here is the story of a grieving community forsaken by our government a community still waiting for justice *Insider's Guide to Graduate Programs in Clinical and Counseling Psychology* Michael A. Sayette,Michael Sayette,John C. Norcross,2020-01-20 This expertly written guide now in its 2020 2021 Edition is the resource you can rely on to help you choose and get into the graduate clinical or counseling psychology programs that meet your needs The Insider s Guide is based on intensive research and includes information advice and decision making worksheets not available from any other source A handy time line pinpoints important steps to take in the months and years leading up to submitting your applications In depth profiles on more than 300 accredited programs provide details on specializations or tracks admission requirements acceptance rates financial aid research areas and clinical opportunities The 2020 2021 Edition includes profiles of 16 additional programs as well as the latest information on prerequisite coursework student loans and more

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