



Reframing Mental Illness

Susan Thrasher

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Why do we choose to medicate ourselves with psychiatric drugs? Something like 20% of us do. Is it to feel better? To feel normal? To temper anxiety? To dash depression? Or to keep from bouncing between crushing lows and creative, exuberant highs? Banish those annoying voices? Sleep through the nightmares of our past? Or stop ourselves from doing whatever it is we are doing that is annoying the hell out of us and those we love? And how in the world did we develop the notion that a pill or potion could "fix" all these problems?

Reframing Mental Illness tells the story of how we have come to believe in a biomedical, brain-chemical-gone-amuck origin for an ever-expanding cornucopia of psychiatric and psychological disorders. It then offers options for getting off the psychiatric drug merry-go-round by reframing our current cause/solution perspective through increased self-awareness and a variety of empowering alternative viewpoints, techniques, and mindwork exercises inspired by such sources as NLP, EFT, quantum physics, and energy work.

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