

When I worked and taught medical students at a dedicated psychiatric emergency department, I saw the most astonishing cases.

One afternoon, a healthy appearing young man came in.

It surprised me to see someone who looked so put together and acted so politely in that setting. What he told me was that he learned about bipolar disorder from TV commercials and asked his primary care doctor to put him on Abilify, a strong and very toxic antipsychotic.

He came to the facility because he experienced a terrible urge to keep moving and couldn't be comfortable in any position. He couldn't sleep well as a result. He thought these were further signs of bipolar disorder: psychomotor agitation and decreased need for sleep. He wanted me to give him more drugs.

Since I didn't observe even the slightest whiff of mental illness, I became curious.

He divulged he had been keeping a huge secret from his father and believed his father would completely reject him if he knew. He worried about this day and night, but it never occurred to him that this was the actual problem.

His restlessness turned out to be a well known, but often overlooked, side effect known as akathisia. It's an insidious condition that can literally drive a person crazy.

So, this poor guy had a real problem, but as a result of the psychiatric and big pharma industry's influence, **he actually believed he was seriously mentally ill.**

Of course, he wouldn't be able to begin to address the problem with this in the way or with this medication on board.

This is the pattern I've seen over and over again in psychiatry — distract you with meds, create dependency and passivity, misinterpret side effects as mental illness, and subvert any possibility of real healing.