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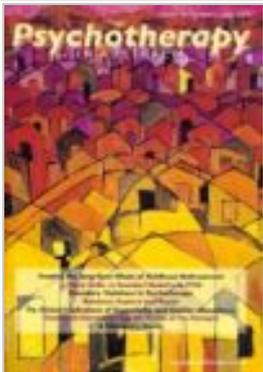
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Saving normal: An insider's revolt against

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out-of-control psychiatric diagnosis, DSM-5, big pharma and the medicalization of ordinary life

**Psychotherapy in Australia**  
**Volume 19 Issue 3 (May 2013)**

**Frances, Allen**

**Abstract:** In this extract from his new book, *Saving Normal*, Allen Frances, Chair of the DSM-IV Task Force, warns that mislabeling everyday problems as mental illness has shocking implications for individuals and society: stigmatising a healthy person as mentally ill leads to unnecessary, harmful medications, the narrowing of horizons, misallocation of medical resources, and draining of the budgets of families and the nation. We also shift responsibility for our mental well-being away from our own naturally resilient and self-healing brains, which have kept us sane for hundreds of thousands of years, and into the hands of 'Big Pharma', who are reaping multi-billion-dollar profits.



FULL TEXT PDF (419KB)

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