



Wellness Forum Health

Spend 4 days with Dr. Peter Breggin! March 30-April 2

Dr. Breggin will be filming lectures and workshops that are part of The Wellness Forum Institute’s new course, “Why and How to Withdraw From Psychiatric Drugs.” You are invited to join him for this once-in-a-lifetime opportunity to participate in live sessions, ask questions, and learn from the master.

Location: Wellness Forum Health Columbus Center 510 East Wilson Bridge road Suite G

Schedule:

Thursday, March 30	7:00-9:00PM	Origins and Principles of Psychiatry PTSD
Friday, March 31	10:00AM-12:00PM	Depression and Despair Bipolar
	12:00-1:30PM	Lunch
	1:30-3:30PM	Anxiety, OCD, Panic Disorder ADHD and Behavior Disorders in Children
	5:00-6:00PM 6:00	Psychosis and Autism Spectrum Disorders Dinner with Dr. Breggin
Saturday, April 1	10:00AM-12:00PM	Addiction Consequences of Drugging Patients: Chronic Brain Impairment
	12:00-1:30PM	Lunch
	1:30-3:30PM	Consequences of Drugging Patients: Medication Spellbinding Consequences of Drugging Patients: Neuroleptic Drugs
	4:00-6:00PM	Consequences of Drugging Patients: Antidepressant Drugs Consequences of Drugging Patients: Stimulant Drugs
Sunday April 2	10:00AM-12:00PM	Consequences of Drugging: Benzodiazepines, Sedatives, Opiates Consequences of Drugging: Lithium and Mood Stabilizers
	12:00-1:30PM	Lunch
	1:30-2:30PM	Preparation for Psychiatric Drug Withdrawal
	3:30-5:30PM	Psychiatric Drug Withdrawal (antipsychotics, antidepressants, stimulants, benzodiazepines, sedatives, opiates)

18 hours total classroom time

Tuition: Members \$299 Non-Members \$399 (regular price \$576)

Note: tuition and credits for this weekend event will applied to the “Why and How to Withdraw From Psychiatric Drugs” course offered through The Wellness Forum Institute. Tuition for these hours if taken later through the Institute will be \$576.

Who should attend this course: people who suffer from psychological disorders, their family members and friends; patients taking psychiatric drugs and want to discontinue them; psychiatrists, counselors, social workers, medical doctors, attorneys, judges, and anyone who interacts with patients who have psychological disorders. **Important note: these sessions will be recorded and you will be asked to sign a release form in order to participate.**

Friday night dinner with Dr. Breggin is included in ticket price. Lunches are available for pre-order for additional fees (see attached menu)



About 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.

Menu for the Weekend

Boxed lunches for Preorder (\$8.95 each)

Friday

Chinese Noodle Salad
Mixed Greens Salad
No Bake Cookie
Fruit

Saturday

Salad Sampler
-Sweet Potato Hummus
-Mock Tuna Salad
-Quinoa Tabouli
Flatbread
Blondies

Sunday

Black Bean and Rice Burrito
Romaine Salad
Chocolate Mousse
Fruit

Dinner Friday night (included in ticket price)

Potato soup with fresh dill
Romaine salad with mandarin oranges and candied pecans
Eggplant Parmesan
Warm German Chocolate Brownies