



Founded 1998

Alternative Mental Health NEWS



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Events

Jan 23-26, 2016

Irvine, CA. Mastering Brain Chemistry: Physician Education Workshop by Walsh Research Institute

Jan 27, 2016

San Diego, CA. 13th Annual Natural Supplements: An Evidence-Based Update.

Jan 30-31, 2016

Ojai, CA. Effective Help for Someone in Spiritual Emergency. CEs available.

Sep 29 - Oct 2, 2016

Washington DC. 7th Annual Conference: Integrative Medicine for Mental Health.

Oct 30-Nov 3, 2016

San Diego, CA. AIHM Annual Conference.

About Us

About AMHN

AMHN is a quarterly newsletter with a focus on the latest research, findings and alternative treatments for mental health and wellness.

About Safe Harbor

Safe Harbor is a nonprofit organization founded in the wake of growing public dissatisfaction with the

In this issue...

Greetings! In this issue find...

- *Recent Research* in Integrative Mental Health (IMH).
- *Clinical Innovations* by select IMH practitioners.
- *Book Review* of Dion Zessin's CODEX ALTERNUS, the most robust book of IMH treatments ever written with a *SPECIAL DISCOUNT* for Safe Harbor listserv members.
- IMH Events

We need your help! Buy anything from Amazon.com and Safe Harbor gets a donation. Bookmark [this link](#) and use it for all your Amazon shopping.

All the best,
Dan Stradford

Recent Research

Light Therapy Outperforms Prozac for Depression...

Bright light therapy is currently used to treat seasonal depression, but researchers think that it may also be effective for those who suffer from non-seasonal depression. The researchers randomized 122 participants diagnosed with moderate to severe major depression into four groups: (1) bright light therapy, (2) antidepressant alone (fluoxetine), (3) combined light therapy and antidepressant, and (4) placebo.

For the respective placebo, fluoxetine, light, and combination groups, response was achieved by 10 (33.3%), 9 (29.0%), 16 (50.0%), and 22 (75.9%) and remission was achieved by 9 (30.0%), 6 (19.4%), 14 (43.8%), and 17 (58.6%).

Omega-3 fatty acids provide variable benefit for schizophrenia depending on the stage of the disorder...

A recent meta-analysis suggests that Omega-3 fatty acids have

unwanted effects of orthodox psychiatric treatments such as medication and shock therapy.

Seeking to satisfy the desire for safer, more effective treatments, Safe Harbor is dedicated to educating the public, the medical profession, and government officials on the research and treatment of mental health using safe nutritionals, and non-invasive protocols that create optimum mental health.

About Alternative Mental Health

AlternativeMentalHealth.com is the world's largest website devoted exclusively to alternative mental health treatments. It includes a directory of over 350 physicians, experts, nutritionist, organizations and facilities that offer or promote safe, alternative treatments for severe mental and emotional symptoms.

Staff



President/Founder Dan Stradford

Since 1998 Dan Stradford has been president and founder of Safe Harbor. He is the lead author of a book for physicians, *Complementary and Alternative Medicine Treatments in Psychiatry*, and the author of the book *The Men's Code of Honor: 66 Principles That Make a Man*.

greater benefit for schizophrenia symptoms in early stages of the disorder than for chronic stages. Ten studies were analyzed. Omega-3 supplementation reduced psychotic symptoms for individuals with early symptoms and lowered conversion rates to first-episode psychosis. In patients with first-episode schizophrenia, omega-3 decreased nonpsychotic symptoms and improved early treatment response rates. Omega-3 had mixed results in patients with stable chronic schizophrenia.

Low EFA's increase adolescent risk of bipolar...

Low essential fatty acid (EFA's: EPA + DHA) levels coincide with the initial onset of mania and increasing risk for developing bipolar in adolescents. Omega-3s were significantly lower in those with first episode bipolar mania with overall Omega-3 levels inversely proportional to manic and depressive symptoms.

Clinical Innovations

Integrative Mental Health practitioners worldwide are finding new ways to help their clients. Many thanks to Emma Bragdon, PhD, founder of [Integrative Mental Health for You](#) for material from her course [15 Psychiatrists Transforming Psychiatry: When Psych Meds are No Longer #1](#).

Dr. Judy Tsafir, MD and Holistic Psychiatrist.



Dr. Tsafir is a traditionally-trained psychiatrist and psychoanalyst in private practice in the Boston, MA area.

She has adopted a holistic approach to psychiatry as a result of finding that drug-only methods to recovery have significant

short-comings.

- Dr. Tsafir sees many patients who seek non-drug treatments for emotional health. Often through life-style changes and nutrition significant improvement in mental symptoms can be gained.
- In addition, Dr. Tsafir uses yoga, meditation and other energy approaches for mental healing. These are used in combination with other non-drug approaches.
- Many of her patients want to come off of psychotropics because of their side effects. She works with these individuals to uniquely help them safely and slowly reduce dosages.

David Berceci, PhD, Somatic Therapist Working with Trauma.

David Berceci travels the world 10 months a year helping large traumatized

Dan has published over 250 articles and technical papers. His writings and commentary have appeared in Time Magazine, the Los Angeles Times, Chicago Tribune, The Daily Record(Scotland), the college textbook *Social Problems* and many other publications.

He has been interviewed numerous times by radio, television, and print media, including The Wall Street Journal, CNN, National Geographic, and USA Today.

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Disclaimer

The information presented in this newsletter is for educational purposes only, and is not intended to replace the advice of physicians or health care practitioners. It is not intended to diagnose or prescribe treatment for any illness or disorder. Anyone already undergoing physician-prescribed therapy



David Bercei PhD
CEO & Developer of Tension & Trauma Releasing Exercises



populations who have experienced natural disasters, war or political violence.

He uses a self-developed technique called Attention and Trauma Releasing Exercises (TRE). These exercises are a form of trauma self-help that use the body's natural calming

abilities. They can be used both individually and in large groups.

- Most populations that undergo trauma are those that are already poorly served with mental health services. Finding accessible solutions is therefore critical.
- He has worked with large populations of soldiers who find benefit from his techniques to develop mental resiliency to cope with the trauma of war.
- People who use this technique typically report two categories of improvement: psychosocial (e.g. reduced anger, reduced anxiety and better sleep) and physical (e.g. elimination of gastro-intestinal issues or neck/back pain).

Dr. Bercei sees tremendous promise in self-help approaches that put the individual back in charge of their own mental health.

Paula Sellars, MSW and Docutrainin^g® filmmaker.



Paula C. Sellars, M.S.W.
Phoenix Possibilities Inc.
Intro



Paula Sellars is a director of Docutrainin^g® projects. Based in Asheville, NC, she creates films to promote social change to help at-risk populations.

Ms. Sellars' career is grounded in 15 years as a social worker focused on family practice. In addition she is a bodywork

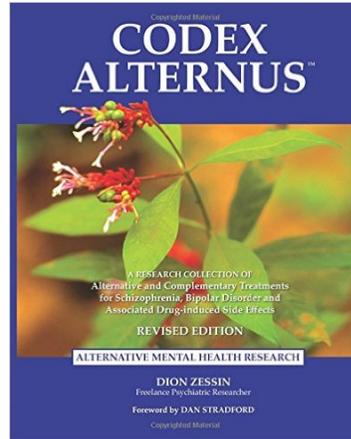
practitioner skilled in massage, cranio-sacral therapy and other energy-based approaches.

- Many of the children she has seen in her practice have experienced trauma including childhood sexual abuse. In addition to helping these individual victims, she identified the vital need for tools to help prevent such abuse.
- To fill this gap, she reoriented her career and decided to create tools that leverage the power of the visual arts. Her films include one to address childhood sexual abuse prevention for use by parent and youth-serving organizations including [Stewards of Children](#).
- A common thread throughout her work is honoring and healing both the physical and spiritual dimensions of those she helps. She has found that using spiritually-informed approaches is vital to help those who have experienced

should seek the advice of his or her doctor before acting on any information presented herein.

trauma.

Book Review



Codex Alternus Dion Zessin, Researcher

Finally! Here is an evidence-based book that covers the full landscape of non-drug options for mental health.

One of the most difficult questions to answer for people in the field of Mental Health is, "what are my options beyond psychiatric drugs?"

This book answers that question with an astounding array of options with direct references back to original studies in peer-reviewed journals. The book is an indispensable encyclopedic practitioner reference for those in the emerging field of Integrative Mental Health.

A quick scan of the table of contents gives a sense of the book's breadth. It offers a variety of Western techniques including vitamins, amino acids, peptides, hormones, micronutrients, detoxification methods, electronic stimulation techniques, food allergies, mindfulness, meditation, mind-body therapies, psychosocial approaches and many more. In addition, it includes a very large number of options, primarily herbal in nature, from non-Western medical systems including Ayurvedic (India), traditional Chinese medicine, Kampo medicine (Japan) and African traditional medicine.

Of special help is a condensed quote of 2-4 sentences pulled directly from the results and conclusions of each study. It identifies the size and nature of the study as well as key findings. Further, the full reference including PubMed # is included.

Order Codex Alternus now. Use the code Y6GB9P5E at [this link](#) to receive a 15% discount.

THANK YOU

We at AMHN want to thank you for joining us this quarter. Please feel free to share our newsletter with family, friends and colleagues.

We welcome your comments or contributions, and if you would like to be featured in future editions, or know of any person, group, or organization that we can feature please.

Sincerely,
Alternative Mental Health and Safe Harbor Staff