



Welcome to Alternative Mental Health news. Check out the latest research and events. Also, I love Craig Wagner's *Choices in Recovery*. The mental health world needs this book! Check out my review below. Thanks, Dan Stradford

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## Biomedical Research

**Smoking during pregnancy and schizophrenia.** A [population study](#) of 979 individuals with schizophrenia in Finland was compared to a control group. People born to mothers who had high nicotine exposure during pregnancy were 38% more likely to develop schizophrenia than those with low exposure.

**Pediatric bipolar, fish oil and inositol.** The [Psychiatric Times](#) reviewed an "[important study](#)" of treatment of children with bipolar symptoms. The combination of fish oil and inositol produced results better than either alone (inositol < fish oil < combination). Adult studies suggest that dosages of omega-3s that contain > 60% EPA show positive results for bipolar. These new results suggest that adding inositol to fish oil improves omega-3s efficacy.

## Psychosocial Research

**Trauma and Dissociative Identity Disorder (DID).** A [new study](#) supports the trauma model of DID. Researchers examined a group of women with DID, PTSD and healthy controls. They found a continuum of trauma-related symptom severity, with highest scores in patients with DID, followed by patients with PTSD, and the lowest scores for healthy controls.

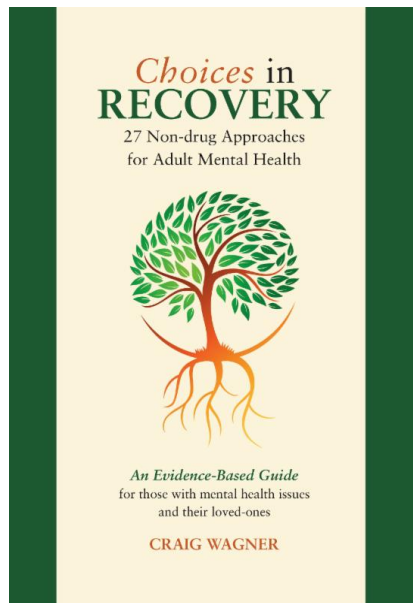
**MBCT more effective when antidepressants are not used.** An [investigation](#) found that Mindfulness Based Cognitive Therapy (MBCT) was most effective in increasing positive affect for depressed individuals when they were not taking antidepressants. Since positive emotions are crucial for recovery, the sequential addition of psychotherapy to antidepressants may be most effective if antidepressants are discontinued prior to psychotherapy.

## Wellness Research

**Calorie restriction impact on mood and anxiety.** A [2-year study](#) found that reducing calorie intake by 25% in non-obese mentally well adults resulted in improved mood, reduced tension and improved sleep. When considered in the context of earlier research that suggests that therapeutic fasting can benefit a [range of mental disorders](#) including [anxiety and depression](#), calorie reduction may be helpful as adjunctive mental health therapy

**Emotional Support for depression.** A [study](#) of 2500 formerly depressed Canadians found that those who had emotionally supportive relationships were four times more likely to report complete mental health recovery than those without such relationships. Having at least one trusted friend was critical to recovery. This suggests that in addition to mental health therapies, practitioners should encourage pragmatic steps to establish normal befriending relationships.

## Books & Web information



I just love Craig Wagner's new release, [Choices in Recovery](#), available now on Amazon. The mental health world needs this book!

Craig has detailed the many aspects involved in true recovery and gives a cornucopia of evidence-based non-drug therapies and healing approaches that can alleviate symptoms ranging from mild depression to full-blown psychosis. These therapies include biomedical techniques, psychosocial approaches, wellness basics, and more.

For each major diagnosis, therapies are grouped into tiers based on strength of evidence so that individuals and practitioners can follow a rational experimentation process seeking wellness.

Although based in over 1300 studies, the book is surprisingly readable and very much in the spirit of what we have done here at Safe Harbor for over 18 years.

I would recommend this book to anyone who suffers or has a loved one who suffers from the torment of a mental disorder and also the doctors and practitioners who treat them. The approaches outlined clearly in the book can bring great relief and help restore the joy of living.

You can go to [www.OnwardMentalHealth.com](http://www.OnwardMentalHealth.com) for details, reviews and a link for purchase. Craig is offering the book free to those who self-identify as being in financial hardship and at steeply discounted prices for those who seek to use it in training (e.g. NAMI affiliates).

Dan Stradford, President and Founder of Safe Harbor

## Conferences & Events

- **June 18** - Organic Acids Testing Workshop. Philadelphia. GLP University. [More](#)
- **July 22-24** - AlterMed's Fourth Colorado Integrative Medicine Conference: Mind-Body Medicine and Lifestyle Management. [More](#)
- **Sept 16-18** - 14th Annual International Restorative Medicine Conference. Hilton Head, [More](#)
- **Sept 29- Oct 2** - Integrative Medicine for Mental Health (IMMH) Conference. Washington DC. [More](#)
- **Oct 6-9** - IPS Mental Health Services Conference. Washington DC. [More](#)
- **Oct 14-16** - Psychiatry MasterClass: Intensive Clinical Training in Integrative Psychiatry. Denver, CO. [More](#)
- **Oct 15-18** - Mastering Brain Chemistry Physician Education Workshop (covering all major mental health diagnoses). Walsh Research Institute, with William Walsh PhD, Mary Megson MD, and Malcom Sickels MD, Oak Brook, IL. [More](#). [Email](#). 630-299-4466.
- **Oct 30** - AIHM Annual Conference. San Diego, CA. [More](#).

## Staff



### Dan Stradford, President/Founder, Safe Harbor.

Dan 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](#).

He 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.

**Craig Wagner, Editor.**



**Craig Wagner**

Craig is an author, speaker, educator and freelance editor in the field of Integrative Mental Health. He is a trainer for the National Alliance on Mental Illness (NAMI) and editor of Codex Alternus, the most comprehensive practitioner reference on alternative therapies.

His book, [\*Choices in Recovery\*](#), is the first to extract the full range of non-drug mental health therapies from the bowels of scientific research and transform it into a pragmatic recovery tool for those with mental health issues and their supporters. He writes and curates this newsletter.

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