Book Highlights the Need for a Radical Change in the Field of Mental Health

Stefan Lerner, M.D., releases ‘The Treacherous Dichotomy: Physical Illness versus Mental Illness’

TRENTON, N.J. (PRWEB) April 03, 2019 -- According to Stefan Lerner, M.D., scientists have shown that “mental” illness is actually the result of physical brain abnormalities, but most people are still using misleading terminology. For him, the stakes are high, as the way people look at, label and treat these illnesses has resulted in unnecessary suffering, symptomatology, disability and suicides. Lerner wanted to promote radical change in this so-called field of mental health. It is for this reason that he wrote “The Treacherous Dichotomy: Physical Illness versus Mental Illness” (published by Archway Publishing).

In the book, Lerner challenges the status quo in this treatise, arguing that psychiatrists need to be trained like neurologists, focusing on the physical brain and its pathologies. Lay therapists, he says, are perfectly suited to offer psychotherapy. According to Lerner, the label “mentally ill” implies that those illnesses are not as “real” as physical illnesses, that an act of will can overcome them. The label also stigmatizes, which prevents individuals from seeking help.

“The bottom line is the very concept of an illness being ‘mental’ is scientifically wrong. They must be reclassified as physical brain illnesses like neurological illnesses. This is the most effective way to reduce stigma and improve diagnosis and treatment,” Lerner points out.


““The Treacherous Dichotomy: Physical Illness versus Mental Illness”

By Stefan Lerner, M.D.
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Stefan Lerner, M.D., is a senior physician/psychiatrist who has been in practice for more than 40 years. He is a diplomate of the American Board of Psychiatry and Neurology and a member in good standing of The American Medical Association. His primary clinical practice is in clinical psychopharmacology and its background basis, neuroscience.

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