



**Your Drug May Be Your Problem,** by Peter Breggin and David Cohen  
Reviewed by Charles Sigler, D.Phil.

In non-technical, easy to understand language, Breggin and Cohen describe “why and how to stop taking psychiatric drugs.” Not only do they provide a helpful overview of a wide range of psychiatric medications (including benzodiazepines, neuroleptics, and antidepressants), but they address the issue of adverse side-effects and withdrawal from these same drugs. Although the book seems to have been written primarily for people considering to either begin or end a relationship with psychiatric drugs, a couple of chapters address the concerns of therapists who work with individuals attempting to cope with their distress without medication. I’ve found the book helpful on more than one occasion in the counseling I’ve done.

The current edition was written in 1999, but it is still helpful and relevant; and even ahead of its time. On July 1, 2005, the FDA announced that people taking anti-depressants have a higher risk of suicidal behavior than the normal population. Earlier in the year a similar warning was given by the FDA for teenagers taking anti-depressants. In a July 2nd article on newratings.com, “The FDA announced that it has begun a review of anti-depressant drugs, involving hundreds of clinical trials, and that the review process would take more than a year to be completed.”

Peter Breggin is a psychiatrist with a subspecialty in clinical psychopharmacology. He is a well-known critic of biological psychiatry and has authored several books and scientific articles on psychiatric medication, and related topics. You’ll find a link to his website on the “Other Counseling Resources” page of this site. Dr. Breggin has made several articles on these same topics available to the public on his site.

David Cohen is Professor of social work at Florida International University in Miami. He has given workshops on withdrawal from

psychiatric drugs and had testified before state legislatures and in court on the adverse effects of psychotropic drugs.