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## Reclaiming Our Children: the Healing Solution for a Nation in Crisis

By Peter Breggin

Perseus Books, Reading, Massachusetts, U.S.A., 2000. Hardcover. Condition: New. No Jacket. From Booklist: Breggin, a medical doctor, explores the issues behind some of the recent troubling behavior of American youth as well as the changing adult attitudes toward children. He starts by examining the Columbine shootings and branches into other distress signals from youth, including the long and sorrowful history of urban youth violence. Breggin views the slow and uncoordinated response to Columbine as a metaphor for the nation's inability or unwillingness to come to grips with the sociological and psychological problems of youth: divorce, racism, alienation, and isolation caused by technology, drug abuse, and neglect. Breggin cautions against relying on counseling and drug therapy to address societal ills, as was suggested in the wake of Columbine. (As it turns out, the shooters had already been involved in counseling and drug treatment.) The nation is addressing troubled youth by "using drugs the way gardeners use herbicides," he writes. Instead, Breggin makes recommendations for improving schools, reducing stress on children, and enhancing parent-child relationships, in short, for reclaiming responsibility for parenting children. Vanessa Bush Book Info Reveals the way to lasting peace with and among children starting with a...



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Breggin focuses mostly on the social ills of our society and the social and political context of mental health approaches to children, doing a solid job in this regard. However, a more expansive understanding of health, healing, and reality is needed to help more people realize the wealth of alternatives to drugs. Read more.Â 5 June 2000 - Published on Amazon.com. Dr. Breggin presents a discussion of how American society does a disservice to our troubled school children by labelling them with psychiatric diagnoses and medicating them rather than critically examining the alienation and abandonment caused by family, schools, and communities. For parents, counselors, and educators, a most important chapter is one which offers suggestions for improving our schools. Children have been sliding down our priority list for too long. Busy parents give children leftover timethose few remaining minutes after work and recreation. Stressed teachers have put conformity and good grades ahead of stimulating children to love learning.Â Our children, desperately missing us in their lives, look in the wrong places for solace and support. While only a few become openly violent, many more feel humiliated, frustrated, lonely, and angry. From recasting our attitudes as parents and getting more involved in schools as volunteers, to restructuring class sizes, limiting homework, and fostering honest dialog about the pressures in our society, Reclaiming Our Children shows us the way to lasting peace with and among our children. A long-time critic of mainstream psychiatry, and of the recent near-exclusive emphasis on the biological aspects of mental illness in particular, Peter Breggin makes sure his voice is among the many offering post-Columbine recommendations for the future of America's children by writing Reclaiming Our Children: A Healing Plan for a Nation in Crisis.Â This is not an easy solution or one that earns profits for the mental health establishment and drug companies, Breggin acknowledges; it is simply the most effective and ethical one.

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Reclaiming Children and Youth offers a vast array of strategies and solutions to many of the pressing problems of youth work today. Using tried and tested models, it presents techniques to reclaim even the most challenging children and youth. Youth Today has called Reclaiming Children and Youth "one of the best publications in the field." With a world-class editorial board, this journal puts readers on the leading edge of positive youth development. Do you have a promo code for a complimentary subscription? Nations have slightly different considerations, among them a strong national identity that's based on language, culture, or other factors, as well as core values, such as democracy. To prove its point, Upheaval speeds through several case studies of countries that have suffered traumatic events: Japan in 1853, when Americans forced it to open its feudal society to the West; Indonesia in 1965, after a coup; Chile in 1973, when President Salvador Allende was overthrown; and a more dragged-out crisis in Australia during its painful distancing from the U.K. during and after World War II. Perhaps most interesting to longtime readers will be Diamond's own tale of personal crisis, which was clearly an inspiration for the book.