

Dr Jackson's **Suggested Readings**

Borrell-Carrio F, Suchman AL, and Epstein RM (2004). The Biopsychosocial Model 25 Years Later: Principles, Practice, and Scientific Inquiry. *Annals of Family Medicine* 2(60): 576-582.

Fava GA and Rafanelli C (2019). Iatrogenic Factors in Psychopathology. *Psychotherapy and Psychosomatics* 88: 129-140.

McEwen BS (2000). Allostasis and Allostatic Load: Implications for Neuropsychopharmacology. *Neuropsychopharmacology* 22 (2): 108-124.

Sterling P and Eyer, J (1988). Allostasis: A New Paradigm to Explain Arousal Pathology. *Handbook of Life Stress, Cognition and Health*.

Stupak R and Dobroczynski B (2021). From Mental Health Industry to Humane Care: Suggestions for an Alternative Systemic Approach to Distress. *International Journal of Environmental Research and Public Health* 18(12): 6625.

Whitaker Robert (2005). Anatomy of an Epidemic: Psychiatric Drugs and the Astonishing Rise of Mental Illness in America. *Ethical Human Psychology and Psychiatry* 7(1): 23-35.