

The BipolarORwakingUP Bibliography

Background

All of the information shared in my videos has been researched thoroughly, using three main sources:

1. My own personal experience, as well as my experience in working with others in crisis.
2. The personal stories of the hundreds of people who have written me over the past eight years.
3. Extensive research from a small number of pioneering psychiatrists and psychologists.

If I find an insight present in all three sources, then chances are, I'll make a video out of it.

Essential Authors

Unlike most bibliographies which list all authors alphabetically, I've decided to bring the authors who are most critical to my work to the forefront, identifying the videos where their work was most essential. Other authors have also played an important role, however, usually in a more supportive way. The video(s) which relied on a particular book most heavily are listed in brackets.

For my story of spiritual crisis/awakening:

[Am I Bipolar or Waking Up?](#) 2011

On non-ordinary states of consciousness (The Spiritual Side and the Dark Side), the most important visionaries are:

Dr. Stanislav Grof:

(Books ranked in order of importance to my work):

[The Stormy Search for the Self](#). 1990. (videos #1, 2, 3, 4, 9, 10).

[Spiritual Emergency: When Personal Transformation Becomes a Crisis](#). 1989. (#1 – 4, 10).

[The Adventure of Self-Discovery: Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration](#). 1988. (#6, 11).

[The Holotropic Mind: The Three Levels of Human Consciousness and How They Shape Our Lives.](#) 1993. (#6).

[When the Impossible Happens.](#) 2006.

[Psychology of the Future.](#) 2007.

[The Cosmic Game.](#) 1998.

Dr. John Weir Perry:

[Trials of the Visionary Mind: Spiritual Emergency and the Renewal Process.](#) 1999. (videos #1 – 4, 9, 14).

[The Far Side of Madness.](#) 2nd edition, 2005. (#1 – 4, 9).

Dr. R.D. Laing:

[The Divided Self.](#) 1990. (1^a ed. 1960). (#4, 5, 7, 8, 9).

[The Politics of Experience.](#) 1967. (#4, 5, 7, 8, 9).

Dr. Loren Mosher:

[Soteria: Through Madness to Deliverance.](#) 2004. (#4, 5, 14).

Eckart Tolle:

[The Power of Now: A Guide to Spiritual Enlightenment.](#) 2004 (#5, 9, 12-23).

On the evolution of our stages of consciousness (or “waking up”):

Ken Wilber:

[A Brief History of Everything.](#) 1996. (#12 – 23).

[Integral Psychology \(in The Collected Works of Ken Wilber, Volume 4\).](#) 1999. (#12 – 23).

[Transformations of Consciousness \(Collected Works.... Volume 4\).](#) 1999. (#12—23).

[A Sociable God.](#) 2005. (#18 – 19).

[Theory of Everything.](#) 2001. (#12 – 23).

[Grace and Grit.](#) 2000. (#12-23).

[Quantum Questions.](#) 2001.

[The Integral Operating System](#). 2005.

Wilber's work is the most expansive and comprehensive. However, in order to keep to the most essential components of the evolution of consciousness, I've also relied heavily on:

Don Beck:

[Spiral Dynamics: Mastering Values, Leadership, and Change](#). 2006. (12-23).

More Books:

Abadie, M.J. [Your Psychic Potential](#). 1995.

Becker, E. [The Denial of Death](#). 1973. [[See How to Heal Depression](#)]

Becker, E. [The Birth and Death of Meaning](#). 2nd ed. 1971.

Bragdon, E. [The Call of Spiritual Emergency](#). 2nd ed. USA, ebookIt.com, 2012. (#2).

Campbell, J. [Myths to Live By](#). 1972.

Campbell, J. [The Hero with a Thousand Faces](#). 3rd ed. 1973.

Clarke, I. (Editor) [Psychosis and Spirituality: Consolidating the New Paradigm](#). 2010. (#2-3).

Farber, S. [The Spiritual Gift of Madness: The Failure of Psychiatry and the Rise of the Mad Pride Movement](#). 2012. (#2-3).

Feuerstein, G. [The Yoga Tradition: Its History, Literature, Philosophy and Practice](#). 2001. (#10).

Foucault, M. [History of Madness](#). 1978.

Jamison, K.R. [An Unquiet Mind](#). 1995 [This is a book that I have huge problems with, particularly regarding what Jamison suggests as 'scientific fact'. Nonetheless, it has been part of my research. NOT recommended!]

Jaynes, J. [The Origin of Consciousness in the Breakdown of the Bicameral Mind](#). 1976. (#22).

Jung, C. G. [The Red Book](#). 2009. (#9).

Jung, C.G. [Memories, Dreams, Reflections](#). 1989.

Kramer, P.D. [Freud: Inventor of the Modern Mind](#). 2006. (#14).

Kahili King, S. [Urban Shaman](#). 1990. (#19).

Lewis Paulson, G. [Kundalini and the Chakras](#). 1995. [See my [Kundalini series](#)].

Lipton, B. [The Biology of Belief](#). 2005.

Lucas, C.G. [In Case of Spiritual Emergency: Moving Successfully Through Your Awakening](#). Scotland, Findhorn Press, 2011. (#2).

Myss, C. [Anatomy of Spirit: The Seven Stages of Power and Healing](#). 1996. [This book had a huge influence on my video on [How to Heal Depression](#)].

Osho. [Autobiography of a Spiritually Incorrect Mystic](#). 2001. (#5).

Peteet John R. et al. (Editors). [Religious and Spiritual Issues in Psychiatric Diagnosis: A Research Agenda for DSM-V](#). American Psychiatric Association, Arlington, Virginia, 2011.

Rinpoche, S. [The Tibetan Book of Living and Dying](#). 1994. (#1, 5).

Sannella, L. [Kundalini – Psychosis or Transcendence?](#) 1976. [See my [Kundalini series](#)].

Talbot, M. [The Holographic Universe](#). 1991. (#5).

Thurman, R.A.F. [The Tibetan Book of the Dead](#). 1994. (#1-3).

Underhill, E. [Mysticism: A Study in the Nature and Development of Spiritual Consciousness](#). 12^a Ed. 2002 [1930].

Villoldo, A., Jendresen, E. [Island of the Sun: Mastering the Inca Medecine Wheel](#). 1995. (#19).

Villoldo, A., Jendresen, E. [Dance of the Four Winds: Secrets of the Inca Medicine Wheel](#). 1995. (#19).

Weil, P. Cosmic Consciousness – An Introduction to Transpersonal Psychology. Petrópolis, Editora Vozes, 1978. (Unavailable in English). (#2, 3).

Whitaker, R. [Anatomy of an Epidemic: Psychiatric Drugs and the Astonishing Rise of Mental Illness in America](#). 2011.

Whitaker, R. [Mad in America](#). 2003.

Williams, P. [Rethinking Madness: Towards a Paradigm Shift in our Understanding and Treatment of Psychosis](#). 2012. [See my video on [Weed and Drugs](#)].

Zukav, G; Francis. L. [The Heart of the Soul: Emotional Awareness](#). 2001.

Znamenski, A. A. [The Beauty of the Primitive: Shamanism and the Western Imagination](#). 2007. (#18 – 19).

Published Research Papers

Among the published research, the work of **Dr. David Lukoff** has been pivotal. Please watch the video which I produced for him, entitled [Mystical Experiences as a type of DSM IV Religious or Spiritual Problem](#).

Here are the most important of Dr. Lukoff's many papers, all available at www.spiritualcompetency.com:

[Visionary Spiritual Experience](#). Southern Medical Journal. V.100, n.6, June, 2007. (#1 – 4, #10).

[From Spiritual Emergency to Spiritual Problem: The Transpersonal Roots of the New DSM-IV Category](#). Journal of Humanistic Psychology, 38 (2), 21-50, 1998. (#1 – 4, #10).

[The diagnosis of mystical experiences with psychotic features](#), Journal of Transpersonal Psychology, 17:155-181, 1985. (#1 – 4, #10).

More Research Papers:

Bola J R , et al. [Medication-Free Research in Early Episode Schizophrenia: Evidence of Long-Term Harm?](#) Schizophrenia Bulletin vol. 32 no. 2 pp. 288–296, 2006, Advance Access publication on October 27, 2005.

_____. [Treatment of acute psychosis without neuroleptics: two-year outcomes from the Soteria project](#). PMID: 12695732, 2003.

_____.^{1,2} [At issue: predicting drug-free treatment response in acute psychosis from the Soteria project](#). PMID: 12795491,2002.

Calton T, Ferriter M, Huband N, Spandler H. [A systematic review of the Soteria paradigm for the treatment of people diagnosed with schizophrenia](#). Schizophr Bull. Jan;34(1):181-92. Epub 2007 Jun 14. Review.PMID: 17573357, 2008.

Ciompi, L. Hoffmann, H. [Soteria Berne: an innovative milieu therapeutic approach to acute schizophrenia based on the concept of affect-logic](#). World Psychiatry, 140-146, Oct. 2004.

Harrow, M., Jobe, T.H. and Faull, R.N. [Do all schizophrenia patients need antipsychotic treatment continuously throughout their lifetime?](#) A 20-year longitudinal study. Psychological Medicine / Volume 42 / Issue 10 / October 2012, pp 2145 2155.

McGlashan, T.H. [Rationale and Parameters for Medication-Free Research in Psychosis](#). Schizophr Bull. 2006 Apr;32(2):300-2. Epub 2006 Feb 3.

Moreira-Almeida, A; Neto, F.L.; Koenig, H.G., [Religiousness and mental health: a review](#). Brazilian Psychiatric Review, 2006;28(3):242-50.

Nauert. R. [Child Abuse Can Cause Schizophrenia](#). www.psychcentral.com. 2006. (#9)

Olfson, M., Marcus, S.C. [National Patterns in Antidepressant Medication Treatment](#). Archives of General Psychiatry, 66(8):848-856, 2009.

Olfson, M., Moreno, C., Laje, G., Blanco, C., Jiang, H., Schmidt, A. [National Trends in the Outpatient Diagnosis and Treatment of Bipolar Disorder in Youth](#). Arch Gen Psychiatry, v.64 n.9, September 2007. www.nytimes.com (10/07/09).

Read, J.; Agar K.; Argyle N.; Aderhold V. [Sexual and physical abuse during childhood and adulthood as predictors of hallucinations, delusions and thought disorder](#). Psychology and Psychotherapy: Theory, Research and Practice, 76, 1–22. The British Psychological Society, 2003. (#7, 9).

Seikkula J, Olson ME. [The open dialogue approach to acute psychosis: its poetics and micropolitics](#). Pubmed Fall;42(3):403-18, 2003.