**Websites:**

Authors Guild website [**http://www.paulajcaplan.net**](http://www.paulajcaplan.net)

Ending harm from psychiatric diagnosis. <https://psychdiagnosis.weebly.com>

Listen to a Veteran! Project listentoaveteran.org

Website about *When Johnny and Jane Come Marching Home: How All of Us Can Help Veterans* whenjohnnyandjanecomemarching.weebly.com

Websites for documentary films produced by Paula:

isanybodylisteningmovie.org

isaacpopefilm.org

“A Better Welcome Home for Veterans.” 28 very brief videos of nonpathologizing ways to help veterans and their loved ones. <https://www.youtube.com/playlist?list=PL51E99E866B9D735E>

Video of Paula’s stage play, CALL ME CRAZY. <https://www.youtube.com/watch?v=6myXKiXGuUA>

Is anybody normal? And who gets to decide? And how do they decide? A young therapy trainee on the last day of her internship starts to question the supervisor she has respected and trusted all year.

Video of Paula’s short play, THE TEST https://www.youtube.com/watch?v=azcu801WP3Q&t=63s

**Links to videos about psychiatric diagnosis and harm in the mental health system**

psychdiagnosis.weebly.com has many very brief videos about harm from psychiatric diagnosis

<https://www.youtube.com/watch?v=8FcCrgv63p0> Psychiatric diagnosis is totally unregulated. This is a very short video (38 seconds) maybe is edited.

<https://www.youtube.com/watch?v=tgilBaRbulc&list=PLeFUmoEBcUZbc6QeotMiPeXW_NlC4tVJj&index=3> “There Are No rules about Psychiatric Diagnosis- And That Must End. ” Paula discusses the unscientific nature of psychiatric diagnoses and the massive harm they cause. She also reveals that psychiatrist Allen Frances, who for years has claimed that he could not possibly have foreseen the epidemics in psychiatric diagnosing of children which emerged from the editions of the diagnostic manual that he helmed, and who has blamed Big Pharma as largely responsible for those epidemics and the resulting heavy psychiatric drugging of children, was actually paid handsomely by Big Pharma to promote Risperdal, which is the neuroleptic widely used in children.

<https://www.youtube.com/watch?v=-UM9kwoCHdU> Paula J Caplan on “Psychiatric Survivors Speak Up”

<https://www.youtube.com/watch?v=lQBRdbiecIU> Paula J. Caplan’s talk, “Losing Labels to Fond Ourselves” Despite the widespread belief that psychiatric diagnosis is scientific, there’s no science in the handbook of psychiatric diagnoses. In spite of this, everything in the mental health system starts with the diagnosis. Paula urges stopping the lies.

<https://www.youtube.com/watch?v=ceYqlYhcX1A> “Deciding Who is Normal” is Paula J. Caplan’s interview on Madness Radio. Paula talks about the myth that psychiatric diagnosis based in science when in fact the creators of the diagnostic manual ignore good research if it fails to support what they want, and they use junk science to support what they do. Paula explains why it is very hard to do good research about people’s emotions.

<https://www.youtube.com/watch?v=Z7wPHrb75Kc> “Paula J Caplan talks via Zoom about “The First Cause of Everything Bad in the Mental Health System: A Psychiatric Diagnosis Action Think Tank,” at the conference called A Disorder for Everyone (AD4E) in Leeds, UK, November 2018.

<https://www.youtube.com/watch?v=rwVPeWZKuFo> Dr Paula J. Caplan talks about how psychiatrists decide who’s normal.

<https://www.youtube.com/watch?v=e3F1_4JMVtM> “Psychiatric Diagnosis Bias: Paula J. Caplan on Madness Radio.”

<https://www.youtube.com/watch?v=-h5PC7M9_zo> “Premenstrual Dysphoric Disorder (PMDD): Sexism in Psychiatry.” PMDD is not a real entity but is heavily promoted as a way to pathologize women and tends to lead to their being prescribed harmful drugs. From her lecture at a National Association for Rights Protection and Advocacy (NARPA.org) conference.

# <https://www.youtube.com/watch?v=PKT986pOUMI>

# “PFV Interview with Paula J. Caplan: “How I Got Involved in the *DSM* Process." Paula tells about how her interest in the myth of womens's masochism got her involved as an insider in the process by which psychiatric categories and labels are created.

<https://www.youtube.com/watch?v=o2suCzr7mb0> PFV Interview with Paula J. Caplan: “Why the *DSM* & Psychiatric Diagnosis?” Paula explains why the *DSM* is so popular, what harm it causes, and what would be better.

<https://www.youtube.com/watch?v=C6gGn425yPk> “PFV Interview with Paula J. Caplan: Challenging *DSM* Categories” in which Paula tells how she organized the challenging of the invented *DSM* category of Premenstrual Dysphoric Disorder and her experience of being a consultant to a *DSM* Task Force.

<https://www.youtube.com/watch?v=Wwv2gzNbkf4> What is Wrong with Psychiatric Diagnosis?

<https://drive.google.com/open?id=1_T6xqm_e2hSzqOIEAwoHtAmL_aluvWgf>

on Card 2 is Paula’s talk at the Battered Mothers Child Custody Conference. Her talk was called “Are Mothers in Custody Disputes Ever ‘Diagnosed’ as Normal? How the Mental Health System Defeats Protective Mothers.”

**Links to videos about veterans**

<https://www.youtube.com/watch?v=g4xsloQQTXA> Paula J. Caplan in “How to Help Returning Veterans Heal” talks about her experience interviewing veterans and urges the cessation of diagnosing veterans as mentally ill, which causes enormous harm.

<https://www.youtube.com/watch?v=BbNoDb3zXZM> “VeteransHelpingVeterans” tv Interview with Paula J. Caplan about veterans’ isolation and what helps.

<https://www.youtube.com/watch?v=A8XtGUCnZQE> “Welcome Johnny & Jane Project (comforting our veterans” you talked about the project as a human connection to help veterans to be listened, listening transform our life and helps veterans to heal, too.

<https://www.youtube.com/watch?v=2jhibU8stoQ> “Paula J Caplan PHD at ISEPP Los Angeles 2011” Paula talks about the veterans and the importance of talking about them, about the problems they have to face after war; the problem is that nobody cares about them. Deficient system to help them after their service.

<https://www.youtube.com/watch?v=SkjcVvDGUYU> “Healing veterans: Paula J. Caplan interviewed on Madness Radio” Paula describes the serious harm done to veterans by calling them crazy when they are in fact having deeply human, understandable feelings resulting from their experiences. She describes the importance of listening to veterans in silence and without judgment.

# <https://www.youtube.com/watch?v=XCJgGFwd4j4>

# <https://www.youtube.com/watch?v=avOvyCNhlQk>

# Gloria Greer ‘s TV show interviews with Paula J. Caplan Parts 1 and 2 about military veterans and her book, *When Johnny and Jane Come Marching Home: How All of Us Can Help Veterans.*

<https://www.youtube.com/watch?v=mlTwhpsXwIs> “Welcome Johnny and Jane Home project:” (later renamed Listen To A Veteran! Project. Paula J Caplan talks about the ways veterans are mistreated when they experience emotional suffering and about what helps them.

**Links to Talks about Relationships Between Mothers and Daughters and Between Women**

<https://www.youtube.com/watch?v=CYaCU2I0c2o&feature=youtu.be0> “Mother-Daughter Relationships and Feminist Activism,” Paula J. Caplan’s presentation for panel called “We Believe Together Mothers & Daughters Can Reach Gender Equality.” United Nations Commission on the Status of Women Conference. New York City, March 16, 2018. Paula’s talk is from 16:34-31:17. iThisis about the societal factors that set women up against each other, with references to the “Good Mother Myths” and the “Bad Mother Myths” as described in her book, *THE NEW Don’t Blame Mother: Mending the Mother-Daughter Relationship,* andhow mothers and daughters can work together to make a stronger Women’s Movement.

<http://cbwit.com/sistersatwork/> Invited keynote, “Women Working Together in the Workplace,” Sisters at Work, Chicago Black Women in Tech. March 7, 2018.

**Audio**

<https://soundcloud.com/paula-j-caplan/paula-j-caplan-on-potus-sirius-xm-about-gun-violence-interviewed-by-tim-farley-august-7-2019> Interview about gun violence on SiriusXM