

Resources for Course 2

One Cause, One Cure: Seeing Universal Principles Brings Fresh Hope to Defining Recognizing and Awakening Mental Health and Well-Being.

This course used the following primary resources in the design and development of content:

1. [*The Missing Link*](#) by Sydney Banks
2. [*Second Chance*](#) by Sydney Banks
3. [*In Quest of the Pearl*](#) by Sydney Banks
4. [*Dear Liza*](#) by Sydney Banks
5. [*The Enlightened Gardener*](#) by Sydney Banks
6. [*The Enlightened Gardener Revisited*](#) by Sydney Banks
7. [*Diagnostic and Statistical Manual of Mental Disorders*](#), fifth edition, DSM-5 American Psychiatric Association 2013
8. [*International Classification of Diseases, 11th Revision*](#)
9. [*Cracked, Why Psychiatry is Doing More Harm Than Good*](#), James Davies Ph.D. 2013
10. [*The Book of Woe, The DSM and the Unmaking of Psychiatry*](#), Gary Greenberg, 2015
11. [*Why Zebras Don't Get Ulcers, The Acclaimed Guide to Stress, Stress-Related Diseases and Coping*](#), Chapters 1-17, Robert M Sapolsky Ph.D. 3rd edition, 2004
12. [*Behave, The Biology of Humans at Our Best and Worst*](#), Robert M Sapolsky Ph.D. 2018

Other Resources used or mentioned in Sessions of the Course

Session 1 Optional Additional Resources:

- [DSM-5 Self Rated Level One Cross Cutting Symptom Measure - Adult](#)
- [DSM-5 Self Rated Level One Cross Cutting Symptoms Measure - Age 11to 17](#)

- [DSM-5 Cross Cutting Parent Rated Level One Cross Cutting Symptoms Measure - Ages 6 to 17](#)

Session 2 Optional Additional Resources:

- [The Psychobiological Mechanisms of Resilience and Vulnerability](#). Dennis S. Charney M.D. Am Journal of Psychiatry, 2004

Session 3 Optional Additional Resources:

- [All for One and One for All: Mental Disorders in One Dimension](#). Avshalom Caspi Ph.D., Terrie E. Moffitt, Ph.D., Am J Psychiatry, Sept. 2018
- [Pettit Attachment to Thought Content scale \(PATC\)](#)

Session 5 Optional Additional Resources:

- [Why Zebras Don't Get Ulcers, Stress and Health](#), YouTube, Dr. Robert Sapolsky 7:45

Session 7 Optional Additional Resources:

- [Thomas Insel M.D. Director of the National Institute of Mental Health \(NIMH\) from 2005 to 2017 quotes](#) from 2012 on
 - a) Mental disorders as having 'no reality' but are 'just constructs'.
 - b) "Whatever we've been doing for five decades, it ain't"
- [YouTube, Mental Disorders as Brain Disorders, Dr Tom Insel Tedx Caltech, 2013](#)