

Is Ours a System of Mental Madness? — Karim Alameddine

Image



What does it mean if our life is falling apart? What are our experiences telling us? We are at a time of great change and we have to pivot and yet there is a tendency to pivot to what is known. The cost of that tendency can be our own growth. We might die in the cocoon. Karim Alameddine has been interrogating questions he has about conventional approaches to mental health. He feels dangerous ideologies are creating a system of mental madness and keeping people stuck. Karim said he was ready to speak out. His message, while emanating from his experience in the mental health field, speaks to the changes we face and the patterns that prevent us from facing it well.

Karim is the author of an upcoming book on addiction.

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