

# Recommended Movies and Television Programs Featuring Psychotherapy and People with Mental Disorders

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## Abstract

This paper provides a list of 200 feature films and five television programs that may be of special interest to counselors, psychologists and other mental health professionals. Many feature characters who portray psychoanalysts, psychiatrists, psychologists, counselors, or psychotherapists. Many of them also feature characters who have, or may have, mental disorders. In addition to their entertainment value, these videos can be seen as fictional case studies, and counselors can practice diagnosing the disorders of the characters and consider whether the treatments provided are appropriate.

It can be both educational and entertaining for counselors, psychologists, and others to view films that portray psychotherapists and people with mental disorders. It should be noted that movies rarely depict either therapists or people with mental disorders in an accurate manner (Ramchandani, 2012). Most movies are made for entertainment value rather than educational value. For example, *One Flew Over the Cuckoo's Nest* is a wonderfully entertaining Academy Award-winning film, but it contains a highly inaccurate portrayal of electroconvulsive therapy.

It can be difficult or impossible for a viewer to ascertain the disorder of characters in movies, since they are not usually realistic portrayals of people with mental disorders. Likewise, depictions of mental health professionals in the movies are usually very exaggerated or distorted, and often include behaviors that would be considered violations of professional ethical standards. Even so, psychology students and psychotherapists may find some of these movies interesting as examples of what not to do. In addition, mental health professionals should be aware of how they are portrayed in the popular media, since members of the public may form inaccurate views of what they can expect from psychotherapists. In many movies, the precise diagnosis of the

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person with a mental disorder cannot be determined because the creators of the movie did not give the character the typical symptoms or features of known disorders. However, even these movies can be interesting for a clinician to watch, since diagnosing the character can be approached as a challenging puzzle. For example, does Charles Foster Kane in *Citizen Kane* have a mental disorder, and if so, what is it? He is certainly narcissistic, but does he have a narcissistic personality disorder? In the film *Girl, Interrupted* one of the main characters is described as having borderline personality disorder, but does she? Mental health professionals usually notice that another character in the film is much more representative of that diagnosis. Does *Forrest Gump* have an intellectual disability, autism, or no disorder? Does the main character in *Into the Wild* have a mental disorder?

The names of some well-known movies about mentally disordered people, such as *Psycho*, appear on the list in this paper, even though the disorders are not depicted accurately. In the movie *Psycho*, the Norman Bates character is portrayed as a man with a dissociative disorder and transvestism, but Ed Gein, the real person the movie was based on, had schizophrenia and was a sexual psychopath (LaBrode, 2007). Several movies about people with dissociative identity disorder (DID, formerly known as multiple personality disorder) have been made, but most are misleading depictions of the disorder. For example, the movie *Sybil* may be entertaining, but recently it was revealed that the real person the movie was based on may not have had DID (Nathan, 2012). Since the book used as a basis for the movie contained fabricated information, the depiction of DID in *Sybil* cannot be taken seriously. Because of its highly unusual symptomatology, DID has been the subject of many movies and even television programs, such as *The United States of Tara*. This may lead the public to think that DID is common, but it is actually quite rare; most mental health professionals never encounter a patient with DID (Hersen, Turner, & Beidel, 2007).

In addition to feature films, a few of the most significant television programs are also included on the list. Following the name of each movie or program there is a notation regarding this author's opinion of the psychological topic or mental disorder that is addressed. In many cases, the note about the disorder being portrayed is simply

speculation, since characters in movies often do not meet diagnostic criteria in any edition of the Diagnostic and Statistical Manual of Mental Disorders (American Psychiatric Association, 2013). Viewers may disagree about the correct diagnosis for the characters in many movies. For example, does the main character in *Shutter Island* have the diagnosis of schizophrenia, dissociative disorder, delusional disorder, or something else?

It should also be noted that the names for some mental disorders change over time, and the names of some disorders in the notes may no longer be current. For example, the patients in the movie *Hysteria* might be diagnosed as having conversion disorder today, instead of hysteria. The labels for some mental disorders changed when the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders was published in 2013. For example, use of the term Asperger's Disorder, a mild form of autism, was discontinued in favor of autism or autism spectrum disorder.

Only a very few movies are frequently mentioned as recommended viewing for future psychotherapists. The movie *Ordinary People*, which won the Best Picture Academy Award in 1980, portrayed a psychotherapist who was likable and relatively competent, although it is difficult to identify his theoretical approach. The film *Good Will Hunting* also has a generally positive portrayal of a counselor, although it should be noted that at one point the counselor attempts to strangle his client. The television program *The Sopranos* has been praised as one of the best depictions of psychoanalytic psychotherapy. The single best portrayal of psychotherapy in a movie or on television can be found in the HBO television program *In Treatment*. In this program, which ran for three seasons, the psychotherapist was portrayed in a relatively realistic way, and he saw a wide variety of clients with various personal issues and mental disorders. More detail on these movies and programs can be found in Thomason (2008).

The list in this paper is not intended to include the names of all the movies that have addressed mental health themes, but rather the most significant or most representative such movies. An effort has also been made to include movies that are of at least moderate quality (in the author's opinion). Sensitive viewers may wish to check

the MPAA rating of the movies, since they range from G to R. Many movies that could have been included have been left out. For example, there are hundreds of movies that depict criminals and killers who would probably qualify for a diagnosis of antisocial personality disorder. The list does not specify which character in the movie has the mental disorder mentioned, but it will be apparent to most viewers. The movies in the list are presented chronologically by decade.

### Recommended Movies and Television Programs Featuring Psychotherapy and People with Mental Disorders, 1919-2012

#### 1919-1940

Private Worlds (1935) (psychoanalysis)

Gone With the Wind (1939) (histrionic personality disorder)

#### 1940-1949

Now, Voyager (1942) (psychiatry; avoidant personality disorder)

Spellbound (1945) (psychoanalysis; dream interpretation)

The Lost Weekend (1945) (alcohol dependence; delirium tremens)

The Dark Mirror (1946) (Rorschach and free association test)

It's A Wonderful Life (1946) (major depression or adjustment disorder with depression)

Bedlam (1946) (institutionalization in the 18th century)

The Snake Pit (1948) (schizophrenia; institutionalization; electroconvulsive therapy)

Treasure of the Sierra Madre (1948) (paranoia; mood disorder)

#### 1950-1959

Whirlpool (1950) (psychoanalysis; hypnotism)

A Streetcar Named Desire (1951) (histrionic/borderline personality disorder)

Marnie (1954)(psychoanalysis; word association test; kleptomania; female sexual arousal disorder; post-traumatic stress disorder?)

Rear Window (1954) (voyeurism)

The Cobweb (1955) (institutionalization)

The Bad Seed (1956) (conduct disorder)

The Three Faces of Eve (1957) (dissociative identity disorder)

Vertigo (1958) (acrophobia; erotic obsession)  
North by Northwest (1959) (psychoanalytic symbolism)  
1960-1969  
Psycho (1960) (dissociative identity disorder)  
Freud (1962) (biographical feature film about Freud)  
Days of Wine and Roses (1962) (alcohol dependence)  
Lolita (1962) (pedophilia)  
Long Day's Journey Into Night (1962) (substance dependence; histrionic personality disorder)  
Pressure Point (1962) (has the first African American psychiatrist in a feature film)  
A Child Is Waiting (1963) (intellectual disability)  
The Caretakers (1963) (institutionalization)  
Shock Corridor (1963) (institutionalization)  
David and Lisa (1963) (schizophrenia)  
What's New, Pussycat? (1965) (psychoanalysis)  
Repulsion (1965) (schizophrenia)  
King of Hearts (1966) (schizophrenia; institutionalization)  
Persona (1966) (dissociative disorder)  
A Fine Madness (1966) (bipolar disorder)  
Titicut Follies (1967) (documentary on institutionalization)  
Persona (1967) (major depressive disorder; psychotherapy)  
The Odd Couple (1968) (obsessive compulsive personality disorder)  
Charly (1968) (intellectual disability)  
The President's Analyst (1969) (psychoanalysis)  
Bob & Carol & Ted & Alice (1969) (a parody about the human potential movement)  
1970-1979  
They Might Be Giants (1971) (schizophrenia or delusional disorder)  
A Clockwork Orange (1971) (antisocial personality disorder; behavior modification; aversion therapy)  
Harold and Maude (1971) (psychiatry)

Panic in Needle Park (1971) (heroin dependence)  
 Play Misty for Me (1971) (borderline personality disorder; erotomania)  
 The Ruling Class (1972) (schizophrenia)  
 Last Tango in Paris (1973) (depression)  
 The Gambler (1974) (pathological gambling)  
 Badlands (1973) (antisocial and borderline personality disorders)  
 A Woman Under the Influence (1974) (bipolar disorder? schizoaffective disorder?  
 borderline personality disorder? anxiety disorder?)  
 One Flew Over the Cuckoo's Nest (1975) (institutionalization; inaccurate portrayal of  
 electro-convulsive therapy; schizophrenia; malingering)  
 The Story of Adele H. (1975) (delusional disorder: erotomania)  
 Taxi Driver (1976) (schizotypal personality disorder; depression)  
 Face to Face (1976) (a psychiatrist in existential crisis; depression; suicide)  
 Sybil (1976) (TV movie) (dissociative identity disorder)  
 Annie Hall (1977) (sexual disorder; psychoanalysis)  
 An Unmarried Woman (1977) (adjustment disorder with anxiety and depression)  
 I Never Promised You a Rose Garden (1977) (schizophrenia; psychiatry)  
 Equus (1977) (psychoanalytic psychotherapy; schizophrenia; sexual paraphilia)  
 3 Women (1977) (psychoanalysis; dreams)  
 The Deer Hunter (1978) (post-traumatic stress disorder)  
 Invasion of the Body Snatchers (1978) (paranoia)  
 Being There (1979) (intellectual disability; autism?)  
 Starting Over (1979) (panic disorder)  
 All That Jazz (1979) (narcissistic personality disorder)  
 The Bell Jar (1979) (major depressive disorder; suicide; personality disorder)  
 The Rose (1979) (alcohol and drug abuse and dependence)  
 1980-1989  
 Ordinary People (1980) (major depressive disorder; post-traumatic stress disorder;  
 dysfunctional family relationships)

Raging Bull (1980) (paranoid personality disorder; delusional jealousy; dementia pugilistica)

Dressed to Kill (1980) (homicidal transvestite psychiatrist; dissociative identity disorder?)

On Golden Pond (1981) (dementia)

Still of the Night (1982) (psychoanalysis; dream interpretation)

Sophie's Choice (1982) (bipolar disorder; mixed personality disorder; paranoid schizophrenia?)

Frances (1982) (schizophrenia; institutionalization)

Zelig (1983) (narcissistic personality disorder; psychoanalytic psychotherapy)

The Man Who Loved Women (1983) (psychoanalysis; compulsive sexual behavior)

Lovesick (1983) (psychoanalysis; analyst has affair with client)

The King of Comedy (1983) (narcissistic personality disorder)

Crimes of Passion (1984) (group therapy)

Hannah and Her Sisters (1986) (hypochondria)

Nuts (1987) (post-traumatic stress disorder due to childhood sexual abuse)

The Glass Menagerie (1987) (avoidant personality disorder; panic disorder; social phobia)

Fatal Attraction (1987) (borderline personality disorder; erotic obsession)

Wall Street (1987) (narcissistic personality disorder)

Rain Man (1988) (autistic savant)

Dominick and Eugene (1988) (intellectual disability)

Girl, Interrupted (1989) (borderline personality disorder)

Born on the Fourth of July (1989) (post-traumatic stress disorder)

Blue Steel (1989) (antisocial personality disorder)

Sex, Lies and Videotape (1989) (schizoid personality disorder)

1990-1999

Miami Blues (1990) (antisocial personality disorder)

Misery (1990) (delusional disorder: erotomania)

Arachnophobia (1990) (arachnophobia)

Pacific Heights (1990) (antisocial personality disorder)

Truly Madly Deeply (1990) (bereavement; adjustment disorder with depression)

My Own Private Idaho (1991) (narcolepsy)

Prince of Tides (1991) (psychoanalytic psychotherapy; PTSD due to childhood sexual abuse; the therapist has an affair with her client's brother)

The Fisher King (1991) (schizophrenia; delusions; hallucinations)

What About Bob? (1991) (obsessive-compulsive and dependent personality disorders; phobias)

Regarding Henry (1991) (narcissism; dementia due to brain injury)

Final Analysis (1992) (psychoanalytic psychotherapy; dream interpretation; sexual boundary violation by the therapist; malingering; idiosyncratic intoxication)

Basic Instinct (1992) (psychotherapist has an affair with her client)

Bitter Moon (1992) (borderline personality disorder)

Benny and Joon (1993) (schizophrenia)

What's Eating Gilbert Grape (1993) (intellectual disability)

Mr. Jones (1993) (bipolar disorder; sexual boundary violation by the therapist)

When a Man Loves a Woman (1994) (alcohol dependence)

Blue Sky (1994) (bipolar I disorder)

Forrest Gump (1994) (borderline intellectual disability)

Heavenly Creatures (1994) (conduct disorder)

Nell (1994) (an un-socialized "wild child" with symptoms of autism)

Color of Night (1994) (group therapy; dissociative identity disorder)

When a Man Loves a Woman (1994) (alcohol dependence)

Blindfold (1994) (psychotherapy; therapist has affair with client)

Madness of King George (1994) (schizophrenia; dementia; symptoms of bipolar disorder)

Leaving Las Vegas (1995) (alcohol dependence; major depressive disorder)

Primal Fear (1995) (dissociative identity disorder; malingering)

Safe (1995) (somatoform disorder)

12 Monkeys (1995) (schizophrenia; delusional disorder?)

To Die For (1995) (narcissistic personality disorder)



A Couch in New York (1996) (parody of psychoanalysis)  
Trainspotting (1996) (substance abuse and dependence)  
Sling Blade (1996) (intellectual disability)  
Shine (1996) (schizophrenia; mood disorder; personality disorder)  
Bliss (1997) (a sex therapist who sleeps with his patients; many ethical violations)  
As Good As It Gets (1997) (obsessive compulsive disorder and obsessive-compulsive personality disorder)  
Good Will Hunting (1998) (therapy for post-traumatic stress disorder due to child abuse)  
The Truman Show (1998) (delusional disorder?)  
Boys Don't Cry (1999) (gender identity disorder)  
American Beauty (1999) (histrionic personality disorder)  
The Talented Mr. Ripley (1999) (antisocial and narcissistic personality disorder)  
Fight Club (1999) (dissociative identity disorder)  
Stir of Echoes (1999) (hypnosis)  
The Talented Mr. Ripley (1999) (mixed personality disorder)  
Mumford (1999) (psychotherapy and issues of confidentiality)  
2000-2012  
Pollock (2000) (bipolar disorder)  
Finding Forrester (2000) (avoidant personality disorder)  
28 Days (2000) (alcohol and drug dependence)  
A Beautiful Mind (2001) (schizophrenia)  
Iris (2001) (Alzheimer's disease)  
Bartleby (2001) (schizoid personality disorder)  
The Man Who Wasn't There (2001) (schizoid personality disorder)  
K-PAX (2001) (psychotherapy; post-traumatic stress disorder; dissociative fugue)  
I Am Sam (2001) (intellectual disability)  
Memento (2001) (anterograde amnesia)  
Mulholland Drive (2001) (amnesia)  
Spider (2002) (schizophrenia)  
The Hours (2002) (major depressive disorder)

Insomnia (2002) (insomnia)

Hollywood Ending (2002) (conversion disorder: hysterical blindness)

Love Liza (2002) (inhalant abuse and intoxication)

White Oleander (2002) (antisocial, dependent, and histrionic personality disorder in three different female characters)

Monster (2003) (borderline personality disorder and antisocial personality disorder)

Mystic River (2003) (post-traumatic stress disorder)

Capturing the Friedmans (2003) (a documentary on two men accused of pedophilia)

Lost in Translation (2003) (insomnia)

American Splendor (2003) (depression)

Owning Mahowny (2003) (pathological gambling)

Thirteen (2003) (oppositional defiant disorder)

House of Sand and Fog (2003) (major depression and suicide)

Identity (2003) (dissociative identity disorder)

American Splendor (2003) (depression)

Prozac Nation (2003) (major depression)

Sylvia (2003) (major depressive disorder and suicide)

Manic (2003) (group therapy with adolescents)

Matchstick Men (2003) (agoraphobia with panic; tics; antisocial personality disorder)

The Aviator (2004) (social phobia; obsessive-compulsive disorder; agoraphobia with panic; avoidant personality disorder? schizotypal personality disorder?)

Land of Plenty (2004) (paranoid personality disorder)

Birth (2004) (folie-a-deux; bizarre delusion)

The Machinist (2004) (insomnia; hallucinations; post-traumatic stress disorder)

Dirty Filthy Love (2004) (obsessive-compulsive disorder and Tourette's disorder)

Unknown White Male (2005) (dissociative fugue disorder)

Proof (2005) (schizophrenia)

Mozart and the Whale (2005) (autism)

Thumbsucker (2005) (attention deficit disorder)

Canvas (2006) (schizophrenia)

Half Nelson (2006) (cocaine abuse)

The Devil Wears Prada (2006) (obsessive-compulsive personality disorder)

Bug (2006) (paranoia; delusional disorder; Morgellon's disorder? folie-a-deux?)

Away From Her (2006) (Alzheimer's disease)

Lars and the Real Girl (2007) (delusional disorder?)

Numb (2007) (depersonalization disorder; sexual boundary violation by therapist)

Candy (2007) (heroin dependence)

Into the Wild (2007) (personality disorder?)

The Number 23 (2007) (delusional disorder)

Michael Clayton (2007) (bipolar disorder)

The Visitor (2007) (depression)

The Wrestler (2008) (psychological stress and physical disorders)

Revolutionary Road (2008) (major depression)

Seven Pounds (2008) (depression and suicide)

The Soloist (2009) (schizophrenia)

Helen (2009) (major depression)

A Solitary Man (2009) (compulsive sexual behavior; personality disorder?)

Shrink (2009) (grief; depression; adjustment disorder; substance abuse)

Antichrist (2009) (major depressive disorder)

Temple Grandin (2010) (Asperger's disorder)

Black Swan (2010) (symptoms of psychosis, bulimia, obsessive-compulsive disorder)

Shutter Island (2010) (schizophrenia? dissociative disorder? identity disorder?)

Hysteria (2011) (today hysteria is called conversion disorder)

We Need to Talk About Kevin (2011) (conduct disorder)

Silver Linings Playbook (2012) (bipolar disorder)

Television Programs Available on DVD

The Sopranos (HBO, 1999-2007) (antisocial personality disorder; panic disorder; the psychiatrist uses psychoanalytic psychotherapy and prescribes medications)

Huff (Showtime, 2006) (psychotherapist whose client commits suicide)

United States of Tara (Showtime, 2009) (dissociative identity disorder)

Web Therapy (Showtime, 2011-2012) (a comedy about web-based psychotherapy)  
In Treatment (HBO, 2008-2011) (a wide variety of disorders are portrayed; the  
psychotherapist uses a generic, eclectic style of psychotherapy)

### Discussion

This paper lists 200 feature films and five television programs that depict either psychotherapists, people with mental disorders, or both. Given the length of the list, it might be useful to list the most highly recommended of the many options, based on this author's opinion. The most recommended movie or program is the HBO series *In Treatment*; it portrays a relatively realistic psychotherapist in a fairly realistic private practice setting, and also portrays a wide variety of people with personal issues and mental disorders. Gabbard (2008) wrote that "*In Treatment* splendidly demonstrates each patient's uniqueness and complexity," and "the writing, acting, and directing are first-rate" (p. 29).

Of course, even the television program *In Treatment* is not perfect; the therapy sessions are greatly compressed and more dramatic than typical psychotherapy sessions, and the therapist never conducts intake interviews, talks with clients about insurance reimbursement, or writes notes about his sessions, which is highly unrealistic. He has some unprofessional encounters with some clients and is sued by one client. He does see his own therapist to work on his personal issues, which is good, and his sessions with his therapist are some of the best of the series.

The most highly recommended movies that depict counselors or psychotherapists are *Ordinary People* and *Good Will Hunting*. All psychotherapists would benefit from watching these movies and considering the pros and cons of the therapists' behaviors. Miller (1999) wrote an article on how to use *Ordinary People* to teach psychodynamic psychotherapy, and Koch and Dollarhide (2000) wrote an analysis of *Good Will Hunting*.

The best movies that depict schizophrenia are *A Beautiful Mind*, *The Fisher King*, *The Soloist*, *Shine*, and *Canvas*. For movies about institutionalization, see *One Flew Over the Cuckoo's Nest* and *Frances*. For intellectual disability and autism, see *Charly*, *Rain Man*, *Forrest Gump*, *Sling Blade*, and *Temple Grandin*. For dementia see

Regarding Henry, Away from Her, and Iris. For disorders of children and adolescents see Heavenly Creatures, Nell, Thumbsucker and Thirteen.

For movies about bipolar disorder see Mr. Jones, Pollock, Michael Clayton, and perhaps Sophie's Choice. For depictions of depression, see Sylvia, Prozac Nation, and Helen. For post-traumatic stress disorder, see Good Will Hunting, The Deer Hunter, Born on the Fourth of July, and Prince of Tides. For obsessive-compulsive disorder see As Good As It Gets and The Aviator. For pathological gambling see Owing Mahowny. For alcohol dependence see Days of Wine and Roses, The Lost Weekend, Leaving Las Vegas, When a Man Loves a Woman, and 28 Days. For substance dependence see Trainspotting and Candy. For malingering see Primal Fear.

There is at least one good movie that depicts a person with each of the ten main personality disorders included in the DSM-IV-TR (2000). It should be noted that few of these movies are technically accurate portrayals according to standard diagnostic criteria. Even so, they can vividly illustrate some of the main features of the disorders. For paranoid personality disorder see Raging Bull. For schizoid personality disorder see Sex, Lies, and Videotape and Bartleby. For schizotypal personality disorder see Taxi Driver. For antisocial personality disorder see Badlands and Monster. For borderline personality disorder see Fatal Attraction and Girl, Interrupted. For histrionic personality disorder see Gone With the Wind and A Streetcar Named Desire. For narcissistic personality disorder see Wall Street, All That Jazz, and The King of Comedy. For avoidant personality disorder see The Glass Menagerie and Finding Forrester. For dependent personality disorder see What About Bob? For obsessive-compulsive personality style see The Devil Wears Prada.

For comic relief, recommended movies with prominent psychological themes are Zelig, Annie Hall, Being There, A Couch in New York, and Hysteria. Movies about psychotherapy that have major actors and are so bad they may be entertaining to psychotherapists include Final Analysis, Prince of Tides, Dressed to Kill, Bliss (1997) and The Color of Night.

Some organizations have recommended specific movies that address issues of mental health. The National Alliance on Mental Illness (2011) published a list of the top

ten movies about mental illness. The movies are, in order beginning with the best: *A Beautiful Mind*; *The Fisher King*; *Ordinary People*; *One Flew Over the Cuckoo's Nest*; *Girl, Interrupted*; *The Soloist*; *The Hours*; *Benny & Joon*; *Shutter Island*; and *Canvas*.

### Conclusion

This article has listed many movies and some television programs that have themes related to psychotherapy or that have characters with mental disorders. Viewing them can provide counselors and psychologists with hours of practice at diagnosing common mental disorders or debating the ways in which the films usually do a poor job of portraying psychotherapists and people with mental disorders. Some particularly good movies and television programs have been identified that could be used in counselor training programs or courses in psychopathology and diagnosis.

Viewers of the movies mentioned in this article should understand that their depictions of mental disorders may not be authentic; they are often marred by oversimplification, and they may provide misinformation (Bhagar, 2005; Greenberg, 2009; Ramchandani; 2012). For example, the films *A Beautiful Mind* and *Spider* emphasize the visual hallucinations of the characters, but auditory hallucinations are much more characteristic of schizophrenia. For the sake of drama, movies tend to have a linear plot, and neglect the nuance and complexity of mental disorders. Such oversimplification can reinforce stereotypes. Many movies suggest that childhood trauma causes a wide variety of mental disorders, and suggest that cathartic emotional breakthroughs can instantly cure them. Psychotherapy is usually portrayed as much more active and dramatic than it usually is in real life (Gabbard, 2010). Many of the movies listed here may be seen as providing valuable lessons on what not to do in psychotherapy.

There are many resources available for those who would like to read more about this topic. Several authors have described and discussed how psychiatry and psychotherapy have been portrayed in the movies (Dervin, 1985; Fleming & Manvell, 1985; Gabbard & Gabbard, 1987; Lebeau, 1995; Schneider, 1987) or in certain television programs (Gabbard, 2002). Some books have focused on how people with

mental disorders have been portrayed in the movies (Greenberg, 1975; Robinson, 2003; Wahl, 1995; Wedding, 2009).

Other authors have written about how viewing movies with mental health themes can be therapeutic for people with psychological issues or mental disorders (Hesley, 2001; Niemiec & Wedding, 2008; Sharp & Joiner, 1995; Soloman, 1995). Thomason (2008) and others (Fleming, Piedmont, & Hiam, 1984; Kinney, 1975; Nissim-Sabat, 1979) have written about how excerpts from feature films can be incorporated into coursework on counseling, psychotherapy, and psychopathology. In addition to sources in the professional literature, Wedding and Niemiec (2012) have a blog on current movies that depict people with mental disorders, and an annotated list of movies illustrating psychopathology is available at [www.psychmovies.com](http://www.psychmovies.com). Seeing movies with psychological themes and characters can be an entertaining way to practice making psychological diagnoses, which is often a prerequisite for proper treatment.

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