

The cinema of the psychology

It is commonly said that “an image worth more than a thousand words”, and very often it is indeed. Maybe, one of the occasions in which that expression could be more accurate is in the field of the psychology. Usually, psychologists need a lot of time and effort, not to mention of incomprehensive terms for naive people, in order to share a little piece of information about some patient symptomatology. It happens even more when trying to describe the complete characteristic symptomatology of a psychological disorder, and probably, not even the best teacher could show it using a thousand of words better than a film can do it with just two or three sequences. For instance, “*A Wonderful Mind*” showed us that schizophrenia is not what we commonly thought, “*Forrest Gump*” taught us that will is more important than IQ, and “*Helen*” is the living prove that success doesn’t grant happiness.

The following selection of films has been carefully made, paying exhaustive attention to the accuracy of what is represented, and trying to cover the most possible number of psychological disorders and symptoms. Watching them, the viewer can get a closer idea of the disorders but, above all, will give him the image that all the main characters of those films are people, people with feelings, ambitions, desires, strengths and weakness. Maybe this

is the side with which conventional handbooks or teachers cannot compete against: the show of the person as more than symptoms, but as a complete human being.

Substance Abuse: 28 days (Thomas, B., 2000)

Intellectual Disabilities: I Am Sam (Nelson, J., 2001)

Autism spectre: Rain Man (Levinson, B., 1988)

Paranoid Schizophrenia: A Beautiful Mind (Howard, R., 2001)

Bipolar disorder: The Silver Linings Playbook (Russell, D.O., 2012)

Mood disorder: Wilbur wants to kill himself (Scherfig, L., 2002)

Obsessive-compulsive disorder: The Aviator (Scorsese, M., 2004)

Postrumatic stress disorder: The Deer Hunter (Cimino, M., 1978)