Psych Movies

[***As Good As It Gets***](http://www.imdb.com/title/tt0119822/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV 8.5 HAVE DVD RT: 86%

**Genre:**  Drama/Comedy    **Year:** 1997    **Rating:**  PG-13 **Run Time:** 139 mins  
**Actors:**  Jack Nicholson, Greg Kinnear, Helen Hunt  
**Topics:**  Psychopathology, OCD, Personality Disorder, Social  
Academy Award winner for Best Actor and Best Actress. Jack Nicholson with Obsessive-Compulsive Disorder, as well as plenty of Axis II. Also addresses bias (homophobia) and attitude change. Really great movie.

[***Aviator, The***](http://www.imdb.com/title/tt0338751/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV 9.09 on flashdrive RT: 87%**Genre:** Drama  **Year:**  2005   **Rating:** R **Run Time:** 170 mins  
**Actors:** Leonardo DiCaprio, Cate Blanchett, Kate Beckinsale  
**Topics:**  Psychopathology, OCD, Schizophrenia, Schizoaffective  
Academy Award winner for Best Supporting actress and other accomplishments (cinematography, etc.).  Excellent movie. There is much room for diagnosis debate – clear OCD symptoms early on, but what about paranoia? Manic-type symptoms? Personality considerations? Be sure to also watch the special features segment on OCD.

[***Awakenings***](http://www.imdb.com/title/tt0099077/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV DO NOT HAVE!**Genre:**  Drama    **Year:**  1990   **Rating:**  PG-13 **Run Time:** 121 mins  
**Actors:**  Robin Williams, Robert DeNiro, Julie Kavner  
**Topics:**  Psychopathology, Neuropsychology, Treatment  
Wonderful movie. Based on Oliver Sacks’ clinical cases. L-dopa’s effects on encephalitis lethargica.  Interesting glimpse inside a mental hospital in the 1960s. Why do you think paranoia/psychosis developed after prolonged L-dopa treatment? Neuronal supersensitivity? And what about Dr. Sacks’ interpersonal anxieties – social phobia? Asperger’s?

[***Beautiful Mind, A***](http://www.imdb.com/title/tt0268978/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV 9.27 FLASHDRIVE RT 75%  
**Genre:**  Drama    **Year:**  2001    **Rating:**  PG-13 **Run Time:** 135 minutes  
**Actors:**  Russell Crowe, Ed Harris, Jennifer Connelly  
**Topics:**  Psychopathology, Treatment, Schizophrenia, Marital/Family Dynamics, Stress and Coping  
Academy Award winner for Best Picture and Best Supporting Actress. Russell Crowe portrays Nash, a brilliant mathematician. There is a major plot twist – stop reading here if you don’t want it spoiled…We learn that we are misled – situations and characters turn out to be portrayals of Nash’s delusional thinking and hallucinations. We see him spiral downward in the throws of his psychotic thinking or the side effects of his medications. What do you think about the suggestion that he was able to self-challenge the reality of the hallucinations, as at the end of the movie? What do you think this movie did for public perception of schizophrenia? If you really want to know his story, read the book – not an easy read, mind you, but with plenty more information missing from the Hollywood version…

[***Crash***](http://www.imdb.com/title/tt0375679/?ref_=fn_al_tt_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV 9.00 HAVE DVD RT 75%  
**Genre:**  Drama   **Year:** 2004    **Rating:** R **Run Time:** 115 minutes  
**Actors:**  Don Cheadle, Matt Dillon, Ludacris  
**Topics:**  Social, Moral Development, Marital/Family Dynamics  
Academy Award winner for Best Picture.  This is a MUST SEE for anyone interested in multicultural issues. Virtually every character demonstrates susceptibility to bias, reliance on stereotypes. It’s a major tearjerker at times, so be prepared!

[***Eternal Sunshine of the Spotless Mind***](http://www.imdb.com/title/tt0338013/?ref_=nv_sr_1)HAVE DVD RT 93%  
**Genre:**  Drama    **Year:**  2004    **Rating:**  R **Run Time:** 108 minutes  
**Actors:**  Jim Carrey, Kate Winslet, Elijah Wood  
**Topics:**  Psychopathology, Personality Disorders, Treatment, Marital/Family Dynamics  
Although beloved by many, this film didn’t rapture me. Consider the “treatment” issue and ethics of those administering it (we can imagine that they are “mental health professionals”). Also consider Clementine’s personality – disordered? Does the storyline support the concept that personalities can’t be changed through treatment?

[***Girl, Interrupted***](http://www.imdb.com/title/tt0172493/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV 8.21 HAVE DVD RT 54%  
**Genre:**Drama     **Year:** 1999     **Rating:**  R **Run Time:** 127 minutes  
**Actors:**  Winona Ryder, Angelina Jolie, Clea DuVall  
**Topics:**  Psychopathology, Mood Disorders, Personality Disorders, Treatment  
Academy Award winner for Best Supporting Actress. I really enjoyed this movie! I suspect that the “Borderline” diagnosis given to Susanna more appropriately refers to her psychotic depression, with the former use of the term referring to the zone between neurosis and psychosis, i.e., on the “borderline” of psychosis. “Lisa” demonstrates a good manic, and seems more of today’s “Borderline Personality Disorder” than the movie’s Antisocial Personality Disorder diagnosis. What do you think?

[***Good Will Hunting***](http://www.imdb.com/title/tt0119217/?ref_=nv_sr_1)**9.17 ON flashdrive RT 97%**  
**Genre:**  Drama     **Year:**  1999    **Rating:**  R  **Run Time:** 126 minutes  
**Actors:**  Robin Williams, Matt Damon, Ben Affleck   
**Topics:**Psychopathology, Personality Disorders, Treatment  
Academy Award winner for Best Supporting Actor and Writing. Robin Williams provides psychological treatment for the main character. Some ethical violations, and at first seems like too much self-disclosure, but it served a therapeutic purpose. I’m not quite sure that the catharsis depicted truly would have cured both the Axis I and II disorders depicted in the untreated – “bad (?) ” Will Hunting. Academy award winner.

[***Hours, The***](http://www.imdb.com/title/tt0274558/?ref_=fn_al_tt_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV 9.3 DO NOT HAVE  
**Genre:**  Drama     **Year:**  2002    **Rating:**  R  **Run Time:** 114 minutes  
**Actors:**  Nicole Kidman, Julianne Moore, Meryl Streep   
**Topics:**  Psychopathology, Mood Disorders, Marital/Family Dysfunction, Developmental, Stress and Coping  
Academy Award winner for Best Actress (Nicole Kidman). One of the best portrayals of the painful depths and hopelessness of depression and its effects on others. Nicole Kidman portrays Virginia Woolf, who is writing the novel Mrs. Dalloway, while another woman is reading the book in the 1950s, and a third present day woman is living it. All three lives have parallels of depression and suicide. Fantastic portrayal of the impact of depression on family members and the power of endogenous depression. What motivates the suicides portrayed in the film? See my [article](http://50.87.248.231/~psychmov/articles/motivations-for-suicide-in-the-movies-external-and-internal-forces/) on the topic.

[***I Am Sam***](http://www.imdb.com/title/tt0277027/?ref_=nv_sr_1)ON FLASHDRIVE RT 34%  
**Genre:**  Drama     **Year:**2001      **Rating:** PG-13  **Run Time:**  132 minutes  
**Actors:**Sean Penn, Michelle Pfeiffer, Dakota Fanning   
**Topics:**  Psychopathology, Neuropsychology, Forensic, Marital/Family Dynamics, Social  
Sean Penn portrays a man with mental retardation fighting for custody of his 7-year-old child. Sam’s group of friends are entertaining – two are truly developmentally disabled – his close neighbor is agoraphobic. His lawyer is the stereotypical overworked yuppie professional woman, estranged from her family. The film is a classic tearjerker. Despite significant research for the film (watch the supplemental documentary), how realistic were the events? Did he take her to a pediatrician? Did the pediatrician have any concerns about his care? Was that a realistic portrayal of cross-examination of an expert witness? Could Sam really have afforded the apartment at the end in Los Angeles, making somewhere around $8/hour? What really was in the best interest of the child? Was the opposing attorney all that wrong? Many things to consider.

***Inception* Have DVD RT 86%**

**Genre: Action/Mystery/Sci-Fi Year: 2010 Rating: PG-13 Runtime: 148 minutes**

**Actors: Leonardo DiCaprio, Joseph Gordon-Levitt, Ellen page**

**Topics: States of Consciousness, Memory**

Dom Cobb is a skilled thief, the absolute best in the dangerous art of extraction, stealing valuable secrets from deep within the subconscious during the dream state, when the mind is at its most vulnerable. Cobb's rare ability has made him a coveted player in this treacherous new world of corporate espionage, but it has also made him an international fugitive and cost him everything he has ever loved. Now Cobb is being offered a chance at redemption. One last job could give him his life back but only if he can accomplish the impossible - inception. Instead of the perfect heist, Cobb and his team of specialists have to pull off the reverse: their task is not to steal an idea but to plant one. If they succeed, it could be the perfect crime. But no amount of careful planning or expertise can prepare the team for the dangerous enemy that seems to predict their every move. An enemy that only Cobb could have seen coming

[***Juno***](http://www.imdb.com/title/tt0467406/?ref_=fn_al_tt_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV HAVE DVD RT 94%  
**Genre:**  Comedy/Drama     **Year:**  2007   **Rating:**  PG-13 **Run Time:** 96 minutes  
**Actors:**  Ellen Page, Michael Cera  
**Topics:**Developmental, Marital/Family Dynamics  
Highly enjoyable film chronically  a pregnant teen girl’s quest to find a couple to adopt her child. The dialogue is clever and quirky, earning it an Academy Award for original screenplay. Allows for exploration of various reactions to teen pregnancy.

[***Kids are All Right, The***](http://www.imdb.com/title/tt0842926/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV DO NOT HAVE  
**Genre:**  Comedy/Drama     **Year:**  2010     **Rating:**  R **Run Time:** 107 minutes  
**Actors:**  Annette Benning, Julianne Moore  
**Topics:**  Marital/Family Dynamics, Social, Stress and Coping  
This is a wonderful movie dealing with contemporary issues. A lesbian couple has raised two well-adjusted children, each born by artificial insemination from the same donor. The family dynamics and the way conflict is addressed by the couple and the family as a whole is one of the best, healthiest, portrayals in film. It has been nominated for multiple Academy Awards and appropriately so.

[***Little Miss Sunshine***](http://www.imdb.com/title/tt0449059/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV 7.95 DO NOT HAVE  
**Genre:**  Comedy/Drama    **Year:**  2006      **Rating:**  R  **Run Time:** 101 minutes  
**Actors:**  Steve Carrell, Abigail Breslin, Greg Kinnear   
**Topics:**  Psychopathology, Mood Disorders, Developmental, Marital/Family Dynamics, Stress and Coping  
This is a fantastic, quirky movie full of material and comedic moments. There is the brother, Steve Carrell, who is recently released from a psychiatric facility after making a suicide attempt, the teen son who has selective mutism, the narcissistic father, the disinhibited grandfather, the mother who tries to keep it all together, and the girl who miraculously floats through this chaos, demonstrating remarkable optimism and coping. Despite seeming dysfunction, this family works; they come through for each other at just the right moments.

Monster- Do Not Have

[***One Flew Over the Cuckoo’s Nest***](http://www.imdb.com/title/tt0073486/?ref_=nv_sr_1) ***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV 8.34 HAVE DVD RT 95%  
**Genre:**  Drama     **Year:**  1975     **Rating:**  R  **Run Time:** 134 minutes  
**Actors:**  Jack Nicholson, Louise Fletcher, William Redfield   
**Topics:**  Psychopathology, Psychotic Disorders, Mood Disorders, Personality Disorders, Treatment, Forensic  
Academy Award winner for Best Picture, Best Actor, and Best Actress among other awards. This is a must see (and I mean MUST for any psych major!). Why faking insanity to avoid jail may not be a good idea (at least not during this era).

[***Perks of Being a Wallflower, The***](http://www.imdb.com/title/tt1659337/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*FAV ON FLASHDRIVE RT 86%****Genre:** Comedy/Drama     **Year:**  2013    **Rating:**  PG-13 **Run Time:** 102 minutes  
**Actors:**  Logan Lerman, Emma Watson, Ezra Miller  
**Topics:**  Developmental, Psychopathology, Mood Disorders  
This is a refreshingly good coming-of-age movie. Based on the book, it chronicles a teen boy’s transition to high school and his development of friendships. We are aware that he has a history of psychiatric hospitalization and depression, but the etiology of his difficulties is not fully revealed until the end of the movie. This is another recent film, like Silver Linings Playbook, which does not stigmatize mental illness. Well done!

[**Rain Man**](http://www.imdb.com/title/tt0095953/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV HAVE DVD RT 90%  
**Genre:**  Drama      **Year:**  1988     **Rating:**  R  **Run Time:** 133 minutes  
**Actors:**  Dustin Hoffman, Tom Cruise, Valeria Golino   
**Topics:**  Neuropsychology, Marital/Family Dynamics  
Academy Award winner for Best Picture and Best Actor. Excellent portrayal of autism in adulthood and associated family stresses. Wonderful movie.

[***Sixth Sense, The***](http://www.imdb.com/title/tt0167404/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV DO NOT HAVE  
**Genre:**  Drama     **Year:**  1999     **Rating:**  PG-13 **Run Time:** 110 minutes  
**Actors:**  Bruce Willis, Haley Joel Osment, Toni Collette   
**Topics:**  Psychopathology, Treatment  
Bruce Willis as a child psychologist whose 6-year-old patient claims to see the spirits of dead people around him. Good film; nice plot twist. Also interesting brief portrayal of Munchausen’s by Proxy.  Willis is a much more ethical psychologist in this film than in the horrible Color of Night.

[**Shutter Island**](http://www.imdb.com/title/tt1130884/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV ON FLASHDRIVE RT 68%  
**Genre:**  Drama        **Year:**  2010        **Rating:**  R **Run Time:** 138 minutes  
**Actors:**  Leonardo DiCaprio, Mark Ruffalo  
**Topics:**  Psychopathology, Psychotic Disorders, Dissociative Disorders, Treatment  
Suspenseful drama set in 1954, as a U. S. Marshall investigates the disappearance of a patient at a forensic psychiatric facility. Stop reading here if you do not want the plot twists revealed. This is a movie to be watched more than once. The plot twist was foreshadowed often – did you see it coming? Consider the professional ethics involved in such a “treatment.” What alternatives should have been considered? What would be an appropriate diagnosis for DiCaprio’s character?

[***Silver Linings Playbook***](http://www.imdb.com/title/tt1045658/?ref_=nv_sr_1)***http://psychmovies.com/wp-content/uploads/2015/08/pictogram-small-borderless.png*** FAV ON FLASHDRIVE RT 92%**Genre:**  Comedy/Drama     **Year:**  2012     **Rating:**  R **Run Time:** 122 minutes  
**Actors:**  Bradley Cooper, Jennifer Lawrence, Robert DeNiro  
**Topics:** Psychopathology, Mood Disorders, Marital and Family Dynamics, Treatment  
This is one of my all-time favorite films.  Bradley Cooper portrays a man newly diagnosed with bipolar disorder. He meets Jennifer Lawrence, a young woman with her own mental health issues.  The film very accurately and matter-of-factly reflects the impact of psychological difficulties on the family while avoiding stigma.  Unfortunately, there are some unprofessional/unethical acts by mental health professionals.  Nonetheless, it’s a fantastic film. You’ll love it!

***Zodiac*** HAVE DVD RT 89%

**Genre**: Crime/Drama/History **Year**: 2007 **Rating**: R **Run Time**: 157 minutes

**Actors**: Jake Gyllenhaal, Robert Downey Jr, Mark Ruffalo

**Topics**: Abnormal Psychology

A serial killer in the San Francisco Bay Area taunts police with his letters and cryptic messages. We follow the investigators and reporters in this lightly fictionalized account of the true 1970's case as they search for the murderer, becoming obsessed with the case. Based on Robert Graysmith's book, the movie's focus is the lives and careers of the detectives and newspaper people.