

Steve Spiegel is an independent natural scientist and theoretical neuroscientist. His affinity for nature and natural science began early in life; his interest in psychology and neuroscience developed after experiencing mental distress. Steve experienced a reversal of fortune from extreme emotional well-being during his youth to extreme emotional suffering following trauma (traumatic injustice) during early adulthood. His unique experiences with mental distress convinced him that it was naturally painful emotional suffering- natural biology rather than a disorder or dysfunction. The conviction that mental distress was natural initiated an extended, independent investigation into human emotions and the pseudoscience of the disease model of mental distress. Steve has written several unpublished papers on the pseudoscientific foundation of psychology and psychiatry; administers a free, comprehensive therapy program based on unifying alternative therapies (at [UnifiedAlternatives.org](http://UnifiedAlternatives.org)); administers a website critical of psychiatry (at [DelegitPsych.org](http://DelegitPsych.org)); and produced a free video lecture critical of psychiatry (at [Vimeo.com/185916512](https://www.vimeo.com/185916512)).