

Psychologists' Top-Rated Self-Help Films

Victoria K. Alogana and John C. Norcross, Ph.D. surveyed over 1000 psychologists to identify practitioner-recommended movies to educate and engage the public, students, and patients. Such films depict the therapeutic experiences, increase mental health awareness, generate inspiration, and stimulate self-reflection. The list represents in rank order the 75 top-rated films that received a minimum of 30 psychologist ratings. The complete list of 324 films covering 31 disorders and life challenges can be found in *Self-Help that Works, 4th ed. (2012)* Norcross, J. C., et al. York: Oxford University Press.

1. Temple Grandin (autism & Asperger's)
2. Iris (dementia/Alzheimer's)
3. Milk (gay, lesbian, bisexual issues)
4. Ordinary People (suicide/death & grieving)
5. I Never Sang for My Father (men's issues)
6. On Golden Pond (aging)
7. Billy Elliot (men's issues)
8. Away from Her (dementia/Alzheimer's)
9. The Joy Luck Club (families & stepfamilies)
10. The Squid and the Whale (divorce)
11. The Trip to the Bountiful (adult development)
12. The Soloist (schizophrenia)
13. In the Valley of Elah (posttraumatic stress disorder)
14. The Lost Weekend (substance abuse)
15. Days of Wine and Roses (substance abuse)
16. Angels in America (gay, lesbian, bisexual issues)
17. The Notebook (dementia/Alzheimer's)
18. Stand by Me (teenagers & parenting)
19. Life as a House (families & stepfamilies)
20. Requiem for a Dream (substance abuse)
21. Corrina, Corrina (death & grieving)
22. October Sky (men's issues)
23. A Beautiful Mind (schizophrenia)
24. The Doctor (adult development)
25. Children of a Lesser God (people skills)
26. Karen Carpenter Story (eating disorders)
27. The Fighter (substance abuse)
28. Kramer vs. Kramer (divorce)
29. The Color Purple (abuse)
30. Family Man (families & stepfamilies)
31. A Woman Under the Influence (depression)
32. Dead Poets Society (parenting)
33. Brokeback Mountain (gay, lesbian, bisexual issues)
34. The Great Santini (narcissistic personality disorder)
35. It's a Wonderful Life (adult development)
36. What's Eating Gilbert Grape? (autism & Asperger's & families)
37. Torch Song Trilogy (sexuality)
38. My Name is Bill W. (substance abuse)
39. The Bucket List (death & grieving)
40. Sunset Boulevard (borderline & narcissistic personality disorders)
41. The Accused (posttraumatic stress disorder)
42. Terms of Endearment (families)
43. Fried Green Tomatoes (women's issues)
44. Searching for Bobby Fischer (child development & parenting)
45. Best Little Girl in the World (eating disorder)
46. Clean and Sober (substance abuse)
47. The Kids Are All Right (marriage & families)
48. A League of Their Own (women's issues)
49. Bird (schizophrenia)
50. Steel Magnolias (death & grieving)
51. A Bronx Tale (teenagers and parenting)
52. House of Sand and Fog (suicide)
53. Rachel Getting Married (substance abuse)
54. Juno (pregnancy)
55. As Good as It Gets (obsessive compulsive disorder)
56. The Breakfast Club (teenagers and parenting)
57. The Turning Point (women's issues)
58. Rain Man (families and stepfamilies)
59. In the Bedroom (death & grieving)
60. A River Runs Through It (death & grieving)
61. Fly Away Home (families & stepfamilies)
62. Shine (schizophrenia)
63. Mr. Holland's Opus (adult development)
64. This Boy's Life (abuse)
65. Thirteen (teenagers & parenting)
66. Mystic River (abuse)
67. Bowling for Columbine (violent youth)
68. Field of Dreams (men's issues)
69. Circle of Friends (teenagers & parenting)
70. Little Women (teenagers & parenting)
71. 'Night, Mother (suicide)
72. Girl, Interrupted (borderline & narcissistic personality disorder)
73. The Hours (depression)
74. Up in the Air (men's issues)
75. Revolutionary Road (marriage)