**NPR Invisibilia**  “Secret History of Thoughts”

Situation: What are the horrible thoughts “S” had?

What is the history of how psychologists and mental health experts have viewed and treated “dark thoughts?”

1st wave:

2nd wave:

3rd wave:

What was S’s experience with getting help with his dark thoughts?

 --1st experience:

 --2nd experience:

What was S’s REAL psychological problem? How did he learn to control his dark thoughts?