

Podcast: This weekly program produced by the BBC explores stories that relate to the potential and boundaries of human psychology. Past topics include earthquake trauma treatment, astronauts, conspiracy theories and social media.



Podcast:

Invisibilia explores the hidden forces that shape the way humans think and act. Past topics vary widely, including examinations of emotions, the nature of reality, computers, social norms and personality.



INVISIBILIA

Podcast: PsychCrunch is the podcast from the British Psychological Society's Research Digest. Each episode explores whether the findings from psychological science can make a difference in real life.

Just how should we live, according to psychology? They speak to psychologists about their research and whether they apply what they've discovered in their own lives.



**PsychCrunch**

Podcast: The Hidden Brain helps curious people understand the world - and themselves. Using science and storytelling, Hidden Brain's host reveals the unconscious patterns that drive human behaviour, the biases that shape our choices, and the triggers that direct the course of our relationships.



# HIDDEN BRAIN

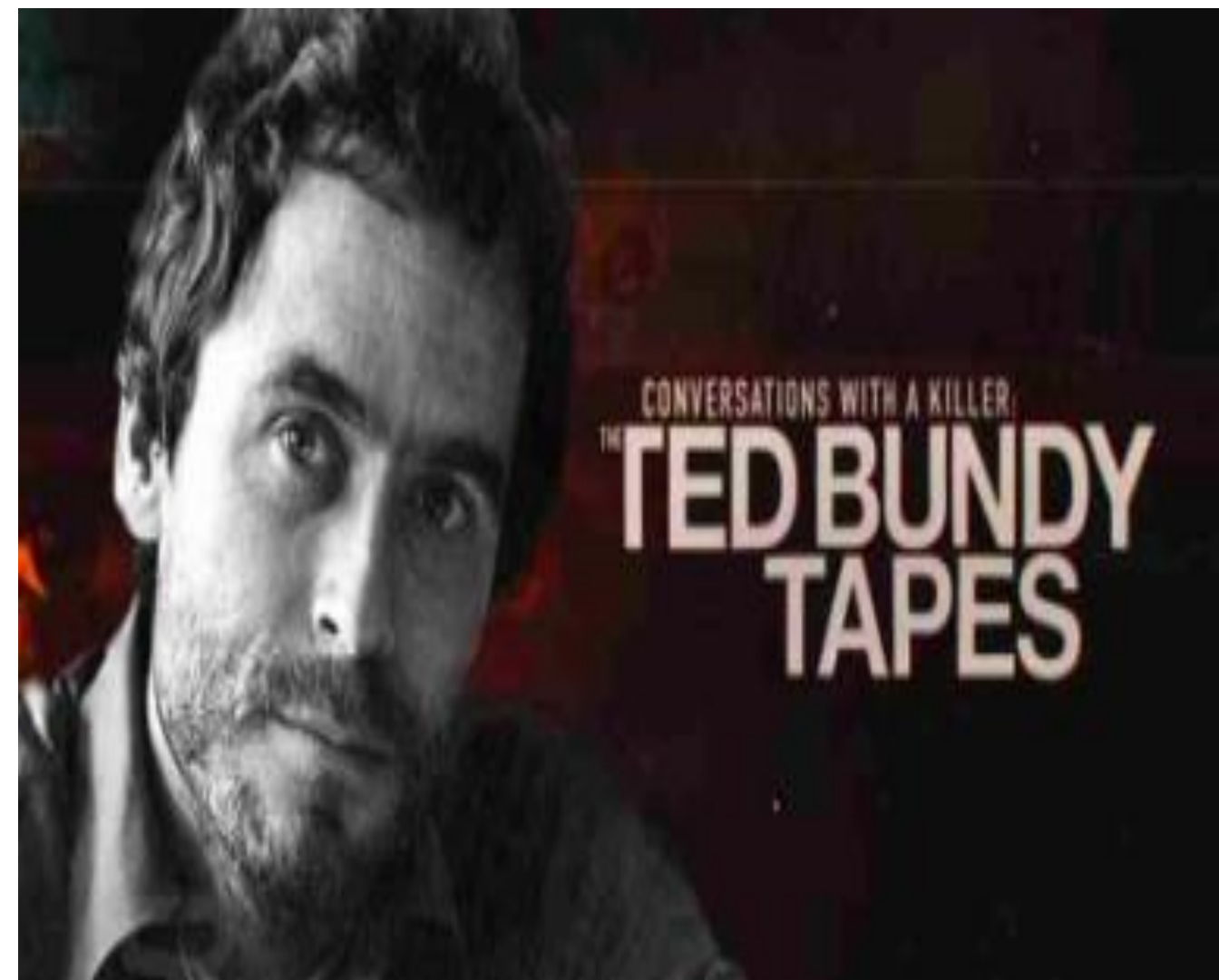
N



**THE MIND**

**explained**

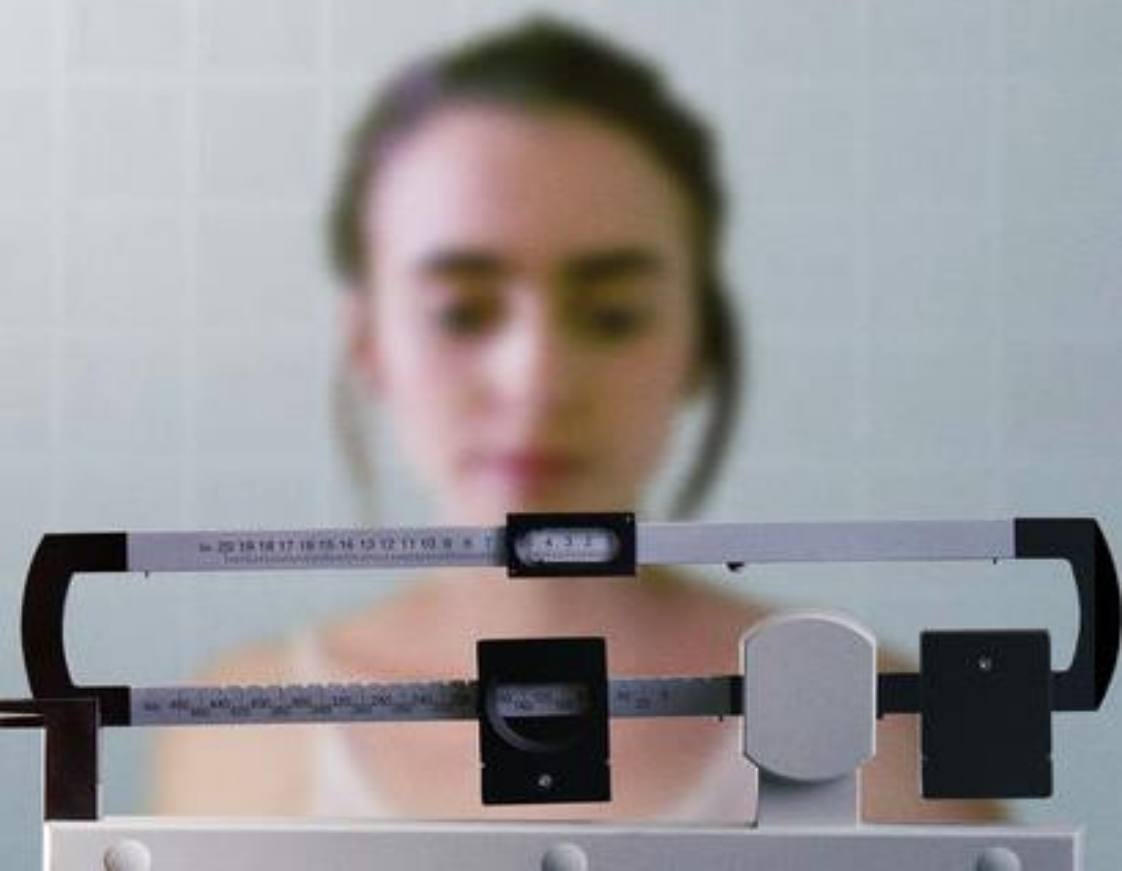
Series: The limited series is narrated by Emma Stone and examines themes such as what happens inside human brains when they dream or use of psychedelic drugs. The episodes are aimed to answer popular questions on five topics: memory, dreams, anxiety, mindfulness, and psychedelics.



Series: Conversations with a Killer: The Ted Bundy Tapes is an American documentary on Netflix. It is four 60-minute episodes were sourced from over 100 hours of interviews and archival footage of serial killer Ted Bundy, as well as interviews with his family, friends, surviving victims, and the law enforcement members who worked on his case.

NETFLIX

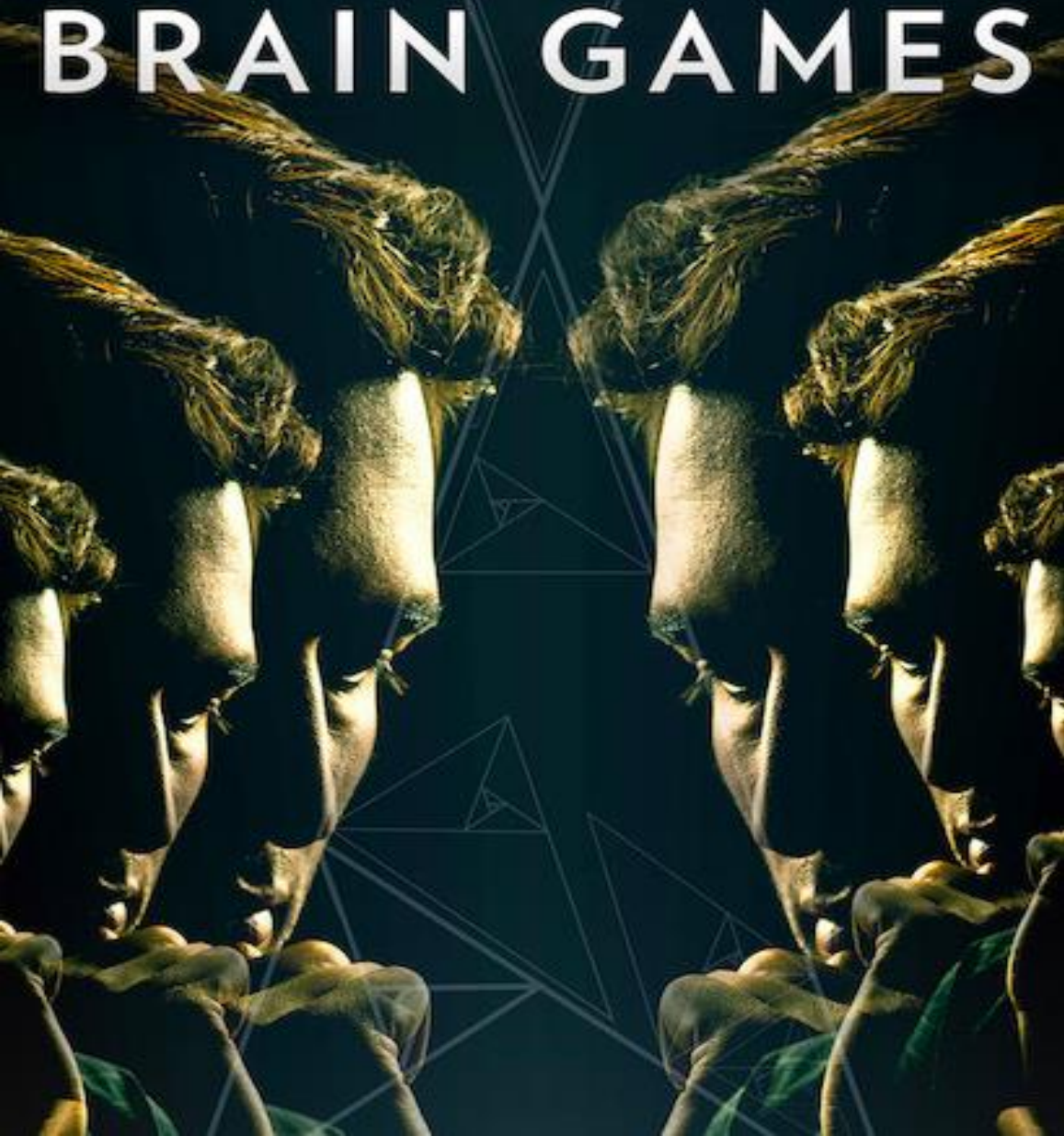
# TO THE BONE



Film: Available on Netflix, the film follows a young woman (Collins) as she battles anorexia. Ellen is a 20-year-old college dropout dealing with anorexia who returns home to the house of her stepmother and father after struggling through an in-patient program and failing to make any progress. With her absentee father unwilling to deal with her, Ellen's stepmother, Susan, sets her up with a specialist, Dr. William Beckham, who insists that Ellen join his patient program.



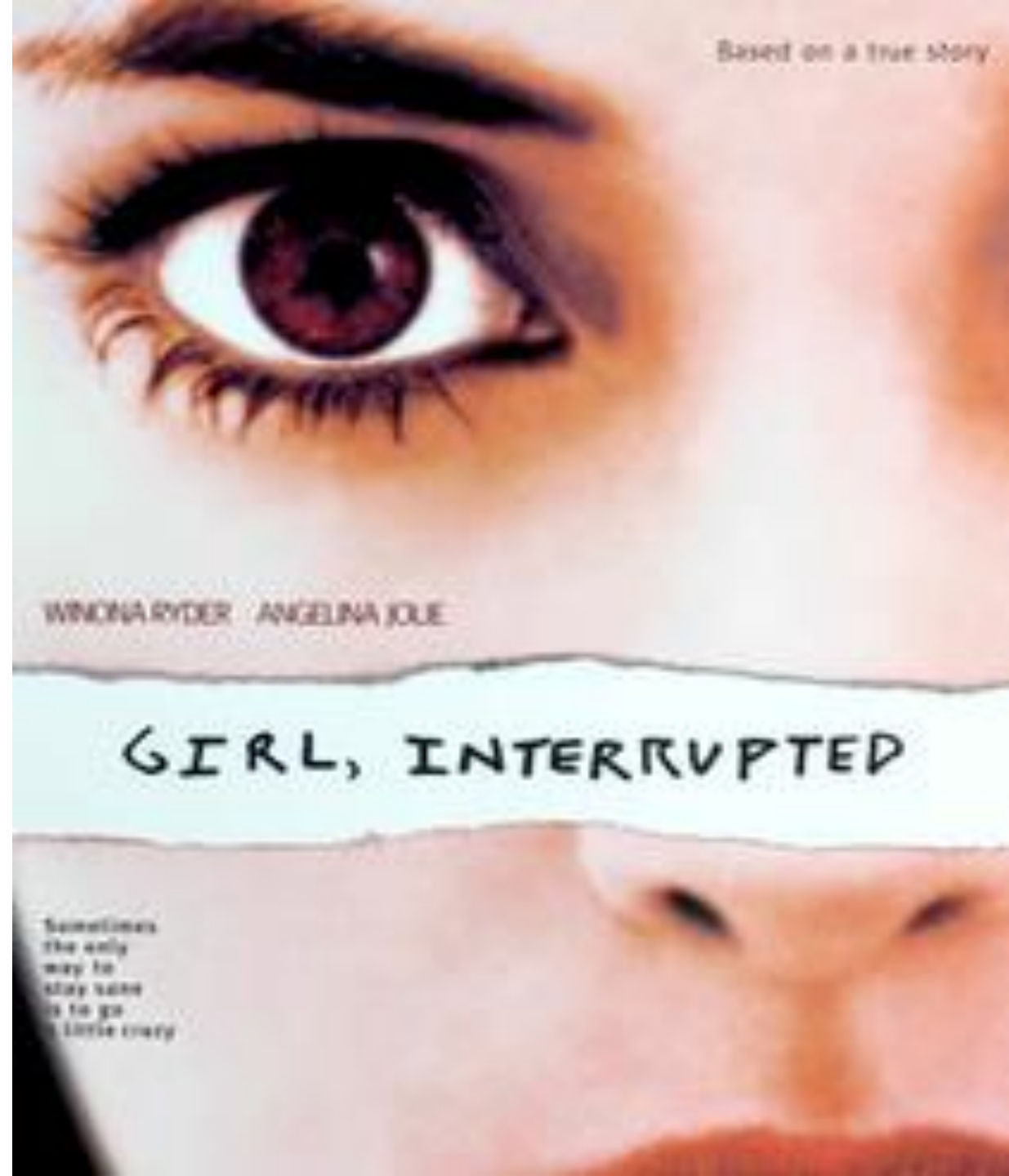
# BRAIN GAMES



Series: This interactive series uses games, illusions and experiments to illustrate how our brains manufacture our reality and often play tricks on us.

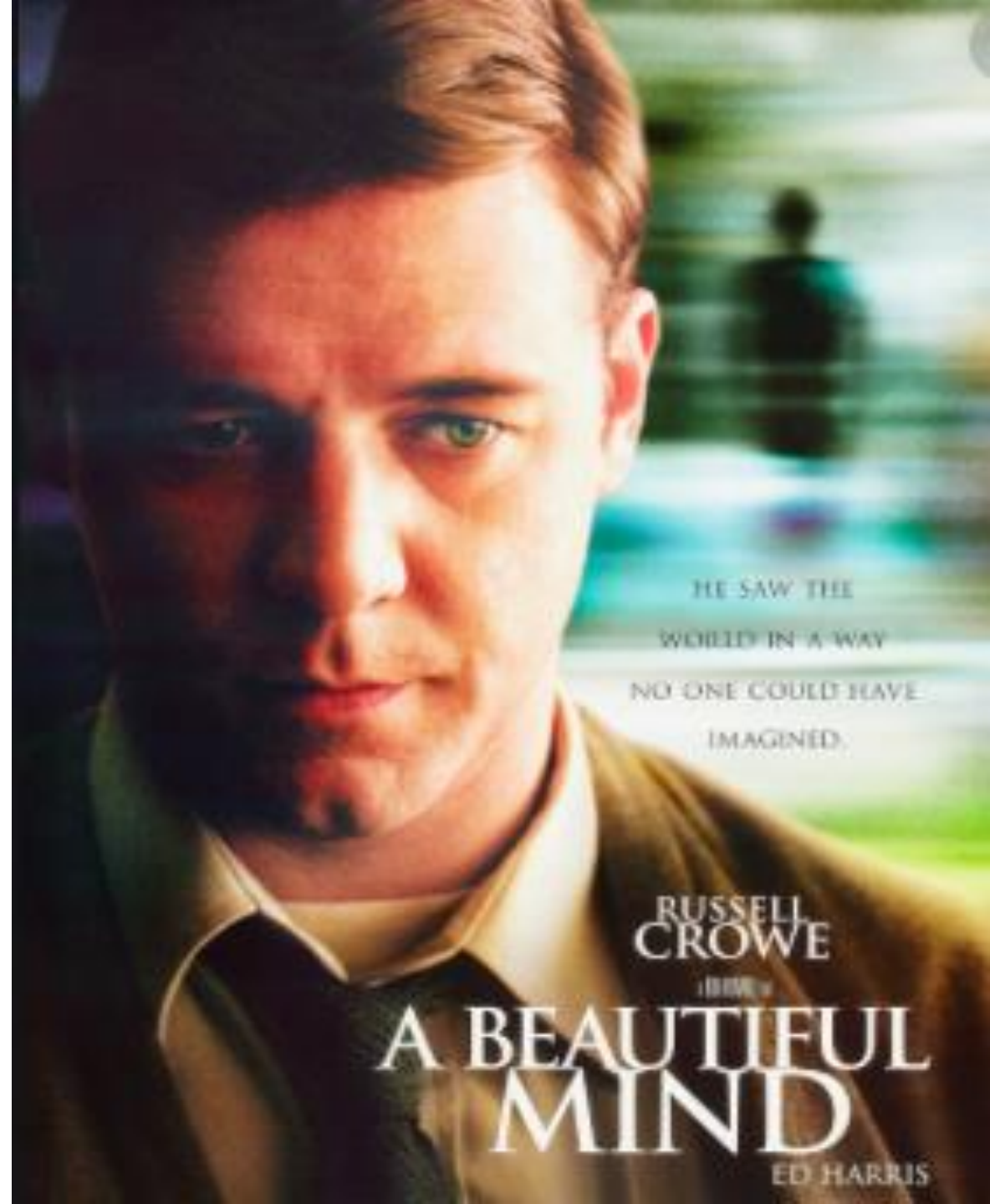


Film: *Girl, Interrupted* is a 1999 American psychological drama film based on Susanna Kaysen's memoir about her stay at a mental institution. This film sheds light on different psychiatric disorders that range from sociopaths to bulimia to severe depression and borderline personality disorder.



Film: A Beautiful Mind is a  
2001

American biographical drama film based on the life of John Nash, a Nobel Laureate winner. Nash begins to develop paranoid schizophrenia and endures delusional episode while watching the burden his condition brings on wife and friends.



Film: Beautiful Boy is a 2018 American biographic drama. It is based on the memoirs Beautiful Boy: A Father's Journey Through His Son's addiction by David Sheff. The film deals with a father-son relationship increasingly strained by the latter's drug addiction.

AMAZON ORIGINAL

# Beautiful Boy



TV: Louis Theroux spends time in specialist psychiatric units which treat mothers experiencing serious mental illness whilst allowing them to live alongside their babies. Immersing himself on the wards, he meets women who have been admitted with a range of serious conditions - including depression, anxiety and psychosis - often triggered by birth or the strains of motherhood.

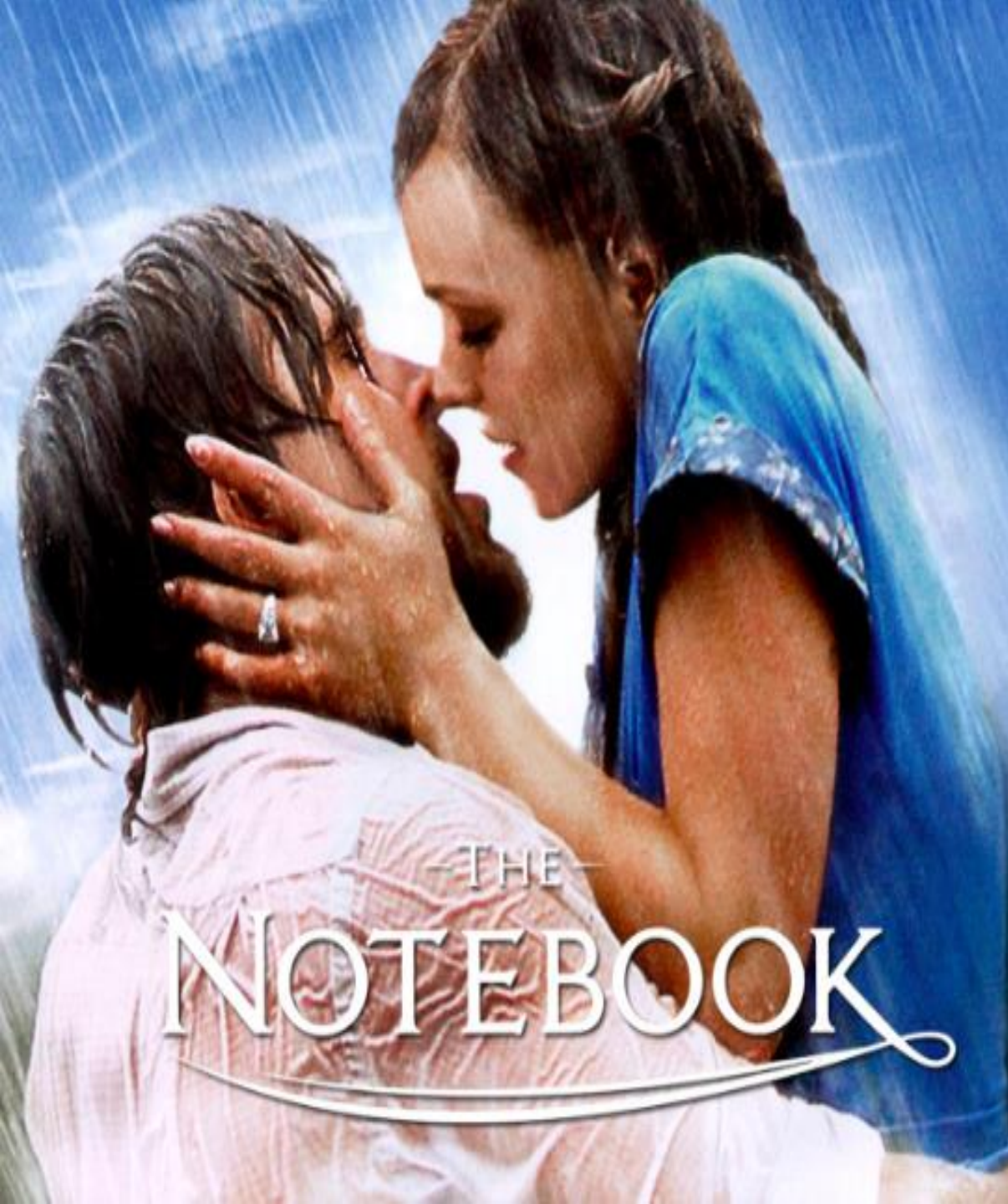


Series: Mindhunter is an American crime thriller television series. revolves around FBI agents Holden Ford and Bill Tench, along with psychologist Wendy Carr, who operate the FBI's Behavioral Science Unit within the Training Division at the FBI Academy in Virginia. They interview imprisoned serial killers to understand how they think, with the hope of applying this knowledge to solve ongoing cases.





Film: The main themes of the film are the nature of memory, identity, time, disjointed memories, reality, manipulation and revenge. Leonard suffers a brain trauma that results in amnesia. He cannot store new memories, but has a few memories which allow him to perform day to day actions. The story is told from end to beginning, which will make you feel as confused as the protagonist.



Film: A poor young man, Noah Calhoun, falls in love with a young heiress, Allie Hamilton, during the summer of 1940. When Allie's mother finds out, she bans her from seeing Noah and the family leaves their summer home on Seabrook Island and returns to Charleston. World War II intervenes and Allie and Noah go on with their lives but are reunited years later. The film examines how love and relationships change over time. It is also relevant to developmental psychology because one of the characters has Alzheimer's disease.

Film: Cooper plays Patrizio "Pat" Solitano Jr., a man with bipolar disorder who is released from a psychiatric hospital and moves back in with his parents. Determined to win back his estranged wife, Pat meets a young widow, Tiffany Maxwell, portrayed by Jennifer Lawrence, who offers to help him get his wife back if he enters a dance competition with her. The two become closer as they train and Pat, his father, and Tiffany examine their relationships with each other as they cope with their problems.





Film: Based on Lisa Genova's bestselling 2007 novel of the same name. The film stars Julianne Moore as Alice Howland, a linguistics professor diagnosed with familial Alzheimer's disease shortly after her 50th birthday.



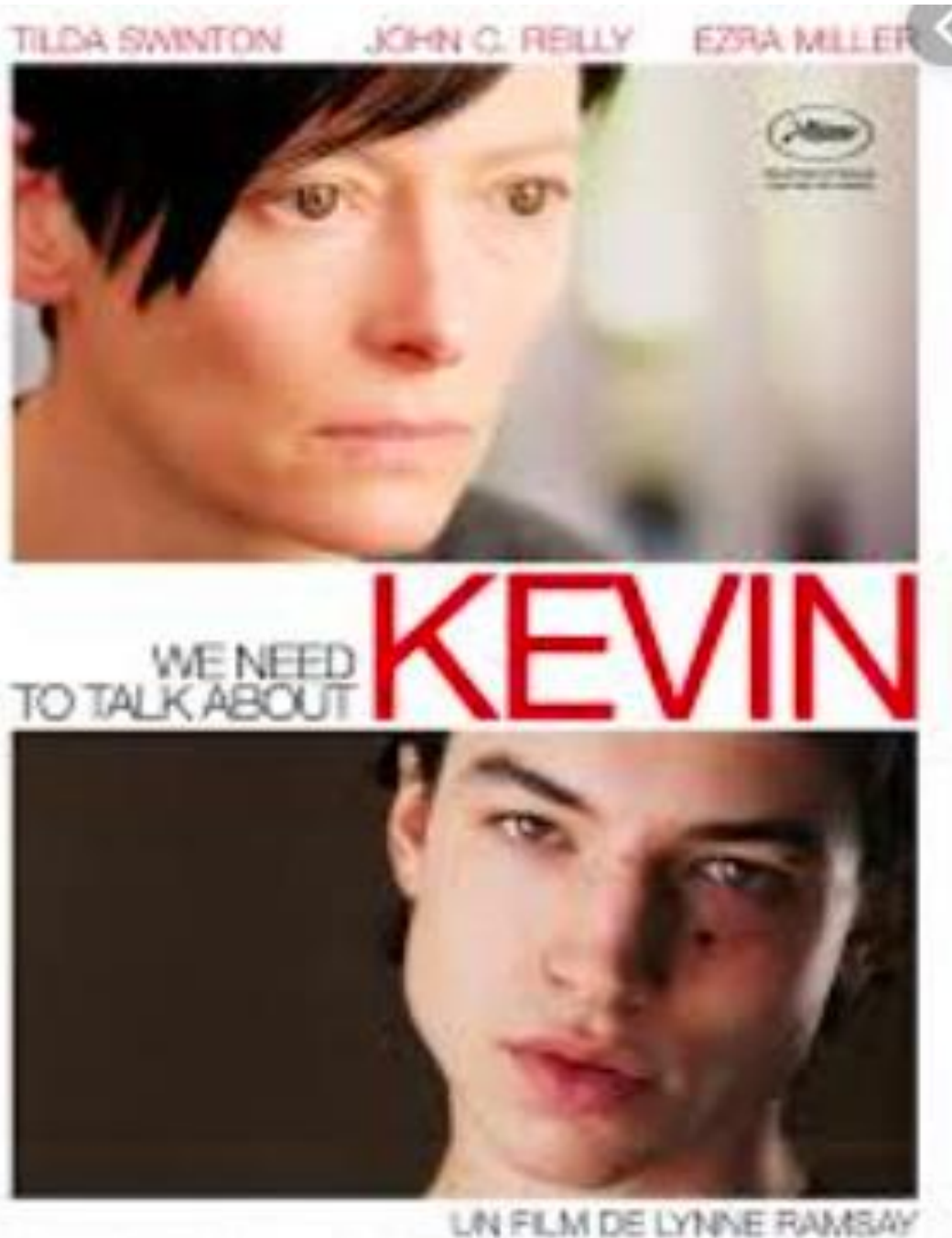
Documentary: New York, 1980: three complete strangers accidentally discover that they are identical triplets, separated at birth. The 19-year-olds' joyous reunion catapults them to international fame, but it also unlocks an extraordinary and disturbing secret that goes beyond their own lives - and could transform our understanding of human nature forever.



# THREE IDENTICAL STRANGERS

THE MOST AMAZING, INCREDIBLE, REMARKABLE TRUE STORY EVER TOLD.





## Film: We need to talk about Kevin

An adaptation of a novel of the same title. Kevin's mother struggles to love her strange child and tolerate the increasingly vicious things he says and does as he grows up. Was Kevin born evil or is he only a son trying desperately to get a reaction from a mother who finds it hard to spark any positive feelings towards him?



## Film: Eternal Sunshine of the Spotless Mind

The film imagines a scientific procedure that can obliterate whole fields of memory. The film focuses on a short-lived relationship and the desire to forget it. It explores the constant human need for love and companionship, and the compulsion to keep seeking it, despite all odds.