

# Top 18

## Ground-Breaking Mental Health Documentaries

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Presented by Dr. Daniel M. Williams, MD, PA

Founder, [MindshiftCare.com](http://MindshiftCare.com)



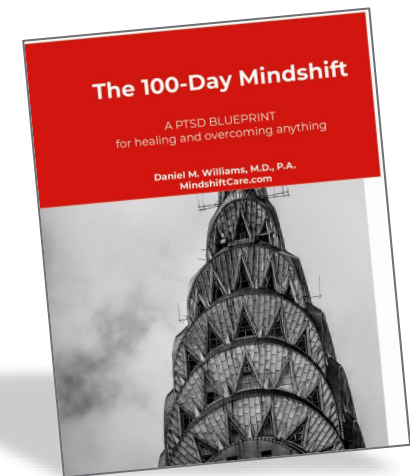
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# Don't Watch These Alone: *Relationship Warning*

These game-changing documentaries are organized to support the “How to Mindshift” course:

- Spiritual: Spiritual / Energy Healing / Purpose Therapy
- Physical: The Body Component
- Emotional: Regulating Emotion
- Mental: Choosing Power



<https://mindshiftcare.com/on-demand-therapy-classes/>



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# Spiritual: Faith, Energy Healing, Purpose

- [I Am: The Shift is About to Hit the Fan](#)
- [The Healing Field: Exploring Energy and Consciousness](#)
- [Heal: The Most Powerful Healer is Within](#)



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# Physical: The Body Component

## Toxic Exposures

- [Watch the Water](#)
- [The Devil We know](#)
- [Dark Waters](#)
- [Erin Brockovich](#)
- [Root Cause \(dental\)](#)
- [Food Inc.](#) (a nice complement to the [Wheat Belly](#) book)
- [Cannabis: A Lost History](#)

# Emotional: Regulating Emotion

- [Brene Brown: The Call to Courage](#)
- [E-Motion](#) and the 6-minute [Releasing the Heart Wall](#) episode
- [Art Therapy: The Movie](#)

# Mental: Choosing Power

- [The Science of Resilience: How to Thrive in a World of Chaos](#)
- [The Earthing Movie: The Remarkable Science of Grounding](#) (also [Down to Earth](#))
- [Messages From Water: Water Crystals in Motion](#)

# Mental: Choosing Power


- [Making Mindshifters](#) is a traditional Mastermind Alliance that teaches a skill far more valuable than material treasures. Members study the [Science of Personal Achievement](#) audio program by [Napoleon Hill](#) (*see history below*).
- This group is presented with a challenge to work together as a Mastermind Alliance in 19th Century style. Their common goal? The goal is to coach you on [How to Mindshift](#) by **creating your own business or ministry from passion**.
- This is a way to learn to be objective; to change the world from where you stand today. You are the brand. This is brand development.



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# Multiple ways to connect:



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Calendar   Gluten-Free Psychiatry Podcast   Services   About

## Mastermind Groups


These free meetings consist of people working together in harmony with definiteness of purpose in order to solve a common problem. [New to Mastermind Groups?](#) Here's our active Mastermind Groups for different purposes:

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### [Live Events Calendar](#)

- [The 100-Day Mindshift.](#)** This is the live Q&A with me, Daniel Williams, MD, the author of all of the Mindshift video courses. My business model is to provide all of the training videos to the world for free, resulting in a global, mental health Mindshift. These courses are for everyone because they teach self-directed, holistic life-building. Topics cover *Anxiety Reduction*, *Sex therapy for PTSD*, *Pet therapy for PTSD*, and training for professionals and caregivers. Law enforcement, military, first responders of all types and veterans, this is your solution to on-the-job "fix yourself".
- [Relapse Prevention.](#)** Live support for **any addiction** or medical condition that results in *Dopamine Dysregulation Disorder*. If you were to watch all of my videos in one sitting, you might want to binge on something. If so, the Relapse Prevention group is here for you. My unique approach combines elements of 12-Step Recovery with holistic discussions of radical self-care, earthing science, filtering neurotoxins, detoxification and how to get medications that contain no gluten. Speaking is optional. It starts with a brief presentation and then opens up for group discussion.
- [DETOX Fit & Fertile.](#)** This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, RoundUp<sup>™</sup>, and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the "forever chemicals". Research shows that we're all being feminized and sterilized because so [many toxins act like estrogen](#). Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know 95% of sperm

Search



Daniel M. Williams, M.D., P.A.

Three Appointment Types:  
[Medication Management](#)



**GLUTEN FREE PSYCHIATRY**  
PODCAST



# A Free, Virtual IOP Experience

- Relapse Prevention
- Anxiety Reduction
- Pet Therapy for PTSD
- Sex Therapy for PTSD
- Psychotherapy for PTSD

## Core Curriculum: How to Mindshift

*Mindshifting* is the simultaneous changing of neural networks and harmonic emotional frequencies at will. This course intuitively guides you to forcefully recreate physical, mental, spiritual, and emotional balance. Benefits include improved mental perseverance, problem-solving skills, and grace under fire.

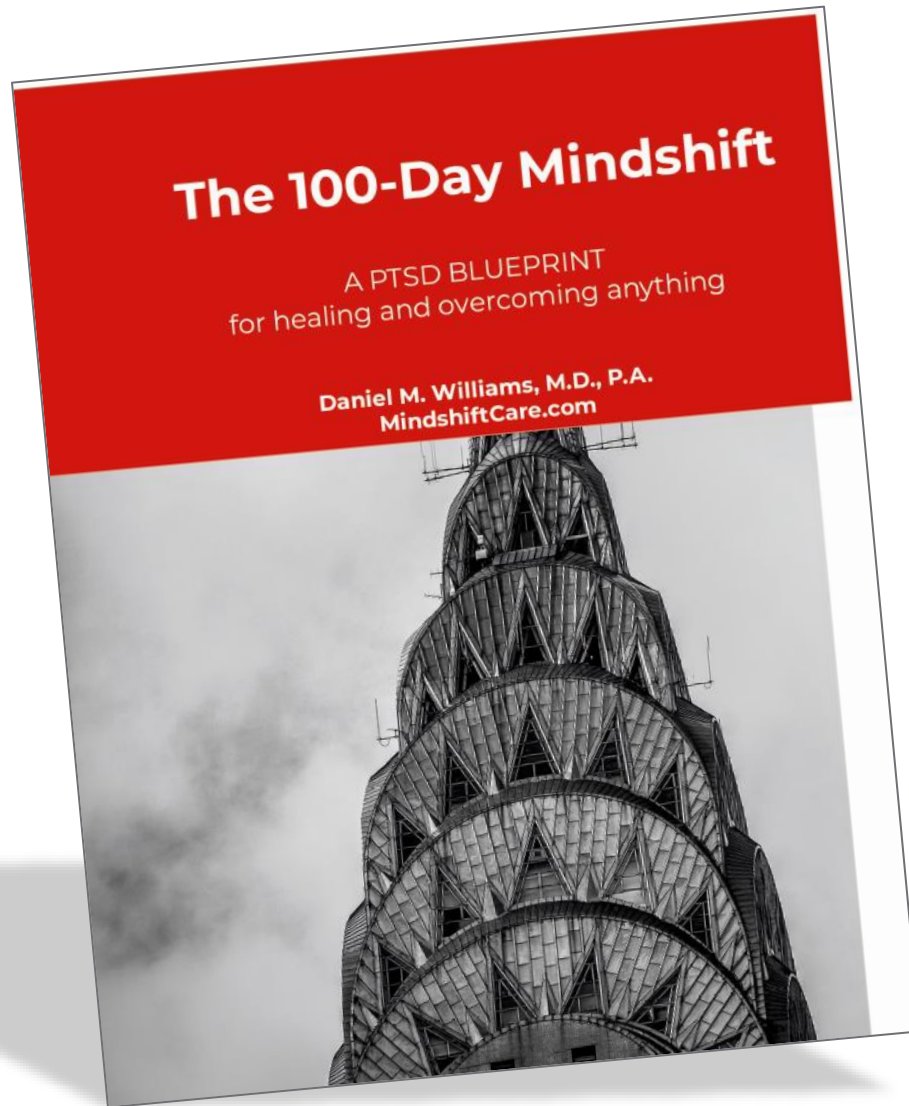
**Mindshift;** noun, verb. Definition:

- 1) To therapeutically change the active firing of neural networks, mental intention, and harmonic frequencies simultaneously.
- 2) To upgrade knowledge rapidly. For example, scheduling a date night to watch [ground-breaking mental health documentaries](#) so your family can grow together. (If your significant other won't cooperate, see if they're interested in [Pet Therapy](#) or [Sex Therapy](#) videos. You're welcome.)
- 3) Advanced problem solving.
- 4) Urban Dictionary 11/4/2011 "A shift in your mindset caused by creating something out of a fine balance between insights and innovation, leading to a MindShift. A MindShifter is one who professes such change." (I guess I'm a Mindshifter, then. Are you? Do you want to become a Mindshifter with me?)



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Use this [healing guide](#) as a journal while you study our video programs at your own pace.

- Watch [free videos](#) in any order
- Join a [live discussion](#) with the author

# Virtual Intensive Outpatient

Presented by Dr. Daniel M. Williams, MD, PA

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# Texas- Mexico Border 2022

