

UNDERCURRENTS

A Life Beneath the Surface

"This remarkable memoir describes a yearlong descent into, and eventually out of, the unbearable hell of depression—and does so with eloquence, grace, and humor."

San Francisco Chronicle

MARTHA MANNING

Undercurrents A Life Beneath The Surface

Lilian R. Furst



Undercurrents A Life Beneath The Surface:

Encyclopedia of Depression Linda Wasmer Andrews, 2010-05-04 Written in clear nontechnical language and filled with lively historical and cultural highlights this comprehensive reference work is a scientifically grounded yet thoroughly readable introduction to depressive disorders What distinguishes normal everyday emotional swings from debilitating clinically identified depression What are the defining symptoms manifestations and treatments What is life like for people suffering from depression and for those who care for them The Encyclopedia of Depression is for all those needing answers to questions like these individuals families health professionals or anyone fascinated by this pervasive condition Written in clear nontechnical language and highlighting fascinating historical and cultural perspectives on the topic this two volume resource presents a complete contemporary portrait of depressive disorders summarizing the latest scientific medical and societal thinking on a wide variety of depression related topics Coverage includes causes risk factors symptoms diagnosis and prevention and a wide range of treatment options including psychotherapy medication biological treatments alternative therapies and lifestyle approaches In addition the encyclopedia discusses historical and cross cultural perspectives on the condition including the dramatic shifts in public awareness and cultural attitudes toward the disease and the devastation it can cause

Melancholia Michael Alan Taylor, Max Fink, 2006-06-01 This book provides a comprehensive review of melancholia as a severe disorder of mood associated with suicide psychosis and catatonia The syndrome is defined with a clear diagnosis prognosis and range of management strategies differentiated from other similar psychiatric neurological and general medical conditions It challenges accepted doctrines in the classification and biology of the mood disorders and defines melancholia as a treatable mental illness Described for millennia in medical texts and used as a term in literature and poetry melancholia was included within early versions of the major diagnostic classificatory systems but lost favour in later editions This book updates the arguments for the diagnosis describes its characteristics in detail and promotes treatment and prevention The book offers great hope to those with a disorder too often mis diagnosed and often fatal It should be read by all those responsible for the management of patients with mood disorders

Therapy and the Postpartum Woman Karen Kleiman, 2022-09-01 Written by a pioneer and continuing advocate for perinatal health this book remains an enduring reference for any therapist working with pregnant or postpartum women and their families suffering from perinatal mood and anxiety disorders This Classic Edition includes a new preface by Hilary Waller that reflects on changes in the field since the book's first publication Using a blend of professional objectivity evidence based research and personal straight forward suggestions gathered from years of experience this book brings the reader into the private world of therapy with the postpartum woman Based on psychodynamic and cognitive behavioral theories and on D W Winnicott's good enough mother and the holding environment the book is written by a therapist who has specialized in the treatment of postpartum depression for over 30 years Chapters address diagnosis medication depression psychosis suicidal thoughts bonding as well

as finding meaning and the power to heal during recovery Bringing further attention to under recognized illnesses which plague mothers and cloud the childbirth experience this Classic Edition serves as an accessible companion tool for clinicians and the women they treat

Understanding Depression J. Raymond DePaulo, Jr., Leslie Alan Horvitz, 2002-03-25 From a leading medical expert at Johns Hopkins here is an up to the minute definitive guide to what s known about depression and how it can be treated Around ten percent of North Americans suffer from depression at some point and more than half haven t even sought help Now Dr Raymond DePaulo one of the world s foremost authorities on depression provides a sensitive thorough and reassuring book for sufferers from depression and those who care about them This practical guide for individuals with depression and their families the only totally comprehensive book in the market shows readers how to identify the problem then directs them to the various forms of treatment including medications psychotherapy support groups and exercise It is one of the few books to discuss in depth manic depression the bipolar form of depression Dr DePaulo discusses both mainstream the latest medications and talk therapies and alternative paths and reveals the truth about the dangerous fallacies that abound about depression Comprehensive compassionate and grounded in the very latest research into brain chemistry psychology and medications this is a definitive landmark roadmap to one of the most devastating and common mental illnesses

Just Talk Lilian R. Furst, 2021-12-14 While countless memoirs have been written about depression and therapy no one has examined how the talking cure of psychotherapy is presented in novels and other works of literature Beginning with an overview of the principles of psychotherapy and its growing use as a treatment for mental and emotional disorders Lilian Furst addresses the patient s view of the value of talk Patients portrayals of psychotherapy in literary works range from serious to satirical and from comic to ironic with some descriptions verging on the grotesque Furst identifies the overtalkers undertalkers and duet voices that shape the individual experiences of psychotherapy While the voices of the overtalkers overwhelm those of their therapists undertalkers are reluctant to express or acknowledge their feelings Particularly revealing are the instances where patient and therapist provide separate but parallel renderings of the same therapy Just Talk looks at a wide range of questions about psychotherapy Furst considers the patient s first impressions of the therapist and how the patient is prompted to engage in talk She looks for signs of self deception or self betrayal on the patient s part and asks how the therapist s behavior affects the patient s responses and the ultimate outcome of the therapy Furst examines such well known works as Roth s Portnoy s Complaint Plath s The Bell Jar and Lodge s Therapy as well as lesser known novels to discuss how patients react to psychotherapy as a cure for mental and emotional disorders Her analysis of these narratives adds significantly to our understanding of the dynamic relationship between patient and therapist and reveals much about the healing process that is not addressed in technical casebooks

The Truth about Rape Teresa Lauer, 2002 If you were raped recently or even years ago you know that desperate feeling of wanting to get your life back together If it feels like everything is broken and you re all alone this book is a safe and

reliable guide to recovery Tokens of Affection Karen Kleiman,Amy Wenzel,2014-01-10 Postpartum depression is hard on a marriage In their private practices authors Karen Kleiman and Amy Wenzel often find themselves face to face with marriages that are suffocating as if the depression has sucked the life out of a relationship that was only prepared for the anticipated joy of pending childbirth What happens to marriage Why do couples become angry isolated and disconnected Tokens of Affection looks closely at marriages that have withstood the passing storm of depression and are now seeking or in need of direction back to their previous levels of functioning and connectedness The reader is introduced to a model of collaboration that refers to 8 specific features which guide postpartum couples back from depression These features framed as Tokens are based on marital therapy literature and serve as a reminder that these are not just communication skill building techniques they are gift giving gestures on behalf of their relationship A reparative resource Tokens of Affection helps couples find renewed harmony a solid relational ground and reconnection Electroconvulsive Therapy in Children and Adolescents Neera Ghaziuddin,Garry Walter,2013-10-11 This pioneering book is the first book of its kind and offers guidance about the use of ECT in youth with up to date and concise information The editors Neera Ghaziuddin MD MRCPsych University of Michigan Ann Arbor USA and Garry Walter MD PhD University of Sydney Australia have spearheaded the re introduction of ECT as a safe and an effective treatment option for a subgroup of children and adolescents with severe psychiatric disorders This book offers a review of the existing literature firsthand experience of the authors who are regarded as experts in their respective field and highly informative case descriptions The book also offers a historical perspective explaining the reasons why ECT fell out of favor particularly among child and adolescent psychiatrists and the resulting lost opportunity to train clinicians over many decades Starting around the 1990 s there has been a revival of interest probably due to the recognition of treatment resistance among some adolescents The chapter about the mechanism of action ECT describes biological mechanisms that are known to underlie mental illness Other chapters include a discussion about stigma associated with ECT ethical and informed consent issues a step by step guidance about using ECT use of anesthesia during ECT and the interaction between ECT and medications In addition its use in youth with general medical and neurological disorders is described The chapter detailing side effects of the treatment dispels misinformation and indicates that ECT is a safe painless and a highly effective procedure which is not associated with any lasting side effects The use of ECT in the treatment of specific disorders mood and psychotic disorders severe self injury and catatonia is described under respective chapters using case examples Lay readers families and patients considering this treatment will find the question and answer subsections at the end of each chapter useful The experience of the editors gives a unique insight to ECT dispelling myths and stigma and guides the reader about its proper use **Maps and Meaning** Nancy H. Wiener,Jo Hirschmann,2014-08-01 Maps and Meaning is relevant to those looking for a fresh perspective on biblical narratives related to the role of the priest patients soldiers and others who spend time outside the camp The authors consider the geographical interpersonal temporal and

spiritual transitions individuals experience when they move in and out of the camp and the impact their time outside the camp has on family and community The authors propose a societal approach that embraces the inevitability of life's ebbs and flow and that draws maps to facilitate these journeys *Best Practices for Teaching Introduction to Psychology* Dana S. Dunn, Stephen L. Chew, 2006-04-21 This new book provides a scholarly yet practical approach to the challenges found in teaching introductory psychology developing the course and assessing student performance selecting which topics to cover and in how much depth the effective use of text *The Routledge History of Madness and Mental Health* Greg Eghigian, 2017-04-07 This volume explores the history and historiography of madness from the ancient and medieval worlds to the present day Covering Africa Asia and South America as well as Europe and North America chapters discuss broad topics such as the representation of madness in literature and the visual arts the material culture of madness madness within life histories and the increased globalization of knowledge and treatment practices Chronologically and geographically wide ranging and providing a fascinating overview of the current state of the field this is essential reading for all students of the history of madness mental health psychiatry and medicine **Illness in the Academy** Kimberly Rena Myers, 2007 Illness in the Academy investigates the deep seated widespread belief among academics and medical professionals that lived experiences outside the workplace should not be sacrificed to the ideal of objectivity those academic and medical professions so highly value The 47 selections in this collection illuminate how academics bring their intellectual and creative tools skills and perspectives to bear on experiences of illness The selections cross genres as well as bridge disciplines and cultures

Genre in a Changing World Charles Bazerman, Adair Bonini, 2009-09-16 Genre studies and genre approaches to literacy instruction continue to develop in many regions and from a widening variety of approaches Genre has provided a key to understanding the varying literacy cultures of regions disciplines professions and educational settings **GENRE IN A CHANGING WORLD** provides a wide ranging sampler of the remarkable variety of current work The twenty four chapters in this volume reflecting the work of scholars in Europe Australasia and North and South America were selected from the over 400 presentations at SIGET IV the Fourth International Symposium on Genre Studies held on the campus of UNISUL in Tubar o Santa Catarina Brazil in August 2007 the largest gathering on genre to that date The chapters also represent a wide variety of approaches including rhetoric Systemic Functional Linguistics media and critical cultural studies sociology phenomenology enunciation theory the Geneva school of educational sequences cognitive psychology relevance theory sociocultural psychology activity theory Gestalt psychology and schema theory Sections are devoted to theoretical issues studies of genres in the professions studies of genre and media teaching and learning genre and writing across the curriculum The broad selection of material in this volume displays the full range of contemporary genre studies and sets the ground for a next generation of work **Shock** Kitty Dukakis, Larry Tye, 2007-09-06 Kitty Dukakis has battled debilitating depression for more than twenty years Coupled with drug and alcohol addictions that both hid and fueled her suffering Kitty

s despair was overwhelming She tried every medication and treatment available none worked for long It wasn't until she tried electroconvulsive therapy or ECT that she could reclaim her life Kitty's dramatic first person account of how ECT keeps her illness at bay is half the story of *Shock* The other half by award winning medical reporter Larry Tye is an engrossing look at the science behind ECT and its dramatic yet subterranean comeback This book presents a full picture of ECT analyzing the treatment's risks along with its benefits ECT it turns out is neither a panacea nor a scourge but a serious option for treating life threatening and disabling mental diseases like depression bipolar disorder and others Through Kitty Dukakis's moving narrative and interviews with more than one hundred other ECT patients *Shock: The Healing Power of Electroconvulsive Therapy* separates scare from promise real complications from lurid headlines In the process *Shock* offers practical guidance to prospective patients and their families boldly addressing the controversy surrounding ECT and awakening millions to its capacity to heal

The Noonday Demon Andrew Solomon, 2011-11-16 *The Noonday Demon* is Andrew Solomon's National Book Award winning bestselling and transformative masterpiece on depression the book for a generation elegantly written meticulously researched empathetic and enlightening Time now with a major new chapter covering recently introduced and novel treatments suicide and anti depressants pregnancy and depression and much more *The Noonday Demon* examines depression in personal cultural and scientific terms Drawing on his own struggles with the illness and interviews with fellow sufferers doctors and scientists policy makers and politicians drug designers and philosophers Andrew Solomon reveals the subtle complexities and sheer agony of the disease as well as the reasons for hope He confronts the challenge of defining the illness and describes the vast range of available medications and treatments and the impact the malady has on various demographic populations around the world and throughout history He also explores the thorny patch of moral and ethical questions posed by biological explanations for mental illness With uncommon humanity candor wit and erudition award winning author Solomon takes readers on a journey of incomparable range and resonance into the most pervasive of family secrets His contribution to our understanding not only of mental illness but also of the human condition is truly stunning

Visual Metaphor and Embodiment in Graphic Illness Narratives Elisabeth El Refaie, 2019 Metaphors help us understand abstract concepts emotions and social relations through the concrete experience of our own bodies Conceptual Metaphor Theory CMT which dominates the field of contemporary metaphor studies is centered on this claim According to this theory correlations in the way the world is perceived in early childhood e.g. happy good is up understanding is seeing persist in our conceptual system influencing our thoughts throughout life at a mostly unconscious level What happens though when ordinary embodied experience is disrupted by illness In this book Elisabeth El Refaie explores how metaphors change according to our body's alteration due to disease She analyzes visual metaphor in thirty five graphic illness narratives book length stories about disease in the comics medium re-examining embodiment in traditional CMT and proposing the notion of dynamic embodiment Building on recent strands of research within CMT and engaging relevant concepts from

phenomenology psychology semiotics and media studies El Refaie demonstrates how the experience of our own bodies is constantly adjusting to changes in our individual states of health socio cultural practices and the modes and media by which we communicate This fundamentally interdisciplinary work also proposes a novel classification system of visual metaphor based on a three way distinction between pictorial spatial and stylistic metaphors This approach will enable readers to advance knowledge and understanding of phenomena involved in shaping our everyday thoughts interactions and behavior

Memoir of a Debulked Woman Susan Gubar, 2012-04-23 A 2012 New York Times Book Review Notable Book
Staggering searing Ms Gubar deserves the highest admiration for her bravery and honesty New York Times Diagnosed with ovarian cancer in 2008 Susan Gubar underwent radical debulking surgery an attempt to excise the cancer by removing part or all of many organs in the lower abdomen Her memoir mines the deepest levels of anguish and devotion as she struggles to come to terms with her body's betrayal and the frightful protocols of contemporary medicine She finds solace in the abiding love of her husband children and friends while she searches for understanding in works of literature visual art and the testimonies of others who suffer with various forms of cancer Ovarian cancer remains an incurable disease for most of those diagnosed even those lucky enough to find caring and skilled physicians Memoir of a Debulked Woman is both a polemic against the ineffectual and injurious medical responses to which thousands of women are subjected and a meditation on the gifts of companionship art and literature that sustain people in need

The Handbook of Women, Psychology, and the Law Andrea Barnes, 2005-05-20 The Handbook of Women Psychology and the Law is a groundbreaking book that presents legal and psychological perspectives on how society has responded to the most vital and often controversial contemporary women's issues The Handbook covers such important topics as abortion rape domestic violence sexual harassment employment discrimination divorce poverty welfare and mental health Written by experts in the fields of jurisprudence clinical psychology feminist psychology ethics and public policy this essential volume shows how crucial social issues have effected civil and criminal law This comprehensive resource Describes the evolution of gender related legal decisions Explores sexual harassment in the workplace from both the individual's and the organization's viewpoints Explains the invisible aspect of women's contributions to the workplace Describes the ambivalence of the courts in cases involving pregnant employees Presents an update of the psychological and legal sides of abortion Reports on the gender gap in health insurance coverage Offers a cross cultural overview of women and depression Explores recent legal interventions for incarcerated women who killed their batterers Gives an analysis of rape from an international perspective and explores the use of rape as a weapon of war Presents particular issues affecting women from places such as southern Africa Uganda and China

Building Healthy Communities Through Medical-Religious Partnerships Richard G. Bennett, W. Daniel Hale, 2009-09 This innovative approach to the development of community based health education and patient advocacy programs offer valuable guidance for religious and medical leaders interested in developing partnerships between health

systems and religious congregations Richard G Bennett and W Daniel Hale discuss a range of medical topics and provide practical information on establishing partnerships identifying resources that can be obtained from local and national organizations and training volunteers to assist others in navigating our complex health system In showing that these programs can be successful in bringing appropriate care to people who are often overlooked the authors pay special attention to the challenges and opportunities presented by our aging and increasingly diverse population from back cover

Electroconvulsive Therapy in America Jonathan Sadowsky, 2016-11-03 Electroconvulsive Therapy is widely demonized or idealized Some detractors consider its very use to be a human rights violation while some promoters depict it as a miracle the penicillin of psychiatry This book traces the American history of one of the most controversial procedures in medicine and seeks to provide an explanation of why ECT has been so controversial juxtaposing evidence from clinical science personal memoir and popular culture Contextualizing the controversies about ECT instead of simply engaging in them makes the history of ECT more richly revealing of wider changes in culture and medicine It shows that the application of electricity to the brain to treat illness is not only a physiological event but also one embedded in culturally patterned beliefs about the human body the meaning of sickness and medical authority

Undercurrents A Life Beneath The Surface Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Undercurrents A Life Beneath The Surface**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Undercurrents A Life Beneath The Surface Introduction

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