

UNHOLY GHOST

writers on depression



"These writers address depression with painful honesty and profound insight, capturing the terrifying realizations that fall under the depressive umbrella, more strongly than any single account could."

—Entertainment Weekly

EDITED BY
NELL CASEY

with an introduction by Amy Radford Jackson

Unholy Ghost Writers On Depression

M. F. Alvarez



Unholy Ghost Writers On Depression:

Unholy Ghost Nell Casey, 2001-03-06 *Unholy Ghost* is a unique collection of essays about depression that in the spirit of William Styron's *Darkness Visible* finds vivid expression for an elusive illness suffered by more than one in five Americans today. Unlike any other memoir of depression, however, *Unholy Ghost* includes many voices and depicts the most complete portrait of the illness. Lauren Slater eloquently describes her own perilous experience as a pregnant woman on antidepressant medication. Susanna Kaysen, writing for the first time about depression since *Girl Interrupted*, criticizes herself and others for making too much of the illness. Larry McMurtry recounts the despair that descended after his quadruple bypass surgery. Meri Danquah describes the challenges of racism and depression. Ann Beattie sees melancholy as a consequence of her writing life. And Donald Hall lovingly remembers the moody seesaw of his relationship with his wife Jane Kenyon. The collection also includes an illuminating series of companion pieces. Russell Banks's and Chase Twichell's essays represent husband-and-wife perspectives on depression. Rose Styron's contribution about her husband's struggle with melancholy is paired with an excerpt from William Styron's *Darkness Visible*, and the book's editor Nell Casey juxtaposes her own essay about seeing her sister through her depression with Maud Casey's account of this experience. These companion pieces portray the complicated bond, a constant grasp for mutual understanding, forged by depressives and their family members. With an introduction by Kay Redfield Jamison, *Unholy Ghost* allows the bewildering experience of depression to be adequately and beautifully rendered. The twenty-two stories that make up this book will offer solace and enlightenment to all readers.

Black Dogs and Blue Words Kimberly Emmons, 2010 Analyzes the rhetoric surrounding depression. Maintains that the techniques and language of depression marketing strategies, vague words such as worry, irritability, and loss of interest, target women and young girls and encourage self-diagnosis and self-medication. Further, depression narratives and other texts encode a series of gendered messages about health and illness. As depression and other forms of mental illness move from the medical professional sphere into that of the consumer public, the boundary at which distress becomes disease grows ever more encompassing, the need for remediation and treatment increasingly warranted. From publisher description.

Understanding and Treating Patients in Clinical Psychoanalysis Sandra Buechler, 2015-03-05 *Understanding and Treating Patients in Clinical Psychoanalysis: Lessons from Literature* describes the problematic ways people learn to cope with life's fundamental challenges such as maintaining self-esteem, bearing loss, and growing old. People tend to deal with the challenges of being human in characteristic, repetitive ways. Descriptions of these patterns in diagnostic terms can be at best dry and at worst confusing, especially for those starting training in any of the clinical disciplines. To try to appeal to a wider audience, this book illustrates each coping pattern using vivid, compelling fiction whose characters express their dilemmas in easily accessible, evocative language. Sandra Buechler uses these examples to show some of the ways we complicate our lives and, through reimagining different scenarios for these characters, she illustrates how clients can achieve greater emotional health.

and live their lives more productively Drawing on the work of Dostoevsky Tolstoy Munro Mann James O Connor Chopin McCullers Carver and the many other authors represented here Buechler shows how their keen observational short fiction portrays self hurtful styles of living She explores how human beings cope using schizoid paranoid grandiose hysteric obsessive and other defensive styles Each is costly in many senses and each limits the possibility for happiness and fulfillment Understanding and Treating Patients in Clinical Psychoanalysis offers insights into what living with and working with problematic behaviors really means through a series of examples of the major personality disorders as portrayed in literature Through these fictitious examples clinicians and trainees and undergraduate and graduate students can gain a greater understanding of how someone becomes paranoid schizoid narcissistic obsessive or depressive and how that affects them and those around them including the mental health professionals who work with them

Depression Bradley Lewis, 2012-01-24 We live in an era of depression a condition that causes extensive suffering for individuals and families and saps our collective productivity Yet there remains considerable confusion about how to understand depression Depression Integrating Science Culture and Humanities looks at the varied and multiple models through which depression is understood Highlighting how depression is increasingly seen through models of biomedicine and through biomedical catch alls such as broken brains and chemical imbalances psychiatrist and cultural studies scholar Bradley Lewis shows how depression is also understood through a variety of other contemporary models Furthermore Lewis explores the different ways that depression has been categorized described and experienced across history and across cultures

From Madness to Mental Health Greg Eghigian, 2009-12-10 From Madness to Mental Health neither glorifies nor denigrates the contributions of psychiatry clinical psychology and psychotherapy but rather considers how mental disorders have historically challenged the ways in which human beings have understood and valued their bodies minds and souls Greg Eghigian has compiled a unique anthology of readings from ancient times to the present that includes Hippocrates Julian of Norwich's Revelations of Divine Love penned in the 1390s Dorothea Dix Aaron T Beck Carl Rogers and others culled from religious texts clinical case studies memoirs academic lectures hospital and government records legal and medical treatises and art collections Incorporating historical experiences of medical practitioners and those deemed mentally ill From Madness to Mental Health also includes an updated bibliography of first person narratives on mental illness compiled by Gail A Hornstein

Creating Spiritual and Psychological Resilience Grant H. Brenner, Daniel H. Bush, Joshua Moses, 2010-12-20 Creating Spiritual and Psychological Resilience explores the interface between spiritual and psychological care in the context of disaster recovery work drawing upon recent disasters including but not limited to the experiences of September 11 2001 Each of the three sections that make up the book are structured around the cycle of disaster response and focus on the relevant phase of disaster recovery work In each section selected topics combining spiritual and mental health factors are examined when possible sections are co written by a spiritual care provider and a mental health care provider with appropriate expertise

Existing interdisciplinary collaborations creative partnerships gaps in care and needed interdisciplinary work are identified and addressed making this book both a useful reference for theory and an invaluable hands on resource Feelings of Being Alive Joerg Fingerhut, Sabine Marienberg, 2012-07-30 The question of what characterizes feelings of being alive is a puzzling and controversial one Are we dealing with a unique affective phenomenon or can it be integrated into existing classifications of emotions and moods What might be the natural basis for such feelings What could be considered their specifically human dimension These issues are addressed by researchers from various disciplines including philosophy of mind and emotions psychology and history of art This volume contains original papers on the topic of feelings of being alive by Fiorella Battaglia Eva Maria Engelen Joerg Fingerhut Thomas Fuchs Alice Holzhey Kunz Matthias Jung Tanja Klemm Riccardo Manzotti Sabine Marienberg Matthew Ratcliffe Arbogast Schmitt Jan Slaby and Achim Stephan *Making a Difference in Patients' Lives* Sandra Buechler, 2008-04-24 Winner of the 2009 Gradiva Award for Outstanding Psychoanalytic Publication Within the title of her book Making a Difference in Patients Lives Sandra Buechler echoes the hope of all clinicians But she counters experience soon convinces most of us that insight on its own is often not powerful enough to have a significant impact on how a life is actually lived Many clinicians and therapists have turned toward emotional experience within and outside the treatment setting as a resource How can the immense power of lived emotional experience be harnessed in the service of helping patients live richer more satisfying lives Most patients come into treatment because they are too anxious or depressed or don't seem to feel alive enough Something is wrong with what they feel or don't feel Given that the emotions operate as a system with the intensity of each affecting the level of all the others it makes sense that it would be an emotional experience that would have enough power to change what we feel But ironically the wider culture and even psychoanalysts seem to favor solutions that aim to mute emotionality rather than relying on one emotion to modify another We turn to pharmaceutical cognitive or behavioral change to make a difference in how life feels Because we are afraid of emotional intensity we cut off our most powerful source of regulation In clear jargon free prose that utilizes both clinical vignettes and excerpts from poetry art and literature Buechler explores how the power to feel can become the power to change Through an active empathic engagement with the patient and an awareness of the healing potential inherent in each of our fundamental emotions the clinician can make a substantial difference in the patient's capacity to embrace life The Language of Melancholy Robert Vinkesteyn, 2025-10-01 This book explores how the demise of the traditional language of melancholy lies at the root of contemporary difficulties in engaging with darker aspects of human affective experience Melancholy or melancholia was a concept transmitted for millennia through a living tradition involving philosophers physicians poets theologians novelists and artists Over the years varied analogies metaphors images and ideas amassed around this notion of melancholy and those suffering from it had powerful means to speak and write about their experiences After the discarding of melancholy as a diagnostic entity in the 20th century for the specialized professional discourse of anxiety and depressive

disorders this rich language unfortunately also disappeared from the public eye Vinkesteijn reexamines the philosophical and existential value of this language drawing the figures and images of its tradition out of the shadows and showcasing its beauty and expressive potential in their own words This volume will be of interest to a broad audience of academics students and general readers interested in the history of ideas philosophy psychiatry mental illness and the historical and contemporary cultural discourse of depressive disorders **Unraveling** M. F. Alvarez, 2023-10-09 Unraveling An

Autoethnography of Suicide and Renewal is an autoethnographic story that explores the intricate relationship among trauma marginality and mental health It follows Mike Alvarez a precocious gay teenager from an immigrant Filipino family who loses his grip on reality as he succumbs to so called mental illness Divided into two parts the first half of the book uses evocative storytelling and in the moment narration to capture the slow descent into anxiety paranoia depression and suicidality as experienced by the author during young adulthood The second half of the book critically reflects upon the story through a series of analytic chapters In these chapters the author considers the role of narrative in cultivating empathy for the mentally ill the psychiatric industrial complex's obstruction of that empathy and the moral dilemmas autoethnographers face when writing about self other and the social world This book will be suitable for scholars in the social sciences communication studies and healthcare who study and use autoethnography in their research It will also be of value to those interested in firsthand accounts of madness as told by members of marginalized communities **Encyclopedia of Emotion** Gretchen M.

Reevy, 2010-09-07 This unique two volume reference is an accessible up to date resource for the rich and fascinating study of human emotion Drawing on both contemporary and classic research Encyclopedia of Emotion explores the complex realities of our emotional lives and communicates what psychologists have learned about them to date in a clear and captivating way The landmark work bridges the divide within psychology as a discipline between basic and applied science gathering together in one comprehensive resource both theoretical and clinical perspectives on this important subject In two volumes Encyclopedia of Emotion offers more than 400 alphabetically organized entries on a broad range of topics including the neurological foundations of emotional function competing theories of emotion multicultural perspectives on emotions emotional disorders their diagnosis and treatment and profiles of important organizations and key figures who have shaped our understanding of how and why we feel the way we do Clinical Values Sandra Buechler, 2013-04-15 In this refreshingly honest and open book Sandra Buechler looks at therapeutic process issues from the standpoint of the human qualities and human resourcefulness that the therapist brings to each clinical encounter Her concern is with the clinical values that shape the psychoanalytically oriented treatment experience How she asks can one person evoke a range of values curiosity hope kindness courage sense of purpose emotional balance the ability to bear loss and integrity in another person and thereby promote psychological change For Buechler these core values and the emotions that infuse them are at the heart of the clinical process They permeate the texture and tone and shape the content of what therapists say They provide the

framework for formulating and working toward treatment goals and keep the therapist emotionally alive in the face of the often draining vicissitudes of the treatment process *Clinical Values Emotions That Guide Psychoanalytic Treatment* is addressed to therapists young and old By focusing successively on different emotion laden values Buechler shows how one value or another can center the therapist within the session Taken together these values function as a clinical compass that provides the therapist with a sense of direction and militates against the all too frequent sense of flying by the seat of one's pants Buechler makes clear that the values that guide treatment derive from the full range of the clinician's human experiences and she is candid in relating the personal experiences from inside and outside the consulting room that inform her own matrix of clinical values and her own clinical approach A compelling record of one gifted therapist's pathway to clinical maturity *Clinical Values* has a more general import It exemplifies the variegated ways in which productive clinical work of any type ultimately revolves around the therapist's ability to make the most of being all too human

Existential Medicine Kevin Aho, 2018-04-23 *Existential Medicine* explores the recent impact that the philosophies of existentialism phenomenology and hermeneutics have had on the health care professions A growing body of scholarship drawing primarily on the work of Martin Heidegger and other influential twentieth century figures such as Maurice Merleau Ponty Jean Paul Sartre and Hans Georg Gadamer has shaped contemporary research in the fields of bioethics narrative medicine gerontology enhancement medicine psychiatry and psychotherapy and palliative care among others By regarding the human body as a decontextualized object the prevailing paradigm of medical science often overlooks the body as it is lived As a result it fails to critically engage the experience of illness and the core questions of what it means and what it feels like to be ill With work from emerging and renowned scholars in the field this collection aims to shed light on these issues and the crucial need for clinicians to situate the experience of illness within the context of a patient's life world To this end *Existential Medicine* offers a valuable resource for philosophers and medical humanists as well as health care practitioners

The Human Psyche Peter Snow, 2010 *The Human Psyche* is a far reaching expose of human identity that seeks to unify the startling new insights gained from modern neuroscientific studies of higher consciousness with insights gained from introspection and philosophy In simple straightforward prose and diagrammatic form it presents several new models of the generation of and interactions between the neural centers that are responsible for thought emotion and mood It will be of particular interest to neuroscientists neurologists biologists mental health professionals students of religion and philosophers and indeed all those fascinated by human behavior its origins in the animal world and its implications for our future *The Human Psyche* reminds us that we live in a time when science finally has significant answers about the true nature and origins of human behavior a perspective that heralds a new era that will inevitably see the dissolution of many hallowed though plainly stagnant institutions and the establishment of a new world

Why We Dream Alice Robb, 2018-11-20 A science journalist explores the latest research on dreams how they work what they're for and how we can reap the benefits While on a research trip in Peru

science journalist Alice Robb became hooked on lucid dreaming the uncanny phenomenon in which a sleeping person can realize that they are dreaming and even control the dreamed experience Finding these forays both puzzling and exhilarating Robb dug deeper into the science of dreams at an extremely opportune moment just as researchers began to understand why dreams exist They aren't just random events they have clear purposes They help us learn and even overcome psychic trauma Robb draws on fresh and forgotten research as well as her experience and that of other dream experts to show why dreams are vital to our emotional and physical health She explains how we can remember our dreams better and why we should She traces the intricate links between dreaming and creativity and even offers advice on how we can relish the intense adventure of lucid dreaming for ourselves Why We Dream is both a cutting edge examination of the meaning and purpose of our nightly visions and a guide to changing our dream lives in order to make our waking lives richer healthier and happier Robb offers a welcome antidote to the medicine administered by most sleep gurus New Yorker *The Best Buddhist Writing 2006* Melvin McLeod, 2006 Presents an eclectic collection of Buddhist inspired writings on a wide range of issues [A Thousand Moments of Solitude](#) Federico Sanchez, 2006-04-10 On November 12 2002 at the age of twenty two my son Mitchell committed suicide His sudden and unexpected death sent me reeling down a path I needed to travel if I ever wanted to escape the forest of grief and loss in which I found myself This book recounts my journey to come to terms with the death of my son The path I started down to fulfill a promise I had made to my son while he was alive to find answers to the mental problems he suffered took me places I had not anticipated The path became a network of four intersecting paths and my journey took me far beyond the death of a son to the human condition where we are governed by forces both internal and external over which we have little control and little understanding Intricately connected the four paths explored in this book are 1 the autobiographical the story of my life with my son Mitchell as we struggled with the mental problems that eventually led to his suicide 2 the diagnostic the various diagnostic tools available to psychiatrists which illustrate the level of knowledge in the field and show some of the failings of our present approach to mental disorders 3 historical fiction narrative accounts of the lives and deaths by suicide of both historical and fictional characters including the son of Queen Isabella of Spain Meriwether Lewis Vincent Van Gogh Miguel a slave working at the Count of Valencianas silver mine La Boca del Infierno in 18th century Mexico and Michele a passenger on the Titanic By telling these stories sometimes in the first person I found a way to express my own anguish and pain something I could not do directly as well as a way to explore further my relationship with my son and my son's complexity and fullness as a person 4 scientific explanation of how the brain works a theory of how the brain works explaining in detail how mental images and thoughts are formed and travel through the nervous system how we live in a world of illusions and how mental illness can be explained in these terms These four paths are intricately connected and reinforce each other in the book The diagnostic explains in technical terms what the autobiographical recounts the autobiographical recounts events which help to explain the complexities and subtleties of

human behavior within the context of how the brain works the historical fiction ties into the autobiographical elements and the diagnostic The book also confronts the issue of suicide itself It answers that elusive question Why do people commit suicide The book presents a personal honest biographical testimonial of the experience of the suicide of a son The book speaks from experience not some abstract philosophical point of view The organization and contents of the book are unique a weaving together of four distinct yet related subjects the suicide of a son the classification of mental illnesses narratives of historical fiction and a theory of how the brain works The most outstanding feature of this book is that it presents for the first time to my knowledge a comprehensive theory of the brain that explains mental disorders such as dementia delirium depression manic depression and schizophrenia For the first time suicide is placed in a scientific context and why and how it happens is explained In particular the brain theory here is presented in a simplified form accessible to most particularly because of the anecdotes and stories that help illustrate how the brain functions and malfunctions The book also deals with other related subjects the importance of love in our lives the possibilities of past lives how to deal with grief and loss the possible reasons for the rise of suicide rates in industrialized nations the failures of the system to cure and prevent suicide and other mental disorders and possible directions that therapies and medications might explore in the future The writing is forceful

Not Alone Monica A. Coleman, 2012 The author speaks from the heart as minister woman friend professional and person who lives with depression This 40 day devotional offers a tool that guides the reader back to faith through personal exploration and experiences of strength hope love and spirit

Motherhood, Mental Illness and Recovery Nikole Benders-Hadi, Mary E. Barber, 2014-08-01 Despite the importance of regaining social roles during recovery from mental illness the intersection between motherhood and serious mental illness is often overlooked This book aims to rectify that neglect A series of introductory chapters describing current research and services available to mothers with serious mental illness are followed by personal accounts of clients reflecting on their parenting experiences One goal of the book is to provide clinicians with information that they can use to help patients struggling with questions and barriers in their attempts to parent The inclusion of personal accounts of mothers on issues such as stigma fears and discrimination in the context of parenting with a mental illness is intended to promote the message of mental illness recovery to a larger audience as well Finally it is hoped that this handbook will help inspire more research on mothers with mental illness and the creation of more services tailored to their needs

From Morality to Mental Health Mike W. Martin, 2006-04-20 Morality and mental health are now inseparably linked in our view of character Alcoholics are sick yet they are punished for drunk driving Drug addicts are criminals but their punishment can be court ordered therapy The line between character flaws and personality disorders has become fuzzy with even the seven deadly sins seen as mental disorders In addition to pathologizing wrong doing we also psychologize virtue self respect becomes self esteem integrity becomes psychological integration and responsibility becomes maturity Moral advice is now sought primarily from psychologists and therapists rather than

philosophers or theologians In this wide ranging accessible book Mike W Martin asks are we replacing morality with therapy in potentially confused and dangerous ways or are we creatively integrating morality and mental health According to him it s a little bit of both He surveys the ways in which morality and mental health are related touching on practical concerns like love and work self respect and self fulfillment guilt and depression crime and violence and addictions Terming this integrative development the therapeutic trend in ethics Martin uses examples from popular culture various moral controversies and draws on a line of thought that includes Plato the Stoics Freud Nietzsche and contemporary psychotherapeutic theories Martin develops some interesting conclusions among them that sound morality is indeed healthy and that moral values are inevitably embedded in our conceptions of mental health In the end he shows how both morality and mental health are inextricably intertwined in our pursuit of a meaningful life This book will be of interest to philosophers psychologists psychiatrists and sociologists as well as the general reader

Delve into the emotional tapestry woven by in Experience **Unholy Ghost Writers On Depression** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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