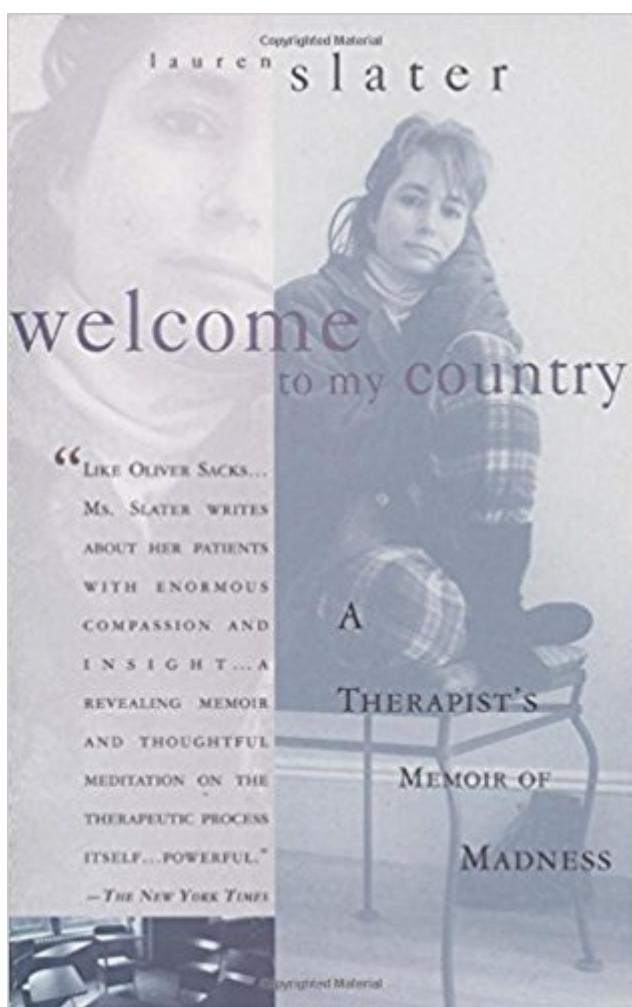


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Welcome To My Country: A Therapist's Memoir Of Madness



Synopsis

Lauren Slater, a brilliant writer who is a young therapist, takes us on a mesmerizing personal and professional journey in this remarkable memoir about her work with mental and emotional illness. The territory of the mind and of madness can seem a foreign, even frightening place-until you read *Welcome to My Country*. Writing in a powerful and original voice, Lauren Slater closes the distance between "us" and "them," transporting us into the country of Lenny, Moxi, Oscar, and Marie. She lets us watch as she interacts with and strives to understand patients suffering from mental and emotional distress-the schizophrenic, the depressed, the suicidal. As the young psychologist responds to, reflects on, and re-creates her interactions with the inner realities of the dispossessed, she moves us to a deeper understanding of the complexities of the human mind and spirit. And then, in a stunning final chapter, the psychologist confronts herself, when she is asked to treat a young woman, bulimic and suicidal, who is on the same ward where Slater herself was once such a patient. Like *An Unquiet Mind*, *Listening to Prozac* and *Girl, Interrupted*, *Welcome to My Country* is a beautifully written, captivating, and revealing book, an unusual personal and professional memoir that brings us closer to understanding ourselves, one another, and the human condition.

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Customer Reviews

A psychologist whose empathy with her patients is tempered by her own bout of treated mental disability takes readers into encounters with her dysfunctional clients. With disarming candor, she allows her voice to mingle with those of her patients?schizophrenics, borderline personalities,

bulimics and others?in an inner-city residential unit. Slater traces the early years of her career, expressing her belief in the transforming power of love, and she shares with readers the almost imperceptible changes in her patients' feelings that her intimacy with them brings about. As she interviews a patient in the very place where she herself was once incarcerated, the author ponders anew the mystery of why she "managed somehow to leave behind at least for now what looks like wreckage, and shape something solid from life," while others have not. This debut book opens a vista on emotional and mental distress. First serial to Harper's; author tour. Copyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

In this fittingly subtitled work, Slater introduces the schizophrenic, depressed, and suicidal patients she treats. Painting tender portraits of these troubled souls, she recounts her efforts to close the gap between therapist and patient and persuades the listener to make similar connections. Slater's personal struggle with mental illness is touchingly revealed when she journeys to the treatment facility wherein she lived for long periods in order to treat a patient with problems reminiscent of her own. The author's flat narration underplays her elegant prose, which is more effective in the uncut print version (LJ 12/95) than in this abridged recording. All in all, large collections should consider.?Linda Bredengerd, Univ. of Pittsburgh Lib., Bradford, Pa. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Slater, a therapist who has suffered from mental illness of her own, recounts stories of treating severely mentally ill patients. She tries to show that the severely mentally ill yearn for friendship, love, and companionship just as much as their healthier counterparts do. This hardly sounds groundbreaking, but it does contradict certain psychological treatises-- most notably, Maslow's hierarchy of needs. Slater works with severely schizophrenic men. These men suffer hallucinations, their linguistic abilities have been stolen by disease, they are sometimes catatonic. In these conditions Slater uses talk therapy to find desire for connection, though it is often deeply hidden. Slater manages to convey the sadness and despair that surround profound mental illness, though there are glimmers of hope too. The writing in this book is too florid at times, but Slater always approaches her subjects with grace and humanity. I enjoyed Slater's discussion of her academic training and the theoretical universe in which she works. Readers get to see how she uses academic training to make treatment decisions. We get to see how she thinks as a practitioner. This is a fascinating memoir, though perhaps not as groundbreaking as it was in 1996.

Her books are in my top 10 of the best psychology books to read. I love all of Lauren Slater's books. This one is a beautiful and touching account of her work with patients. Moving away from the traditional boundary laden pathology model for treatment, she offers a more humane and authentic model and way to approach those with serious mental health issues. She treats them like human beings. Karen Bugental Atkinson

I chose to read this book for my college abnormal psychology class. I picked the book from a list created by the professor with a description of each book. I chose this book because I was interested in the fact that the author was diagnosed with Borderline Personality Disorder, and I was hoping to learn more about this affliction. Unfortunately, this book barely addresses Borderline Personality Disorder. Since the author, Lauren Slater, is a clinical psychologist, this memoir focuses on her patients and the disorders that plague them rather than her own diagnosis. I was misled to believe that this book would be more of an autobiography. However, I can't fault the book for my own misunderstanding. It was very well written, was easy to understand, and was interesting. Future readers should just be aware that the disorders covered involve schizophrenia, Antisocial Personality Disorder, and depression.

Easy, well written read. Lauren opens the readers eyes to the world of mental health and the struggles and joys serving in this field brings.

Such a good book. I did my English report on this book and everyone loved it

I was assigned this book for an English class. It was a great read and extremely powerful. Beautiful metaphors. Would recommend to anyone.

I'm a psychology grad student, which is why I gravitated towards this book. It's a compassionate memoir;she has an open-hearted perspective on some of the more difficult aspects of serious mental illness. It was an inspiring read.

This was a great book with a fascinating ending.

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