



First Person Accounts of Mental Illness and Recovery

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In *First Person Accounts of Mental Illness*, case studies of individuals experiencing schizophrenia, mood disorders, anxiety disorders, personality disorders, substance use disorders, and other mental ailments will be provided for students studying the classification and treatment of psychopathology. All of the cases are written from the perspective of the mentally ill individual, providing readers with a unique perspective of the experience of living with a mental disorder.

"In their book *First Person Accounts of Mental Illness and Recovery*, LeCroy and Holschuh offer the student, researcher, or layperson the intimate voice of mental illness from the inside. *First Person Accounts of Mental Illness and Recovery* is a wonderful book, and it is an ideal, even indispensable, companion to traditional mental health texts. I am grateful that they have given the majority of this book to the voices that are too often unheard."

—**John S. Brekke, PhD**, Frances G. Larson Professor of Social Work Research, School of Social Work, University of Southern California; Fellow, American Academy of Social Work and Social Welfare

"This is absolutely a must-read for anyone who has been touched by someone with a mental illness, whether it be personal or professional. It is imperative that this book be required reading in any course dealing with psychopathology and the DSM, whether it be in psychology, psychiatry, social work, nursing, or counseling."

—**Phyllis Solomon, PhD**, Professor in the School of Social Policy & Practice and Professor of Social Work in Psychiatry at the University of Pennsylvania

A unique volume of first person narratives written from the perspective of individuals with a mental illness

Drawing from a broad range of sources, including narratives written expressly for this book, self-published accounts, and excerpts from previously published memoirs, this distinctive set of personal stories covers and illustrates a wide spectrum of mental disorder categories, including:

- Schizophrenia and other psychotic disorders
- Mood disorders
- Anxiety disorders
- Personality disorders
- Substance-related disorders
- Eating disorders
- Impulse control disorders
- Cognitive disorders
- Somatoform disorders
- Dissociative disorders
- Gender identity disorders
- Sleep disorders
- Disorders usually first diagnosed in infancy, childhood, or adolescence

Reflecting a recovery orientation and strengths-based approach, the authentic and relevant stories in *First Person Accounts of Mental Illness and Recovery* promote a greater appreciation for the individual's role in treatment and an expansion of hope and recovery.

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Jennifer Lewis:

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