



Illuminating Schizophrenia

Dr. Ann Olson

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Illuminating Schizophrenia: Insight into the Uncommon Mind is a synthesis of artistic and analytical forms of self-expression. This book embodies factual, theoretical and creative accounts of what the diagnosis of schizophrenia has come to signify. Ann Olson is a doctor of psychology, a writer of poetry and prose, and a person who has endured the ramifications of many diagnosed psychiatric disorders, including her current diagnosis of undifferentiated schizophrenia. Insights into schizophrenia are derived from Dr. Olson's personal experiences with the disorder, the schizophrenia of her former husband, and are interspersed with personal and professional commentary from her father, a renowned neuropsychologist.

Schizophrenia is considered from several perspectives. *Illuminating Schizophrenia* is composed of descriptions of key issues related to this diagnosis, theoretical formulations and relevant aspects of the personal life experiences of Dr. Olson, especially as they related to schizophrenia. Deep insight throughout the book provides the reader with a fuller understanding into psychoses, hallucinations and delusions, the thought processes involved, and how they relate to each other. Highlights of biographical details concerning others in the life of Dr. Olson as it relates to schizophrenia, as well analysis of patients who suffer with schizophrenia, with whom Dr. Olson has worked as a counselor are detailed. Each chapter is highlighted with Dr. Olson's poetry, all of it related to the thoughts and emotions involved with schizophrenia. Dr. Olson's perspective is somewhat unique in that having completed a doctoral degree in psychology, in addition to having a mental illness, having experience with schizophrenia as a counselor, and having significant others in her life with schizophrenia. This allows her to communicate a unique perspective, culminating in deeper insight to the reader regarding what schizophrenia really signifies. This book will be helpful for the individual and their family with schizophrenia, as well as for those who work with the mentally ill in a professional role.

Illuminating Schizophrenia unveils a unique combination of the various ways that the problem of mental illness can be expressed. Importantly, however, it might illuminate the path of other mentally ill individuals who may find themselves walking blindly through their own dubious existence, and it may shed light onto the routes to be taken by mental health clinicians who work with the mentally ill. Dr. Olson describes schizophrenia as both a reflective and somewhat illuminated walk through life filled with both beauty and jagged edges, as well as something of a terrified and spurious run.

This book will be helpful for the individual with schizophrenia in addition the family, and it will be of value for those who work with the mentally ill in a professional role.

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