

In Therapy Wellcome

Worldwide, increasingly large numbers of people are seeing therapists on a regular basis. In the UK alone, 1.5 million people are in therapy. We go to address past traumas, to break patterns of behaviour, to confront eating disorders or addiction, to talk about relationships, or simply because we want to find out more about what makes us tick. Susie Orbach, the bestselling author of *Fat is a Feminist Issue* and *Bodies*, has been a psychotherapist for over forty years. Here, she explores what goes on in the process of therapy - what she thinks, feels and believes about the people who seek her help - through five dramatised case studies. Originally broadcast as a Radio 4 series, here the improvised dialogue is replicated as a playscript, and Orbach offers us the experience of reading along with a session, while revealing what is going on behind each exchange between analyst and client. Insightful and honest about a process often necessarily shrouded in secrecy, *In Therapy* is an essential read for those curious about, or considering entering, therapy. Published in partnership with the Wellcome Collection.

Wellcome Collection is a free museum and library that aims to challenge how we think and feel about health. Inspired by the medical objects and curiosities collected by Henry Wellcome, it connects science, medicine, life and art. Wellcome Collection exhibitions, events and books explore a diverse range of subjects, including consciousness, forensic medicine, emotions, sexology, identity and death. Wellcome Collection is part of Wellcome, a global charitable foundation that exists to improve health for everyone by helping great ideas to thrive, funding over 14,000 researchers and projects in more than 70 countries. wellcomecollection.org

In this book I have struggled with certain words without a satisfactory conclusion. I am unhappy about all the words used to describe the person who visits the therapist's consulting room. Is she or he a patient? Well, sometimes yes. Certain individuals like that word because it captures for them the sense that there is something wrong, an emotional illness. Is she or he a client? Again, sometimes yes. Certain individuals like that word because it connotes a kind of consultative process. Is she or he an analysand? Certain individuals like this word because it conveys something about the process of a therapy and it has a symmetry: analyst–analysand. I myself find that all these words capture something about the therapy and the therapy process but are considerably less than perfect. In what follows I have chosen to use the words interchangeably, as well as the words psychotherapist, therapist and analyst. In the text, in the musings in italics, I have usually referred to the primary carer in the person's early life as mother. I realize that this is not always the case. There are fathers who have primary responsibility for their children from birth and there are relatives and nannies who fulfil this role. Rarely in my clinical experience of seeing adults has this role been an enterprise between two people in the way that it is becoming for some couples with children today. We have yet to see the effects of joint child-rearing on adult psychologies so I have retained the notion of the mother or mother substitute, a notion which will have to be expanded as the generations now raising children make new arrangements between them. I have also chosen for simplicity's sake to use the word 'she' throughout for the personal pronoun rather than 'she or he'.

This highly original book brilliantly exposes the phenomenon of false allegations of lunacy and the dark motives behind them in the Victorian period. Gaslight tales of rooftop escapes, men and women snatched in broad daylight, patients shut in coffins, a fanatical cult known as the Abode of Love... The nineteenth century saw repeated panics about sane individuals being locked away in lunatic asylums. With the rise of the 'mad-doctor' profession, English liberty seemed to be threatened by a new generation of medical men willing to incarcerate difficult family members in return for the high fees paid by an unscrupulous spouse or friend. Sarah Wise uncovers twelve shocking stories, untold for over a century and reveals the darker side of the Victorian upper and middle classes – their sexuality, fears of inherited madness, financial greed and fraudulence – and chillingly evoke the black motives at the heart of the phenomenon of the 'inconvenient person.' 'A fine social history of the people who contested their confinement to madhouses in the 19th century, Wise offers striking arguments, suggesting that the public and juries were more intent on liberty than doctors and families' *Sunday Telegraph*

The full story of how our relationship with light shapes our health, productivity and mood. 'A sparkling and illuminating study, one of those rare books that could genuinely improve your life' *Sunday Times* Since the dawn of time, humans have worshipped the sun. And with good reason. Our biology is set up to work in partnership with it. From our sleep cycles to our immune systems and our mental health, access to sunlight is crucial for living a happy and fulfilling life. New research suggests that our sun exposure over a lifetime - even before we were born - may shape our risk of developing a range of different illnesses, from depression to diabetes. Bursting with cutting-edge science and eye-opening advice, *Chasing the Sun* explores the extraordinary significance of sunlight, from ancient solstice celebrations to modern sleep labs, and from the unexpected health benefits of sun exposure to what the Amish know about sleep that the rest of us don't. As more of us move into light-polluted cities, spending our days in dim offices and our evenings watching brightly lit screens, we are in danger of losing something vital: our connection to the star that gave us life. It's a loss that could have far-reaching consequences that we're only just beginning to grasp.

Understanding Women is a classic. Luise Eichenbaum & Susie Orbach, co-founders of The Women's Therapy Centre, showcase their understanding of women's psychology through case vignettes of the many women they have worked with. Their original and enlightening theory brings the mother-daughter relationship into the heart of a girl's developing self. They explain women's often troubled relationship to their bodies, the myths around emotional dependency and independence, the dilemmas of sexuality, and the need to re-theorise attachment and differentiation so that it speaks to women's experience. The book discusses the process of therapy and the challenges on the therapist to exemplify a new way of working with women in psychotherapy.

'A remarkable book; surprisingly gripping and often very moving ... at once disorientating and illuminating.' - Robert Macfarlane We shape ourselves, and are shaped in return, by the walls that contain us. Buildings affect how we sleep, work, socialise and even breathe. They can isolate and endanger us but they can also heal us. We project our hopes and fears onto buildings, while they absorb our histories. In *Living With Buildings*, Iain Sinclair embarks on a series of expeditions - through London, Marseille, Mexico and the Outer Hebrides. A father and his daughter, who has a rare syndrome, visit the estate where they once lived. Developers clink champagne glasses as residents are 'decanted' from their homes. A box sculpted from whalebone, thought to contain healing properties, is returned to its origins with unexpected consequences. Part investigation, part travelogue, *Living With Buildings* brings the spaces we inhabit to life as never before.

This is a thoroughly revised and updated edition of the definitive text on electroconvulsive therapy. This essential resource remains the primary reference and guide for those who prescribe, perform, or assist with ECT. New material for this edition includes coverage of the recently published 3rd edition of the American Psychiatric Association's Task Force Report on ECT (which lays out the boundaries within which ECT should be administered in the United States) and a new chapter on transcranial magnetic stimulation (rTMS), a treatment method that is analogous to ECT.

In 1996 Bobby Baker was diagnosed as having borderline personality disorder. Her subsequent struggle to overcome severe mental and later physical illness lasted for eleven years. The moving, startling, shocking, and hilarious drawings in this book are an astonishing record of her slow and harrowing journey to eventual recovery. Bobby Baker studied painting at St. Martin's School of Art, is artistic director of Daily Life Ltd, and has a part-time senior research fellowship at Queen Mary University of London.

Here are fascinating articles on sex, jealousy, anger, intimacy, loss, food problems, parent/child relationships, sibling rivalry and much more...from Susie Orbach, truly innovative therapist and a highly accessible writer. Together they result in a coherent and profoundly perceptive exploration of our emotional lives. 'We have no shared language for emotional life...What continues to engage me is the desire to increase our understanding of the intersection of the very private, intimate world and the structures of the wider public sphere' - Susie Orbach There is an Open Access edition of this book with a CC-BY-NC-ND license. Soaking up the rays forges a new path for exploring Britain's

fickle love of the light by investigating the beginnings of light therapy in the country from c. 1890-1940. Despite rapidly becoming a leading treatment for tuberculosis, rickets and other infections and skin diseases, light therapy was a contentious medical practice. Bodily exposure to light, whether for therapeutic or aesthetic ends, persists as a contested subject to this day: recommended to counter skin conditions as well as Seasonal Affective Disorder and depression; closely linked to notions of beauty, happiness and well-being, fuelling tourism abroad and the tanning industry at home; and yet with repeated health warnings that it is a dangerous carcinogen. By analysing archival photographs, illustrated medical texts, advertisements, lamps, and goggles and their visual representation of how light acted upon the body, Woloshyn assesses their complicated contribution to the founding of light therapy.

This volume brings together leading experts to explore the state of the art of cognitive clinical assessment and identify cutting-edge approaches of interest to clinicians and researchers. The book highlights fundamental problems concerning the validity of assessments that are widely used in cognitive-behavioral therapy (CBT). Key directions for further research and development are identified. Updated cognitive assessment methods are described in detail, with particular attention to transdiagnostic treatment, evidence-based practice, cognitive case formulation, and imagery-based techniques.

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This book offers new insights into a largely understudied group of Greek texts preserved in selected manuscripts from the Library at Wellcome Collection, London. The content of these manuscripts ranges from medicine, including theories on diagnosis and treatment of disease, to astronomy, philosophy, and poetry. With texts dating from the ancient era to the Byzantine and Ottoman worlds, each manuscript provides its own unique story, opening a window onto different social and cultural milieus. All chapters are illustrated with black and white and colour figures, highlighting some of the most significant codices in the collection.

A neurologist explores the very real world of psychosomatic illness. Pauline first became ill when she was fifteen. What seemed to be a urinary infection became joint pain, then life-threatening appendicitis. After a routine operation Pauline lost all the strength in her legs. Shortly afterwards, convulsions started. But Pauline's tests are normal: her symptoms seem to have no physical cause whatsoever. This may be an extreme case, but Pauline is not alone. As many as a third of people visiting their GP have symptoms that are medically unexplained. In most, an emotional root is suspected which is often the last thing a patient wants to hear and a doctor to say. We accept our hearts can flutter with excitement and our brows can sweat with nerves, but on this journey into the very real world of psychosomatic illness, Suzanne O'Sullivan finds the secrets we are all capable of keeping from ourselves. 'A fascinating glimpse into the human condition... a forceful call for society to be more open about such suffering' *Daily Mail* 'Honest, fascinating and necessary' *The Times*

'The heart is similar to a lotus, facing downwards. On waking up, it blooms; on sleeping, it closes up. That is the resting place of the soul. It is the supreme location of the consciousness.' An exquisite treasury of illustrations and objects, *Ayurvedic Man* presents a visual history of some of the earliest medical systems and healing practices in the world - tracing Ayurveda and Indian medicine as they travelled from East to West, gaining, losing and regaining popularity over the centuries. The book features detailed anatomical drawings overlain with signs of the zodiac, beautiful illustrations of healing herbs and manuscripts that describe the stages of reincarnation, all drawn from Wellcome's historical collection. It showcases some of the earliest attempts to understand our bodies, the natural world and the cosmos. These lavish illustrations also give an insight into the historical origins of contemporary 'wellness' trends, from turmeric to yoga, and how they emerged out of cultural encounters with traditional medicinal knowledge.

In Therapy The Unfolding Story Profile Books

This carefully crafted publication is comprised of fifty biographies of Japanese artists. Collectively they have shown almost a thousand pieces of art in a Europe-wide touring exhibition. Outsider art is exceptionally expressive. The special artists comm

'A gem' - *The Evening Standard* 'Pure book joy. Deep thinking made digestible & doled up with lashings of wit' Bernardine Evaristo on Twitter 'So smart and interesting!' Fearne Cotton on Instagram

Ever wanted to know what really happens in a therapist's consultation room? Bestselling author Philippa Perry (*The Book You Wish Your Parents Had Read*) turns her keen insights to the power of therapy. This compelling study of psychotherapy in the form of a graphic novel vividly explores a year's therapy sessions as a search for understanding and truth. Beautifully illustrated by Flo Perry, author of *How to Have Feminist Sex*, and accompanied by succinct and illuminating footnotes, this book offers a witty and thought-provoking exploration of the therapeutic journey, considering a range of skills, insights and techniques along the way.

'I loved it. I smiled and laughed. And nodded. One to read' Susie Orbach, author of *In Therapy* '(Full of) wit and good sense (...)' Philippa is a tonic' Rachel Cooke, *Observer*

'TIMELY' David Mitchell 'ONE OF THOSE RARE BOOKS I HADN'T REALISED I'D BEEN WAITING FOR UNTIL I READ IT.' Owen Sheers 'OPEN-MINDED, THOUGHTFUL AND WISE... A LIBERATING BOOK' Colm Toibin In an age of polished TED talks and overconfident political oratory, success seems to depend upon charismatic public speaking. But what if hyper-fluency is not only unachievable but undesirable? Jonty Claypole spent fifteen years of his life in and out of extreme speech therapy. From sessions with child psychologists to lengthy stuttering boot camps and exposure therapies, he tried everything until finally being told the words he'd always feared: 'We can't cure your stutter.' Those words started him on a journey towards not only making peace with his stammer but learning to use it to his advantage. Here, Jonty argues that our obsession with fluency could be hindering, rather than helping, our creativity, authenticity and persuasiveness. Exploring other speech conditions, such as aphasia and Tourette's, and telling the stories of the 'creatively disfluent' - from Lewis Carroll to Kendrick Lamar - Jonty explains why it's time for us to stop making sense, get tongue tied and embrace the life-changing power of inarticulacy.

WINNER OF BEST POPULAR MEDICINE BOOK AT THE BMA MEDICAL BOOK AWARDS LONGLISTED FOR THE 2016 JHALAK PRIZE The story of medicine in India is rich and complex: uniting cutting-edge technological developments with ancient cultural traditions. Aarathi Prasad investigates how Indian medicine came to be the way it is. Her travels will take her to bonesetter clinics in Jaipur and Hyderabad and the waiting-rooms of Bollywood's best plastic surgeons, and introduce her to traditional healers as well as the world-beating heart surgeon who is revolutionising treatment of the poor around the globe. From the asthma treatment 'cure' that involves swallowing a live fish, to ground-breaking neuroscience happening inside the Mughal walls of old Delhi, *In the Bonesetter's Waiting Room* tells the story of the Indian people, in sickness and in health. *In the Bonesetter's Waiting Room* is published in partnership with the Wellcome Collection and will accompany a major exhibition at the Collection in Autumn 2017, exploring India's rich plurality of cultures of medicine, healing and well-being in Indian cities. Wellcome Collection is a free museum and library that aims to challenge how we think and feel about health. Inspired by the medical

objects and curiosities collected by Henry Wellcome, it connects science, medicine, life and art. Wellcome Collection exhibitions, events and books explore a diverse range of subjects, including consciousness, forensic medicine, emotions, sexuality, identity and death. Wellcome Collection is part of Wellcome, a global charitable foundation that exists to improve health for everyone by helping great ideas to thrive, funding over 14,000 researchers and projects in more than 70 countries. wellcomecollection.org

What should happen when doctors and parents disagree about what would be best for a child? When should courts become involved? Should life support be stopped against parents' wishes? The case of Charlie Gard, reached global attention in 2017. It led to widespread debate about the ethics of disagreements between doctors and parents, about the place of the law in such disputes, and about the variation in approach between different parts of the world. In this book, medical ethicists Dominic Wilkinson and Julian Savulescu critically examine the ethical questions at the heart of disputes about medical treatment for children. They use the Gard case as a springboard to a wider discussion about the rights of parents, the harms of treatment, and the vital issue of limited resources. They discuss other prominent UK and international cases of disagreement and conflict. From opposite sides of the debate Wilkinson and Savulescu provocatively outline the strongest arguments in favour of and against treatment. They analyse some of the distinctive and challenging features of treatment disputes in the 21st century and argue that disagreement about controversial ethical questions is both inevitable and desirable. They outline a series of lessons from the Gard case and propose a radical new 'dissensus' framework for future cases of disagreement. This new book critically examines the core ethical questions at the heart of disputes about medical treatment for children. The contents review prominent cases of disagreement from the UK and internationally and analyse some of the distinctive and challenging features around treatment disputes in the 21st century. The book proposes a radical new framework for future cases of disagreement around the care of gravely ill people.

Longlisted for the Wellcome Book Prize 2019 Arnold Thomas Fanning had his first experience of depression during adolescence, following the death of his mother. Some ten years later, an up-and-coming playwright, he was overcome by mania and delusions. Thus began a terrible period in which he was often suicidal, increasingly disconnected from family and friends, sometimes in trouble with the law, and homeless in London. Drawing on his own memories, the recollections of people who knew him when he was at his worst, and medical and police records, Arnold Thomas Fanning has produced a beautifully written, devastatingly intense account of madness - and recovery, to the point where he has not had any serious illness for over a decade and has become an acclaimed playwright. Fanning conveys the consciousness of a person living with mania, psychosis and severe depression with a startling precision and intimacy. *Mind on Fire* is the gripping, sometimes harrowing, and ultimately uplifting testament of a person who has visited hellish regions of the mind. "Mind on Fire is a truly powerful, arresting, haunting account. Arnold Thomas Fanning has reckoned with the darkest matter of his heart and mind, and I challenge anyone not to be moved by that." Sara Baume, author of *Spill Simmer Falter Wither* and *A Line Made by Walking* "In this strange and singular book, Arnold Thomas Fanning mercilessly excavates the infernal underworld of his own years of madness. As reminiscent as it occasionally is of John Healy's *The Grass Arena*, and even of Orwell's *Down and Out in Paris and London*, the book is ultimately not quite like anything else I've read, and brought me as close to the lived reality of mental illness as I have ever been. It's a significant achievement: a painful, inexorable work of autobiography, whose existence is its own form of redemption." Mark O'Connell, Baillie Gifford Prize-shortlisted author of *To Be a Machine* "[A] painfully intense, courageous and gripping account of [Fanning's] journey to the underworld of madness and back. This is a brave and instructive book." Irish Times "This is an extraordinary memoir about how it feels to be depressed, delusional, desperate" The Observer "Incredibly important" Emilie Pine, author of *Notes to Self* "A ratcheting pace, a tight first-person immediacy, and utterly staggering to be a passenger over its entire warped course ... An indelible, ground-shaking account" Hilary A White, Irish Independent, Memoir of the Year, Best Reads of 2018 "A spellbinding memoir that should prove both moving and hopefully cathartic for the reader." RTE Culture "Told in tight and immediate first-person, and imbued with a startling momentum that ratchets unnervingly, Fanning's publishing debut ... is a significant achievement and should be a talking point in publishing this year." Irish Independent "Extraordinary. An account of mental illness, grief, delusions, homelessness, a fractured family relationship ... and all while trying to recover and create. Superb writing on a frequently difficult subject." Sinéad Gleeson "Fanning's debut book lays it on the line in a deeply personal and compelling chronicle of his descent into depression and his way back out." RTE Guide "Wonderful" Joseph O'Connor, Irish Times Books of the Year "Unsparingly direct, searing and honest ... It is gripping to read and must have been exhausting to live" Medical Independent "One of the most gripping and revealing memoirs I've read in a long time. A controlled and artful exploration of absolute loss of control, an unsettling and at times very moving reconstruction of a period of serious mental illness, *Mind on Fire* is a beautiful book about a terrifying thing." Mark O'Connell, Irish Times Books of the Year "Gripping" Sinéad Gleeson, Irish Times Books of the Year "Shocking" Liz Nugent, Irish Times Books of the Year "Poignant, beautifully detailed memoir" Sarah Gilmartin, Irish Times, Best debuts of 2018 "Brave and illuminating" Sunday Business Post "This is the type of account that not only grips you wholesale as the pages flutter past, it also changes your very perception of psychology" Hilary A White, Sunday Independent Memoir of the Year

'When I am disturbed, even angry, gardening has been a therapy. When I don't want to talk I turn to Plot 29, or to a wilder piece of land by a northern sea. There, among seeds and trees, my breathing slows; my heart rate too. My anxieties slip away.'

Emotional literacy means being able to recognise what you are feeling so that it enhances rather than interferes with thinking - a contrast with emotional expression which can mean one is driven by emotions so that it isn't possible to think.' In this, the second collection of her Guardian columns (one of the longest running and most popular of the paper) Susie Orbach again proves herself to be a clear-sighted and intelligent guide to understanding what's really going on around and within us. Her belief that we must learn how to validate emotion in public and private life remains the cornerstone of her work and has at long last, become a part of public debate.

This book offers a clinical guide that brings together a broad range of brief interventions and their applications in treating psychosis. It describes two core approaches that can narrow the current, substantial gap between the need for psychotherapeutic interventions for all individuals suffering from psychosis, and the limited mental health resources available. The first approach involves utilizing the standard therapeutic modalities in the context of routine clinical interactions after adapting them into brief and effective formats. To that end, the book brings in experts on various psychotherapeutic modalities, who discuss how their particular modality could be adapted to more effectively fit into the existing system of care delivery. The second approach, addressed in detail, is to extend the availability of these brief interventions by utilizing the circle of providers as well as the social circle of the clients so that these interventions can be provided in a coordinated and complementary manner by psychiatrists, psychologists, clinical social workers, case managers, peer support specialists and other providers on the one hand, and by family members, friends, social and religious institutions on the other.

This engaging and accessible text explores the key assumptions, main theoretical ideas and principles of practice behind psychodynamic counselling. Looking at evidence-based practice, supervision, and the different stages of counselling, this new edition continues to be a valuable text for counsellors and psychotherapists from all disciplines.

How to recall instances of childhood sexual abuse and overcome the painful memories.

Being mindful can help people feel calmer and more fully alive. Mindfulness and Mental Health examines other effects it can also have and presents a significant new model of how mindful awareness may influence different forms of mental suffering. The book assesses current understandings of what mindfulness is, what it leads to, and how and when it can help. It looks at the roots and significance of mindfulness in Buddhist psychology and at the strengths and limitations of recent scientific investigations. A survey of relationships between mindfulness practice and established forms of psychotherapy introduces evaluations of recent clinical work where mindfulness has been used with a wide

range of psychological disorders. As well as considering current 'mindfulness-based' therapies, future directions for the development of new techniques, their selection, how they are used and implications for professional training are discussed. Finally, mindfulness' future contribution to positive mental health is examined with reference to vulnerability to illness, adaptation and the flourishing of hidden capabilities. As a cogent summary of the field that addresses many key questions, Mindfulness and Mental Health is likely to help therapists from all professional backgrounds in getting to grips with developments that are becoming too significant to ignore.

'A smart and rich compendium of what is going on within and without our bodies today ... in this brave and significant book, Orbach does battle with a full quiver of her own fire-tipped arrows, her blazing firebrand levelled at self-hatred in all its forms.' the Times In the past decades, the pressure to perfect and design our bodies has been unprecedented. Men are encouraged to surgically pump up their pecs, breast enhancement is a sweet sixteen birthday present in the suburbs of America, and eating problems - from bulimia to obesity - are growing daily, affecting children as young as six. In China, women are having their legs broken and extended by 5cms. In Iran there are 35,000 cosmetic nose reconstructions a year. The body is no longer a given and to possess a flawless one has become the ambition of millions. In her years of practice as a psychoanalyst, Susie Orbach has come to realise that the way we view our bodies is the mirror of how we view ourselves: our body becomes the measure of our worth. In this updated edition of Bodies, she addresses the modern challenges to body-image, exposing how social media has exacerbated existing issues and creates new ways we relate to our bodies. In the past decade, despite campaigns promoting body positivity, often unproven and unregulated dietary products have proliferated throughout the world. Meanwhile, movements such as #MeToo have revealed what has changed in our attitudes to bodies and what has, unfortunately, remained the same.

Sometimes therapy is awkward. And sometimes it's also painful, messy, and downright confusing. In its much-anticipated release, this guide chronicles the strange nuances of working in mental health in the modern world. Sometimes Therapy Is Awkward provides refreshingly candid insight into what it takes to feel more confident and prepared to help others. This guide offers stories, jokes, and action-based solutions for: Coping with excruciating insecurities Improving clinical skills Navigating the workplace Setting healthy and effective boundaries Managing burnout and compassion fatigue Understanding mental health treatment in the modern world Using introspection and humor, this practical roadmap is ideal for aspiring therapists, new therapists, and any therapist who identifies with feeling afraid or uncomfortable in their work.

The author describes his work as a psychoanalyst over a twenty-five year period, describing his efforts to guide his patients to personal insights into their behaviors and resolutions which can change their lives for the better.

Worldwide, an increasingly diverse and growing number of people are seeking therapy. We go to address past traumas, to break patterns of behaviour, to confront eating disorders or addiction, to talk about relationships, or simply because we want to find out more about ourselves. Susie Orbach has been a psychotherapist for over forty years. Also a million-copy bestselling author, The New York Times called her the 'most famous psychotherapist to have set up couch in Britain since Sigmund Freud'. Here, she explores what goes on in the process of therapy through a series of dramatized case studies. Insightful and honest about a process often necessarily shrouded in secrecy, In Therapy: The Unfolding Story is an essential read for those curious about, or considering entering, therapy. This complete edition takes us deeper into the world of therapy, with 13 further sessions and a new introduction.

Viral respiratory tract infections are important and common causes of morbidity and mortality worldwide. In the past two decades, several novel viral respiratory infections have emerged with epidemic potential that threaten global health security. This Monograph aims to provide an up-to-date and comprehensive overview of severe acute respiratory syndrome, Middle East respiratory syndrome and other viral respiratory infections, including seasonal influenza, avian influenza, respiratory syncytial virus and human rhinovirus, through six chapters written by authoritative experts from around the globe.

What happens when you reach the threshold of life and death - and come back? As long as humans have lived on the planet, there have been wars, and injured soldiers and civilians. But today, as we engage in wars with increasingly sophisticated technology, we are able to bring people back from ever closer encounters with death. Historian Emily Mayhew explores the reality of medicine and injury in wartime, from the trenches of World War One to the plains of Afghanistan and the rehabilitation wards of Headley Court in Surrey. Mixing vivid and compelling stories of unexpected survival with astonishing insights from the front line of medicine, A Heavy Reckoning is a book about how far we have come in saving, healing and restoring the human body. From the plastic surgeon battling to restore function to a blasted hand to the double amputee learning to walk again on prosthetic legs, Mayhew gives us a new understanding of the limits of human life and the extraordinary costs paid physically and mentally by casualties all over the world.

Is mental illness or madness at root an illness of the body, a disease of the mind, or a sickness of the soul? Should those who suffer from it be secluded from society or integrated more fully into it? This Way Madness Lies explores the meaning of mental illness through the successive incarnations of the institution that defined it: the madhouse, designed to segregate its inmates from society; the lunatic asylum, which intended to restore the reason of sufferers by humane treatment; and the mental hospital, which reduced their conditions to diseases of the brain. Moving and sometimes provocative illustrations and photographs, sourced from the Wellcome Collection's extensive archives and the archives of mental institutions in Europe and the U.S., illuminate and reinforce the compelling narrative, while extensive gallery sections present revealing and thought-provoking artworks by asylum patients and other artists from each era of the institution and beyond.

Our bodies all have stories to tell - and who better to tell them than fifteen of the world's finest writers? Buried beneath layers of flesh, our hearts pump, our lungs inflate, our kidneys filter. These organs, and others, are essential to our survival but remain largely unknown to us. In Beneath the Skin, fifteen writers each explore a different body part: Naomi Alderman unravels the intestines and our obsession with food; Thomas Lynch celebrates the womb as a miracle; AL Kennedy explores the nose's striking ability to conjure memories; and Philip Kerr traces the remarkable history of brain surgery The human stomach, we discover, contains as many brain cells as a cat has in its head. The lungs weigh about the same as a loaf of bread. A traumatic memory can show itself on the skin. Moving, comical and often unexpected, this is an awe-inspiring voyage through the mysterious landscape of our bodies. Based on the BBC Radio 3 series 'A Body of Essays'

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