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BipolART: Art and Bipolar Disorder: A Personal Perspective (Hardback)

By Denys N. Wheatley

Springer, Netherlands, 2012. Hardback. Condition: New. 2012 ed.. Language: English . Brand New Book. Written with disarming honesty by a long-term sufferer of bipolar disorder, with more than half a century's experience of intervention and treatment, this highly personal volume traces the effectiveness of a therapy modality for mental illness that has gained much ground in the past two decades: art. The author began to use art, and in particular doodling, from 1998 as a way of externalizing his feelings. Its expressiveness, accessibility and energy-efficiency was ideally suited to the catatonia he experienced during the bouts of depression that are a feature of bipolar disorder, while as the low moods lifted and his energy surged, he completed more ambitious and elaborate works. As well as being highly eclectic, Wheatley's assembled oeuvre has afforded him both insights and therapeutic intervention into his condition, once deemed highly debilitating and taboo, but much more socially accepted now that well known sufferers such as Stephen Fry have recounted their experiences of the condition. After an opening account of how the images were generated, the volume reproduces a gallery of selected work, and then offers an extended epilogue analyzing the art's connections...



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