

# An Improbable Psychiatrist

Rebecca Lawrence,  
*a consultant psychiatrist and  
writer with bipolar disorder.*

“strikes at the  
heart of our  
understanding of  
mental illness”

- Rachel Kelly

“provides lucid  
insight into the  
curious process  
of becoming a  
psychiatrist”

- Linda Gask

A leading  
psychiatrist  
narrates her  
personal  
journey from  
patient to  
psychiatrist  
and how she



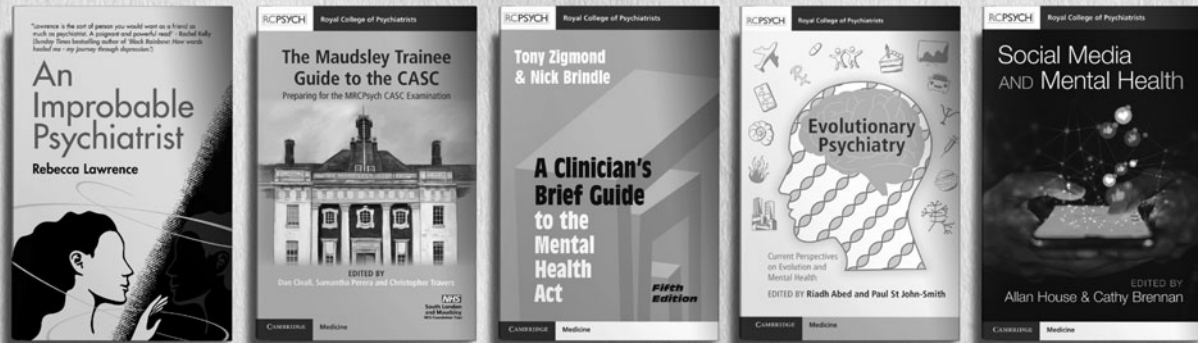
has coped with severe mental illness. Covering her experience on a psychiatric ward, ECT, and psychiatry training, this book aims to reduce stigma surrounding mental illness and will appeal to mental health professionals, and general readers.

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In this issue (210–219), authors Udo et al present three articles, exploring the theory behind Eye Movement Desensitisation and Reprocessing (EMDR) and its use in treating PTSD and emerging evidence for its use in managing a wide range of other mental and physical health conditions.

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