



# Committed to the Sane Asylum: Narratives on Mental Wellness and Healing

*Susan Schellenberg, Rosemary Barnes*

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In *Committed to the Sane Asylum: Narratives on Mental Wellness and Healing*, artist Susan Schellenberg, a former **psychiatric patient**, and psychologist Rosemary Barnes relate their own stories, conversations, and reflections concerning the contributions and limitations of conventional mental health care and their collaborative search for alternatives such as **art therapy**. Patient and doctor each describe personal decisions about the mental health system and the creative life possibilities that emerged when mind, body, and spirit were committed to well-being and healing.

Interwoven patient/doctor narratives explain conventional care, highlight **critical steps in healing**, and explore varied perspectives through conversations with experts in psychiatry, feminist approaches, art, storytelling, and business. The book also includes reproductions of Susan's mental health records and **dream paintings**.

This book will be important for consumers of **mental health care** wishing to understand the conventional system and develop the best quality of life. Rich personal detail, critical perspective, clinical records, and art reproductions make the book engaging for a general audience and stimulating as a teaching resource in nursing, social work, psychology, psychiatry, and **art therapy**.

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