



Popular Science : Popular Science in Psychology

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# Trauma and Madness in Mental Health Services

- Represents a critical exploration of the mental health system as it pertains to individuals experiencing 'madness'
- Is written entirely from the perspective of people with lived experience
- Offers resources and directions for the future, as recommended by people with the experiences in consideration

How do survivors of child abuse, bullying, chronic oppression and discrimination, and other developmental traumas adapt to such unimaginable situations? It is taken for granted that experiences such as hearing voices, altered states of consciousness, dissociative states, lack of trust, and intense emotions are inherently problematic. But what does the evidence actually show? And how much do we still need to learn?

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