

*Life After Public Disclosure of
Mental Illness: Invited Address*

Kay Redfield Jamison

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Kay Redfield Jamison is known for her unusual ability to clarify experiential aspects associated with mental illness. Addressing both pragmatic concerns and the perceptual process, Jamison used her own story of disclosure as a platform. In a narrative style, she combined autobiographical accounts with professional objectivity to address the complex constellation of difficulties faced by high functioning individuals who experience some form of mental illness. Two best-selling autobiographical accounts detail different chapters of her life: *An Unquiet Mind* and her more recent *Night Falls Fast*.

The latter tells of her adjustment to the loss of her husband whom she described as being her greatest champion and steadfast supporter. In this work, she clarifies the differences between grief and depression. Her professional background puts her in a unique position to convey ideas and information in a most useful format. The presentation intertwined the two chapters of her life with incredible precision, sensitivity, and candor. With a soft voice and gentle style, she communicated and explained her profound fortitude and resilience.