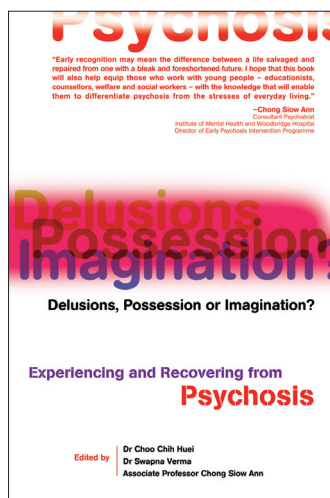


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# DELUSIONS, POSSESSION OR IMAGINATION?

Experiencing and Recovering from Psychosis

by

**EPIP (Early Psychosis Intervention Programme)\***

Edited by Dr Choo Chih Huei, Dr Swapna Verma  
and Assoc. Prof. Chong Siow Ann

## WHAT THE EXPERTS SAY

"Early recognition may mean the difference between a life salvaged and repaired from one with a bleak and foreshortened future. This book will equip those who work with young people – educationists, counsellors, welfare and social workers – with the knowledge that will enable them to differentiate psychosis from the stresses of everyday living." —Assoc. Prof. Chong Siow Ann, Director, EPIP

"It is naïve to imagine that the best chance for recovery and a productive role in society can be provided if society itself does not understand the illness [psychosis]. ... Programs such as EPIP in Singapore, and books such as this, should take pride in improving our understanding and treatment of psychosis, key steps if we are to optimise outcome." —Prof. Gary Remington, Director, Medication Assessment Program for Schizophrenia, Schizophrenia and Continuing Care Programme, Centre for Addiction and Mental Health, Toronto, Canada

"This book represents the work of one of the earliest programmes in the Asia Pacific region. It contains information which will be of enormous help to patients, their carers as well as professionals." —Dr Eric Chen, Convener, Steering Committee, Early Assessment Service for Young People (EASY) in Hong Kong

## THE BOOK

This book is for people who suffer from psychosis, for those who live with someone with the illness, and for those who need to learn more about psychosis. They include doctors, teachers and other educationists, counsellors, welfare and social workers who work with young people. The book gives:

- information on the causes, symptoms and treatment of psychosis
- a holistic case management approach
- tips on how to stay well and avoid a relapse
- tips on problem-solving and caregiving
- personal accounts that offer us a window into psychotics' lonely inner world
- generally held myths and misconceptions about psychosis
- useful contacts for help and information

## THE AUTHORS

A multidisciplinary team of psychiatrists, psychologists, social workers, nurses and occupational therapists from EPIP\* bring their considerable experience to this book. They give clear, jargon-free explanations and simple, step-by-step practical advice to sufferers and their families and friends, suggesting ways they can help themselves.

**\*The Early Psychosis Intervention Programme (EPIP) is a national project funded by the Ministry of Health in Singapore to encourage early detection and treatment of psychosis through a comprehensive and integrated treatment approach. Since its launch in April 2001, many patients have benefited from the programme.**