



It's really rather normal (Dutch Edition)

Tilly Gerritsma And Titus Rivas

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Hearing voices or seeing images is much more common than one might think. Nevertheless, mainstream psychiatry still approaches such 'hallucinations' as signs of a mental disorder. This book shows how outdated this view really is. Experiential expert Tilly Gerritsma shares her experiences with hearing voices and related phenomena and describes how she has learned to deal with them, helped by her main, positive voice. She shows that hearing voices may offer a potential for psychological, emotional, and spiritual growth. Psychologist and philosopher Titus Rivas gives a concise overview of theories about hallucinations. He rejects one-sided bio-psychiatric theories and favors alternatives, such as social psychiatry. He stresses the reality and normality of psychic phenomena. People with paranormal experiences have not gone mad.

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