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CONTACT: clightweaver@gmail.com

Praise for

THE PSYCHE'S GIFTS: Art, Art Making, and the Journey from Mental Illness to Mental Wellness

Corinne Lightweaver, with Foreword by Shari Saperstein, PsyD

Corinne offers a visual poem in thirty-eight “stanzas” that celebrate creativity as essential medicine to heal the mind. Her collages—inner landscapes of animals, nature, and cultural icons—offer maps to the psyche and give evidence of the journey back to herself. —Terry Wolverton, author, *Insurgent Muse: Life and Art at the Woman’s Building*

Art that depicts humanity at its most basic is often the most compelling. Corinne Lightweaver’s intelligent work is funny and vicious. These deeply personal collaged images urge the viewer to dive in deeper to find layers of meaning. —Ted Meyer, artist, curator, patient advocate, founder of ArtandMed

By bravely unveiling her vulnerabilities and struggles with mental illness, Corinne has discovered a magic antidote that creates the important connections needed between artist and viewer. Whether you suffer from illness or everyday struggles, I believe this book will uplift your spirits and resonate. —Carol Es, artist and author

Corinne illuminates with courage and vulnerability her inner states of being, bringing the raw energy of the nonverbal, unconscious experience into consciousness, inviting us to engage in conversations about mental illness and how through the gifts of art and psychotherapy one can find healing and transformation. —Victoria Gutierrez-Kovner, PsyD, LCSW, psychoanalyst, psychotherapist

Through her intention to help shed mental illness stigma, Corinne has carefully curated her images in tandem with forthright self-reflection. Her generosity to herself through the act of “re-imagining” and “re-imaging” is indeed her gift to us. —Stacy Nathaniel Jackson, MBA, MFA, poet, playwright, and artist

I am profoundly moved by the rawness with which Corinne explores and exposes her journey with and through mental illness using the medium of collage. The themes in this art are both personal and universal, placing us in the center of the artist’s emotional life as we travel with her through an intimate and deeply humanizing journey. —Sierra Cleveland Smith, MA, Executive Director, Open Paths Counseling Center

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Softcover, 58 pages, 38 color photos.

The role of art making in healing is increasingly capturing the medical profession's imagination and the general public's interest. What are the possibilities for using the art making process to heal the body and the mind and to communicate the inner experience?

More medical schools now offer programming in narrative medicine, as well as opportunities to hear directly from, and view the art of, artist patients. The profession of art therapy is also gaining more visibility, while lay people are also offering workshops in using creativity for better mental health.

In Corinne Lightweaver's second book about the healing process of art, the artist documents her personal experience of living with mental illness using the medium of paper collage. Having lived with depression and obsessive compulsive disorder for more than a quarter century, she has learned coping mechanisms—including art—that keep mental illness at bay for most of the time.

Through her artwork, Lightweaver hopes to spark personal and public conversations about mental illness, reduce stigma, and encourage those who suffer to find treatment. The internal experience of mental illness is difficult to describe, but the collage-making process gives Lightweaver uncommon access to her unconscious, allowing her to reveal her journey and shed light on the experience. The 38 color illustrations in this book explore and depict one person's experience, but the themes are deeply universal, even to those without mental illness.

“Mental wellness is not a destination but rather a strong yet fragile state of being,” said Lightweaver. “I hope my work illustrates the experience of others with mental illness so that they don't feel so alone. I hope I can also bring my particular experience to the conversation of understanding and destigmatizing mental illness.”

Author Corinne Lightweaver is an artist and writer. Her artistic journey began in painting, with wildlife as her favorite subject, and also included forays into other media, such as ceramics. A diagnosis of breast cancer led her to discover collage and assemblage, an apt metaphor for piecing her life and body together again, leading to the body of work published in her first book, *In the Breast of Health: Healing from Cancer through Art*. She divides her time between Los Angeles and Vashon Island, Washington. *The Psyche's Gifts* is available on Amazon.

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