

# **Are We All Crazy?**

Lola Carlile Ph.D.

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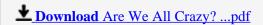
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## Are We All Crazy?

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#### Are We All Crazy? Lola Carlile Ph.D.

Lola Carlile, art therapist and educator, deals with the sensitive issue of mental health with a humorous slant. "Are We All Crazy?" is an irreverent, but informative text that gives the reader a practical understanding of mental illness. This text is not meant to be an academic pursuit, but a general information book for those who may be struggling with mental illness or who may have a family member or friend also manifesting symptoms of mental illness. As an art therapist, Carlile includes a chapter about art therapy as well as some art directives that can be used to soothe the soul and energize the mind. Readers have commented that the book "is an easy read, yet conveys so much important information." The field of art therapy is seen on the periphery of mental health practitioners by some and Carlile's goal is to infuse the entire practice of mental health with the expressive arts and heighten awareness of mental health and, possibly, to help eradicate the stigma of mental illness. In her practice she consults with women, children, and families and is often reminded that the simplest thing can help people recover their mental equilibrium. Born in Salzburg, Austria, and raised as an Army brat, Carlile's experience both as an educator and therapist combine to allow her to speak in a common voice - one that is heard by all. She originally planned this book as an adjunct to her counseling for her clients so they could remember some of the issues and skills shared in therapy; however, once others began to read it, she realized perhaps the general population might profit from the book as well. Proceeds from the book will allow Carlile to continue delivering free and low-cost counseling to underprivileged women, children, and families in the Northwest. Yes, we are all crazy at some point in time in our lives, Carlile suggests. It is simply that most of us can usually retrieve our mental health without the assistance of doctors and pharmacies; however, there is no shame if a time comes when we are not able to do so. Then would be the time to realize how much more joyous one can be once good mental health balance is restored. Those who purchase the book will be able to contact Carlile @ masabitherapist@gmail.com for clarification or suggestions for further reading and/or services.



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