

Get Me Out of Here: My Recovery from Borderline Personality Disorder - By Rachel Reiland (pseudonym)

I have just completed reading this book and feel privileged to have been able to read the author's story.

Her honesty reminded me a little of Margo Orum's book - "Fairytale in Reality" in that the book is a 'no holes barred' portrayal of what it's like on the inside for someone with a serious mental illness without glossing over the reality of her struggles and countless dark times.

Rachel's psychiatrist is a person who we would all like to have treat ourselves or our loved ones particularly for BPD. It makes a lot of sense the way he treats his patient. Therapy took approximately 3 years to complete but was well worth it in the end.

Only recently my son said his psychologist doesn't like the term Borderline Personality Disorder but prefers to call it Complex Post Traumatic Stress. I believe this is far less stigmatising but a much better description of this illness.

The book leaves the reader with hope for the future that the illness can be cured, albeit with a tremendous amount of dedication and commitment to intensive therapy, and with the support of loved ones.

Helen Wotherspoon

