

# DANTE'S CURE

## A JOURNEY OUT OF MADNESS

A True Story by

Daniel Dorman, M.D.

***“Vivid and remarkable account  
of a psychotic young woman’s recovery from schizophrenia . . . .”***

**—Kirkus Reviews**

**D**orman, a professor of clinical psychiatry, traces his patient Catherine’s inspirational life journey from severe schizophrenia to health. When Catherine first came under Dorman’s care in the 1970s at a UCLA hospital, she was an adolescent anorexic hearing suicidal and murderous voices. After fully investigating her family dynamic and diagnosing schizophrenia, Dorman began therapy sessions, but rejected the use of standard medications. Dorman describes his patient’s various states during her years of crisis as a hospital inmate: her infantilism, physical deterioration, self-loathing and anger. He also describes her key dreams and the moments of interpretive breakthrough he and she made together, emphasizing the substance of their discussions and Catherine’s humanity. Having successfully resisted pressure to medicate Catherine, Dorman set up private practice and

continued sessions with her. This coincided with her gradual, albeit at first fragile, recovery. Living in an apartment, attending college and qualifying as a psychiatric nurse, Catherine grew in life experience, miraculously surviving professional and relationship pressures without further breakdown or recourse to medication. In her career, Catherine, like Dorman, opposed forcing drugs on her patients, becoming a mental health activist. Dorman and Catherine came to enjoy a relationship of mutual respect and shared philosophies. Dorman’s epilogue sets out a readable and reasonable opposition to the now dominant view of schizophrenia as primarily a “brain disorder” that requires medication. His advocacy of a humanist approach that emphasizes patient-doctor collaboration and the growth of soul will be welcomed by all those who value the psychotherapeutic tradition. —**Publishers Weekly**

“Psychiatry professor Dorman compassionately chronicles the remarkable life . . . of one of his patients without stinting graphic descriptions of her struggles with madness.

The upshot reads almost like fiction . . . [Catherine’s] story bodies forth a convincing affirmation that, with enough determination and the unflagging tenacity of a committed psychotherapist, anything is possible.”

**—Booklist**

DANIEL DORMAN, M.D., is Assistant Clinical Professor of Psychiatry at the University of California at Los Angeles School of Medicine. He has a background in family medicine, psychoanalysis, and research in neurophysiology. Dr. Dorman has practiced and taught psychotherapy for over thirty years.



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**Dr. Dorman will be on tour beginning April 16, 2004. He is available for interviews in conjunction with the publication of DANTE'S CURE. You can find more information at [www.DANTESCURE.com](http://www.DANTESCURE.com).**

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