Summary

Book title: Postpartum Psychosis
Subtitle: A Personal Story Combined with Medical Records
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Experiencing a psychosis is a profound and life-altering event, but going through it after the birth of a child is particularly complex. In this book, I describe my personal experience with postpartum psychosis, alternating my story with medical records written by the various healthcare professionals involved during that period.

I recount a relatively uncomplicated pregnancy (*Pregnant Me*) and childbirth that suddenly turns into a crisis during the postpartum period. Admission to a locked psychiatric ward and later to a Mother and Baby Unit in a university hospital becomes necessary because I become severely confused (*Psychotic Me*).

In the nursery, under the supervision of a nurse, I am able to care for my newborn baby. The moment I begin to see devilish traits in my child, I become terrified, place my baby back in the crib, and run from the room in tears. Because a nurse assumes that I do not like being in the nursery, it becomes a place where I no longer feel at home.

When yet another attempt to go home fails, I ask through which window a chair may be thrown while holding it above my head. Not long afterward, I am restrained and end up in a seclusion room.

The moment I am locked away marks a turning point within myself. I resolve to let the world know that this can happen to mothers without warning. Apparently, the line between a successful career in the corporate world and being confined as a psychiatric patient in a seclusion room is not as wide as one might think.

And while I feel relief when I am released from the seclusion room, the real turning point comes when I emerge from the psychosis. Only then do I realize that I want to stay and recover. After five weeks, I return home with three types of medication.

I describe what I experience while going through postpartum psychosis: what I feel, think, and do. I combine this with my various roles in society, in which I reflect on myself (*Me as an Expert by Experience*), provide explanations (*Me as a Teacher*), explore deeper layers (*Me as a Therapist*), raise my children (*Me as a Mother*), and work as an employee (*Me as an Employee*).

In addition, I discuss what was recorded in the medical files of the Midwife, Gynecologist, Psychiatrist, Nurse, Occupational Physician, and Physical Therapist. Their perspectives can sometimes be completely at odds with one another, but this is necessary to create a complete picture.

And while the book begins with a loving memory of my father, it ends with new life: the birth of my first grandchild and the anticipation of a second one.