

Annual Congress on Mental Health

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Mental health and creativity: A current and retrospective exploration for clinicians



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Statement of the Problem: Several researchers have focused on the relationship between mental health and creativity. Studies have included case reports, familial links and MRI data. Lists of artists, writers, mathematicians, performers and scientists who meet criteria for various mental illnesses can readily be found online. Some case reports have dealt extensively with life patterns and personality traits of these creative individuals. However, the potential benefit of using such case reports for clinical teaching and insight has not been fully explored.

Methodology & Theoretical Orientation: A retrospective case report of one of the most prolific French writers and well-known residents of Paris is presented using the DSM and ICD as filters for considering clinical questions about personality, creativity, resiliency and mental health. Both medication and psychotherapeutic issues will be entertained.

Findings: The questions posed during the presentation will invite exploration into possible diagnosis, treatment, interpretation of creativity and mental health. Challenges to our current clinical practice and theories will be introduced during the presentation with an invitation to clinicians to consider their own practice theories, protocols and biases.

Biography

Eve A Hershberger has completed her PhD in Romance Language and Literature at the University of Florida. After teaching at a Liberal Arts College for several years, she entered Medical School followed by residency training in Psychiatry. In addition to private practice, she served as a Chief of Psychiatry in the VA system with appointments as an Associate Professor at both the University of Florida and Florida International University. She has continued her interest in both literature and psychiatry by publishing papers combining the two fields and by presenting at several regional, national and international conferences.

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