



Inside The Mental: Silence, Stigma, Psychiatry, and LSD (The Regina Collection)

Kay Kay

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"A revelatory account of the importance that psychiatric treatment and research from the 1950s has for mental health today." Jean Freeman, author of *Fists upon a Star*

Before she became a psychiatric nurse at "The Mental" in the 1950s, Kay Parley was a patient there, as were the father she barely remembered and the grandfather she'd never met. Part memoir, part history, and beautifully written, *Inside The Mental* offers an episodic journey into the stigma, horror, and redemption that she found within the institution's walls.

Now in her nineties, Parley looks back at the emerging use of group therapy, the advent of patient rights, evolving ethics in psychiatry, and the amazing cast of characters she met there.

She also reveals her role in groundbreaking experiments with LSD, pioneered by the world's leading researchers at "The Mental" to treat addiction and mental illness.

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