

Joan was rounded up with others at bayonet point and put on a plane to Sierra Leone. There she worked on the flying doctor service before returning home.

She took a post at Queen Mary's hospital, Carshalton, in Surrey, where her concern about the poor care given to severely disabled children was strengthened by her own family experience, when her mother fostered two brothers with learning disabilities. This was the new challenge she needed and five more years of clinical training followed.

Joan obtained the diploma in psychological medicine in 1969, and in 1971 completed an MD on the causes and prevalence of lead poisoning in institutionalised children. She was soon active in campaigning about the restricted and poorly supported lives that people experienced in long-stay hospitals.

In 1972 Joan became a consultant psychiatrist in mental handicap at Botley's Park hospital, Chertsey, where she later met Diane Worsley, a social worker. Their friendship and partnership stood the test of time, and after Joan retired they moved to Holnest, Dorset, and ran a farm, welcoming disabled children to work with the animals. Joan and Diane also built up the Longburton Methodist chapel, where they were worship

leaders. In 2016 they sold the farm and moved to nearby Stalbridge.

The community team base at Springfield University hospital in Tooting, south-west London, where Joan did much of her pioneering clinical work, was named after her when she left. The Royal College of Psychiatrists instituted an annual essay prize in her honour.

She is survived by Diane.

Sheila Hollins

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Review

Transcending the Ghetto: Reflections on Mental Health Policy, Practice and Lived Experience

By Jo McFarlane
In Conversation with Sally Fox
2016, £10.00, pb, 170 pp.

Stigma remains pervasive in mental healthcare, despite efforts to challenge and quell it. Stigma begets more stigma, and a combination of discrimination, prejudice, misunderstanding and stereotyping can ensnare people with mental illnesses in a cycle of self-stigma.

Through a series of discursive essays derived from conversations with her partner, Jo McFarlane reflects on her decades-long experience of mental illness and the way in which she has been treated by clinicians and by society. She uses a ghetto as a harrowing metaphor for the isolation, vulnerability and feelings of entrapment which stigma has enforced upon her. As the metaphor suggests, her journey towards recovery and self-fulfilment is rife with challenges. However, patient-centred therapeutic relationships, the opportunity to volunteer, informal peer support, and the creation and dissemination of art have all been instrumental in allowing her to achieve her full potential as an individual and as a member of society. She rightly throws shade on the patriarchal role psychiatry has historically had, in which her sexuality and social choices were pathologised rather than embraced, reminding us of the importance of a holistic and open-minded approach to care.

What I found most engaging about the book was the way in which creative endeavour was presented by the author not simply as catharsis but as a fulcrum for self-discovery, allowing her to shift her identity 'from patient to poet' and rise above the stigma which once shackled her. Furthermore, she uses her writing to give a voice to others, the oppressed 'ghettoised' masses, thus showing the role of art in activism and advocacy.

This book serves as a reminder of the importance of recognising and tackling stigma, particularly self-stigma, which I intend to continue to reflect upon as I embark on a career in psychiatry myself. It is an accessible, thought-provoking and stimulating read with occasional space for humour, and I believe it would be a worthwhile read not only for those working in the field of psychiatry, but also for those using mental health services.

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