

Delaware author shares personal memoir on faith and trials

Author Laurel Ginsburgh recently partnered with Tate Publishing to kick-start the publication process of her autobiography, "In Doc We Trust."

LEWES, DEL., UNITED STATES, July 23, 2016 /EINPresswire.com/ -- LEWES, Del. – Author Laurel Ginsburgh recently partnered with [Tate Publishing](#) to kick-start the publication process of her autobiographical book, "In Doc We Trust." A story of hope, trust and restoration, "In Doc We Trust" is Ginsburgh's memoir about falling into a delusional and psychotic depression.



"I was inspired to tell my story because I became aware of how many people have had bad psychotherapy experiences and I wanted to encourage people not to let a bad shrink beat up on them. Rather, advocate for yourself or get a friend or family member involved. What happened to me basically ruined my life and brought me to death's door and it should never have happened and it should never happen to anyone else. I started to keep records of my therapy sessions with Dr. Albert as soon as I was cognitively able to do so. Eventually, this led to the book 'In Doc We Trust.' I completed a Ph.D., a research degree, from Columbia University so I was a competent thinker at that time. I lost this as Dr. Barton continually beat me down. This could not have happened if I did not let it happen but with a very poor self-concept, I had little to fight back with. What gave me credibility in telling this story was Dr. Albert's treatment of me in which I learned that what happened to me was criminal and not my fault, not due to all the flaws Dr. Barton made me believe I had. He was the doctor, I was the patient. Blind faith leads to destruction," shares Ginsburgh when asked about the inspiration behind her book.

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Trinity Tate-Edgerton, co-owner and Acquisitions Editor, Tate Publishing

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Published by Tate Publishing and Enterprises, the book is available through bookstores nationwide, from the publisher at www.tatepublishing.com/bookstore, or by visiting barnesandnoble.com or amazon.com.

Ginsburgh completed her Ph.D. at Columbia University at the age of 27 and went into college teaching. She had been in therapy with a very rogue psychiatrist and the worst delusion was that it was her fault that a woman she saw as a possible dissertation subject died 10 days after she saw her. It was totally irrational but it gripped her and she spent more than two years essentially bed-bound agonizing over her guilt. Although she was fairly good at hiding her illness, her mother became aware of it and got her to an excellent psychiatrist, Dr. Harry Albert. Dr. Albert started her on a course of antidepressants and almost daily talk therapy.

Ginsburgh recovered enough to return to professional work in six weeks after having been essentially bed-bound for more than two years. She continued her treatment with Dr. Albert, eventually recovering completely although this required a major work effort on her part. She is now retired and lives in southern Delaware.

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