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BJPsych International
(Print)
ISSN 2056-4740

BJPsych International
(Online)
ISSN 2058-6264

Cover artwork: 'The Emergence of Self' by Courtney

Courtney is an artist at the Bethlem Gallery, London. Courtney writes of his work as 'the emergence of self'. Courtney states 'when it comes to my emotions it's the dark which illuminates the light. The lighting in this image reminded me of my own treatment journey, facing truths, confronting truths and in time, accepting truths. Illuminating my own path so that hazards can be seen.

Courtney quotes from Alfred, Lord Tennyson, 'The Way of the Soul';

'A warmth within the breast would melt
The freezing reason's colder part,
And like a man in wrath the heart
Stood up and answer'd, 'I have felt''.