

Background of Speakers Presenting at DBSA-Boston Summer 2016

July 13: “Town Meeting,” DBSA-Boston President, VP, and Board members

Members of the Board of Directors will hold a “Town Meeting,” to engage membership in a discussion about what they envision our organization to be, what our culture is, and what services we will offer in the next five to ten years.

August 10: “Life After Lithium,” Rose Amrhein



Rosemary Amrhein is the youngest of 10 children. She was diagnosed bipolar at age 16. She’s worked for Star Market, the US Postal Service, and Home Instead Senior Care. In 2004 she began College at Massasoit in Canton and then began a writing career: she has self-published six books to date.

Writing about her struggles in autobiographical and poetic form has been very cathartic. Her latest book, *Life After Lithium*, gives a look into her life with bipolar and how she has grown and changed since getting off lithium. Currently Rosemary is preparing to go back to college and finish a degree in Liberal Arts.

Rosemary was irritable and in a fog for 20 years while on the wrong meds. Since then she has overcome bipolar’s demons of suicidal depression, rage, severe irritability, and social anxiety. It took a lot of hard work including exposure therapy and CBT and DBT, and spirituality. Now she has achieved a level of wellness she always dreamed of.

Writing has helped her heal, as well as listening to motivational speakers. She will tell her story of recovery and read excerpts from her six books.