Using Podcasts to Get “Psyched” about Literature: Connecting Literature to Psychology Research

Learning Community 06, Professors Kimberly Adilia Helmer & Jill Grose-Fifer

Welcome to Student Podcasts

Before I Go to Sleep
Produced by Nicholas, Kimberly, & Cheryl

Before I Go to Sleep (Watson, 2011) is a novel that reflects a woman’s struggle after a tragic event that led to violence and caused brain injury. Christine suffers from a brain injury that affected her hippocampus, needed for long-term memory. Christine wakes one morning in a room she had not recognized, and feels lost. She walks into the bathroom and does not see herself in the mirror, nor does she recognize her voice. Team puts down Christine’s face as she notices a man had been sleeping with her. Thoughts, memories, and fear are the only things Christine can concentrate on. Christine never tends to give up on life and fights throughout the novel to accomplish her needs.

English Psychology Learning Community @ John Jay

Love Works Like This
Produced by AJ, Christian, Chianna, Natasha, Carla

In Love Works Like This by Lauren Oliver, we follow a woman’s journey as she struggles between mental sanity and pregnancy in an autobiographical book. In the opening chapter, Oliver recounts how she initially feels being pregnant. She is then plunged into diary-like entries which document each trimester of her pregnancy. Oliver has a number of genetic mental illnesses which she has successfully battled for years, but being pregnant enhances them. After becoming pregnant, she initially makes the decision to not take any medication as she does not know what effect her medication, prozac (fluoxetine) will have on the unborn fetus. But the surge of hormones was too much for her to bear.

Before I Go to Sleep
Produced by Melissa, Julissa, Victoria, Solomiya

Before I Go to Sleep (Watson, 2011) provides a psychologically interesting novel, Before I Go To Sleep, of a woman who is robbed from her memories after a tragic accident. She cannot remember the events that took place that day, the murder of husband. Then, after several sessions with Dr. Cameron, who specializes in memory reformation, she slowly gets her own back. Determined to find out who she is and what her past is, she accepts Dr. Nardini’s advice of keeping a daily journal, which serves as a memory aid to remember throughout the day. Without that journal, she cannot remember previous events.

Sybil Exposed
Produced by Sandy, Chenise, Sam, & Molly-Anne

Sybil Exposed (Nathan, 2011) develops the concept of Multiple Personality Disorder around the infamous character “Sybil” and her Psychiatrist Dr. Connie Wilbur. Multiple Personality Disorder (MPD) is the theory of one person splitting into different personalities, which is now proven to be false and questionable today. Nathan presents the main characters Shirley Mason, Nora Schreiber, and Connie Wilbur in the early stages of their lives and throughout their adolescence. This background helps readers to have a better understanding of Multiple Personality Disorders.

The Eden Express
Produced by Pavel and Christian

The book The Eden Express (2002) by Mark Vonnegut is a memoir about the author’s psychotic break down and his recovery from it. In the beginning of the book, the narrator was tired of his life in the hospital, he felt that if he was to stay there forever he would not be himself anymore. The book not only talks about his experience but also about the hospital system and how it is affected by the patients. The book is written in a way that makes the reader feel like they are there with the author, experiencing the same things.

Seductive Poison
Produced by Max, Heidy, Anthony, & Mark

Seductive Poison (Layton, 1995) recounts her memory of an unbelievable remarkable experience about life in a cult through her autobiographical fiction book. Seductive Poison. Layton starts the book with a little background story of her childhood and family. She talks about how she lived in the shadow of her older siblings, Annabel, Tom, and Larry. Layton. She also explains that her mother, Lisa Layton, keeps her past a secret from Layton. Although Layton describes herself as a troublemaking, she keeps silent about being the speaker for those who cannot fight for themselves. Unlike the movie, Layton was referred to in the novel, was introduced to a sociable, introspective leader. Research her