I Know You Really Love Me: A Psychiatrist's Journal of Erotomania, Stalking, and Obsessive Love, Doreen Orion, Diane Publishing Company, 1999, 0788164848, 9780788164842, 312 pages. Erotomania is the most bizarre disorder of obsessive stalkers -- the delusional belief that their victims are actually in love with them. This true-life saga takes us into the world of Doreen Orion, a psychiatrist who became prey to one of her own patients. She finds herself the subject of obsessive love & tries to free herself of her patient, a calculating woman who has followed Orion state-to-state. Provides case histories of stalking victims. Discusses the need for treatment of erotomaniacs. Points out problems in existing anti-stalking laws. Guide to organizations that assist victims. Protective measures to deter a potential stalker.

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I Want to Be Like You Life With Asperger's Syndrome, Travis E. Breeding, 2011, Biography & Autobiography, 295 pages. Something makes Travis Breeding different than everyone else. But it isn't what most people he's met think it is. Travis Breeding has never been like others. Growing up, he ....

Stalking and psychosexual obsession psychological perspectives for prevention, policing, and treatment, Julian Boon, Lorraine Sheridan, May 14, 2002, Psychology, 248 pages. Stalking and Psychosexual Obsession is a comprehensive and international survey of what is known about stalking and psychosexual harassment today, presenting research and ....

Understanding Paranoia A Guide for Professionals, Families, and Sufferers, Martin Kantor, Jan 1, 2004, Psychology, 252 pages. Directed to professionals as well as families of sufferers and the sufferers themselves, offers a look into the minds of paranoid individuals, exploring the possible delusions ....


Kicking addictive habits once and for all a relapse-prevention guide, Dennis C. Daley, Jan 23, 1998, , 224 pages. All aspects of changing bad habits and developing a balanced lifestyle are addressed in the book, and I highly recommend it to readers. --G. Alan Marlatt, author of Relapse ....


The impact of mandated reporting on the therapeutic process picking up the pieces, Murray Levine, Howard J. Doueck, Jul 5, 1995, , 169 pages. "The book is a very positive contribution to a thoughtful understanding of the advantages and disadvantages of mandated reporting. Although the general thrust of the discussion ....
Stalked breaking the silence on the crime of stalking in America, Melita Schaum, Karen Parrish, 1995, Social Science, 320 pages. Offering statistical data, case studies, interviews with experts, and social analysis, the real story behind a growing crime epidemic suggests actual solutions for victims.

The Stalking of Kristin A Father Investigates the Murder of His Daughter, George Lardner, Jan 1, 1997, , 400 pages. Drawing on a series of articles that won him a Pulitzer Prize, an investigative reporter tells how his young daughter became involved with a man who eventually killed her.

Toxic Attention Keeping Safe from Stalkers, Abusers, and Intruders, Sherry Meinberg, Aug 1, 2003, Health & Fitness, 160 pages. Not all power tools are listed in a Craftsman catalog. Call it a how-to, a self-help, a helping hand, or a jump-start cable, whatever you call it, read "Toxic Attention!" If

Bad Men Do What Good Men Dream A Forensic Psychiatrist Illuminates the Darker Side of Human Behavior, Robert I. Simon, Feb 20, 2009, Medical, 339 pages. Robert Simon's Bad Men Do What Good Men Dream: A Forensic Psychiatrist Illuminates the Darker Side of Human Behavior is that rare title that is both essential reading for the

To Have Or to Harm True Stories of Stalkers and Their Victims, Linden Gross, 1994, Stalking, 244 pages. Citing the 150,000 reported "fatal attraction" stalkings in America today, an in-depth study describes several noted cases while offering advice to women on how to recognize

Power in the helping professions , Adolf GuggenbГјhl-Craig, 1971, Psychology, 155 pages. Guggenbuhl-Craig, a therapist for more than 50 years, teaches us how to be aware of the subtle abuses of authority that can occur during therapy. Everyone has been on both

Stalking , Bran Nicol, 2006, Performing Arts, 160 pages. It scares—and titillates—in such movies as The Hand That Rocks the Cradle and Basic Instinct. It violently ended the lives of legendary artists such as Selena and John Lennon.

Erotomania is the mental disorder of obsessive stalkers--the delusional belief that their victims are actually in love with them. Unfolding like a psychological thriller, this unique account by a psychiatrist who became the victim of her own patient provides a thorough examination of this often misunderstood disease.

This is the first real Pop-psych book that describes the Stalking Phenomenon in correct and accurate Mental Health language. This book was recommended to me by a City Prosecutor who felt it would help me understand why My Ex-boyfriend stalked me with the aid of his new wife (of all people!). Stalking is NOT just ex-boyfriends and Yes, women can become erotically obsessed with other women in a non-sexual manner OR, as in my case, they can be motivated to carry on an Erotomanic pursuit of a target whom their lover has been stalking which can result in a whole new range of Stalking behavior. This particular book deals with a Patient stalking her Psychiatrist with whom she has become obsessed - a common subset of Erotomania. However, the book also attempts and manages to cover pretty well the basics of Erotomaniacally motivated Stalkings in general which makes it a valuable addition to anyone's Library. ANYONE can become a target and Young Women should read a book like this before they leave home or college to enter the workforce. Even that may not be soon enough since I know of a few cases where friends of mine have had their highschool and junior high aged daughters subjected to such behavior. Even so.. I feel it is fair to say this is an essential book for Young Women. Men of all ages should and can read this as well, but statistically, women are at a higher risk which is why I singled them out as a group.

What really makes this book work is that the writer has been targetted herself which permits her to identify with her reader in a way that she could not if she were merely a Clinician attempting to describe this illness or a law enforcement official trying to describe how to deal with it via the Legal System.Read more &rsaquo;
I Know You Really Love Me was recommended to me when I had some concerns about someone I was casually dating. I was immediately enthralled as the author's voice took over and I became caught up in her fear and confusion over what was happening to her. Filled with detailed information presented in an interesting way, it made sense to me as a layperson without "dumbing it down". I had a clearer understanding of the disease as well as a better perspective on the tales I hear in the media. And I was inspired in general by her perseverance and courage in fighting for her own and other victim's rights. Plus it was a darn good read!

This is a remarkable book. We have all spent the last decade reading about stalking in the newspaper and watching TV news reports which give a tiny snapshot of this topic. Dr. Orion has given us the whole portrait, with meticulous brush-strokes that coney every nuance and subtlety of a problem that is anything but subtle. The book opens with a sentence that sets the stage beautifully: "I am a psychiatrist who has been having a long-term love affair with a former patient -- in her mind, that is." From there, Orion never loses compassion for the woman who has stalked her for years. She tells of her journey through fear, through the courts, through the actions and comments of her psychiatric peers, through police stations, law offices, frightening encounters at her home and office, and ultimately, to the place she has reached: the place of knowing of stalking from the inside out, as a mental-health expert, as a woman, and as a target. She moves from victim to victor, and the reader is taken along through wonderful writing that conjures the truth about stalking better than any news report or TV movie could ever hope to. Thus, we get the best gift: a learning experience we can enjoy along the way.

I applaude Dr. Orion's courage in writing this book. Her personal eight year experience with her stalker, police departments, and the court system has brought forth a book that is both informative and enjoyable to read. I only wish that I had this information 2 years ago. I hope that "I Know You Really Love Me" will be the stepping stone in increasing the awareness of how prevalent stalking is for the average human.

Locked in a ward of an Arizona psychiatric hospital, the patient called Fran looked harmless, even ordinary. Meeting her, psychiatrist Doreen Orion had no warning that Fran suffered from erotomania, the bizarre mental disorder that causes stalkers to believe their victims are in love with them--and no inkling that she would be the next target of Fran's twisted, dangerous mind.

Now Dr. Orion reveals how she has been spied upon, accosted, and hunted for eight years, living in fear of her life and the lives of those closest to her. Changing her address and job, getting restraining orders and having Fran arrested, have all failed to end Fran's obsessive behavior, which continues to this day.

In September 1989, Doreen Orion was just beginning her psychiatric practice when one of her female patients developed an erotomanic obsession with her. Over the next eight years, this patient skulked outside of Orion's house and at her workplace, leaving bizarre messages, watching her, and making her unwelcome presence known in virtually every aspect of her life. In I Know You Really Love Me, Orion recounts her legal and emotional struggles as she tried to take control of the situation.

As a psychiatrist, Orion has fascinating insights into the condition that causes some people to obsess inappropriately over others. She also describes compellingly the feelings of helplessness and fear that stalking causes its victims--but always with the compassion and understanding of someone who works with the mentally ill. Her unique perspective as both a victim and a professional makes I Know You Really Love Me not just a blow-by-blow account of a stalking, but a practical guide to understanding, avoiding, and discouraging stalkers. --Lisa Higgins

This is a wonderful book. Extremely well written, Dr. Orion takes us on a horrific journey, while educating us along the way. Using many compelling examples from her own case and others (including some of the more notorious celebrity cases), she proves the point that stalking is not taken seriously enough by both law enforcement and other mental health professionals. Time and
again, we learn that when the victim, the victim's family or others entrusted with helping the victim
don't take the stalker seriously, at best, the behavior escalates. At worst, it turns deadly! This book
should be required reading for law enforcement, judges, prosecutors, and those in the mental health
field. It should also be read by anyone who likes a beautifully written thriller!

The author, psychiatrist Doreen Orion, wrote this book to educate others about stalking, especially
of the erotomanic variety. Erotomania is best known to most of us through mass media, which
reports on those creepy individuals who go around convinced that celebrities are in love with them,
moved to them, etc. But this kind of stalking also happens to regular folks -- like Orion, whose
chance encounter with a psychiatric patient turned into a years-long ordeal, with the patient
following her, sneaking into her house, phoning, leaving letters, and even traveling from state to
state to maintain unwanted contact with Orion.

Orion recounts her ordeal and intersperses it with information she learned when she applied her
psychiatric and research skills to her own predicament. The result is what she intends. Her own
experiences cause us to empathize with her, and putting ourselves in her shoes, we can see that
being stalked (even by a person unlikely ever to attack one physically) is a harrowing,
psychologically draining, altogether awful ordeal. Over and over, Orion ran into people who, never
having experienced it, consider such devotion from another no more than a nuisance. Orion proves
differently. And her description of the psychological condition of erotomania and the development of
laws to counter it are interesting, and deep enough to teach something new even to those with long
experience in the medical or criminal justice fields.

On the other hand, Orion's conclusions about what to do with the problem of erotomania seem to
directly contradict what she says in her book. After noting again and again that punishment does not
stop erotomanic stalkers, she says that maybe if they are punished more, they will stop.Read more

This book blew me away. It is full of important information, not just for stalking victims, but for
potential victims as well (ie all of us). But, more than that, this true story reads better than any fiction
thriller out there. A friend who had been stalked, and found this book priceless, lent it to me. I could
see why it had been so important to her, but even though I had never been stalked, I still found it to
be a great read.

One more comment - I read the review below - Dr. Orion's husband was NOT her clinical supervisor.
They were just in the same residency program. I'm not sure where this person got that erroneous
info, but I just wanted to set that straight, as it would certainly effect the story if it were true, and I
might not have read the book if I'd read that review, first.

Having recently befriended a man who is being stalked by a former girlfriend, I found this book very
timely. It offers excellent information from both a personal and professional view. It was published in
1997; I understand that awareness and legislation have been increasing exponentially since then. I
am grateful to the author for all the energy she poured into her story, and dismayed that she was still
being pursued even as the book was published....

Dr. Orion does what few psychiatrists or other therapists have - tells her own story in an honest way.
Yes, she could have sugar-coated it and expressed only compassion for the person who stalked her
for almost 10 years, but that is not how real stalking victims, or even real people would feel. She
does talk about compassion for stalkers, but also about how "at times" she hates her stalker. How
could she not? If she did only put in all nice and warm feelings just to make herself look good, it
would have been a lie and a disservice to other stalking victims who can't possibly live up to that.

Of course she would prefer if the stalker got help - she makes that point many times, but also makes
the point that with the laws the way they are, the stalker can't be forced to get help unless it's
mandated by the courts. She also makes the point that this stalker stalked other people. Would you
want her out there stalking your wife, mother, daughter? Easy to say "oh, just get her treatment."
That's not how the system works.
This exploration of erotomania is as interesting and valid today (I am writing this review in 2012) as when it was first published in 1997. Written with scientific authority, it's doubly powerful in that the author, psychiatrist Doreen Orion, is speaking from her personal experience of being 'stalked' by a female patient she calls Fran who clings onto the delusion that the two of them have a lesbian love relationship. At the time of publication this 'affair' had already gone on eight years and counting, surviving a series of restraining orders, spells by Fran in a mental hospital and a prison, and even a move by Dr Orion and her fiancee across two states - Fran simply moved right to the same town, despite the author's enormous efforts to wipe away all evidence of her own move and clues to her whereabouts.

At the beginning of the book - which is narrated chronologically and skilfully mixes illuminating commentary into a gripping novel-like narrative structure - Dr Orion knew nothing about erotomania (the delusional but sincerely held belief that the 'object' is in love with the erotomanic), not even the name of the condition. Eight years on, she had become an expert, a campaigner and a lecturer in the subject, having researched as much as she could to understand what was happening to her, and ultimately to help others. The reader gets many of the fruits of this research delivered in a style very accessible to the general reader and including other fascinating case studies such as celebrity victims Madonna and David Letterman, and some tragic ones too, for some frustrated erotomanics turn to revenge and retribution with acts of violence and even murder.

It seems there is no known cure for erotomania, and little medication can do. Therapy doesn't help - erotomanics cannot be talked out of what they honestly believe to be true; what is the problem? The only relief for some victims is that sometimes their pursuers move on to other love objects. I'd like to think that by now Fran has moved on from the guiltless Dr Orion, except (and I know the author feels this too) this simply means more suffering for another victim.

It takes some really awful writing to make such an interesting subject so dull! I am fascinated by erotomanic delusions and yet I couldn't finish this book, which is the story of a female psychiatrist and her female, patient/stalker. It just seemed so drawn out. The French movie, 'he loves me, he loves me not' is fascinating if you are also interested in erotomania.

As an avid reader and addict of mental disorders and the research that goes into understanding them, I really enjoyed reading this. Its insight into the world of erotomania. You can't read something like this and look for a plot or some story to entertain you. Its INFORMATIONAL! It could save your life. I suggest people look at it for what it is, real life. Not art imitating life. REAL life. This woman suffered at the hand of some other woman who she randomly happened across. This is not Edward saving Bella from a car or someone out to steal Zeus's lightning, its stalking. Real pain. Real fear. REAL. Personally, I think this is an important read for anyone, not just women, but anyone. Knowledge is power. (less)
cared to know. However, if I ever get stalked, I'll have some guidelines to follow. The author Doreen Orion, a psychiatrist, tells of her own experience of being stalked for years by a former patient. What I objected to is the length of the tale. It went on and on and on, a ploy, no doubt by her publisher to add length so it could charge more for the book. It was extremely repetitious. I could have written this book in a third of the space and not left out a single detail!

This is a true story told from the point of view of a psychiatrist who gets stalked by one of her patients. Fran Nightingale believes she’s in a relationship with Dr. Orion, even though there was never any suggestion of one. For eight long years Dr. Orion struggles to protect herself and her fiancé/husband Tim (they got married in the midst of all this). She attempts to get into Fran’s mind to understand how to get her...more See more of my reviews on my blog Thoughts At One In The Morning.

The reason why I even picked this book up to begin with is due to the fact that I knew someone who had these tendencies. I wanted to understand what was going on in their mind, why they were so fixated on one person and wouldn’t believe that there was nothing between them. It was a pretty eye opening tale of what happens to a person when they end up being the one an erotomaniac sets their mind on.

http://eduln.org/106.pdf
http://eduln.org/37.pdf