

**Professor's Guide to
Medical Gaslighting: How to Get the Care You Deserve in a System that Makes You Fight
for Your Life
By Ilana Jacqueline**

Overview

Medical Gaslighting explores the systemic dismissal of patients—particularly women—by the healthcare system. Through patient stories, expert insights, and practical advocacy strategies, the book examines medical bias, gender disparities, and the emotional and physical toll of being dismissed. It provides tools for patients to advocate for themselves while also prompting critical discussions about medical ethics and systemic reform.

This book is ideal for courses in:

- Women's Health
- Medical Sociology
- Medical Ethics
- Gender Studies
- Public Health
- Health Law & Policy

Key Themes & Chapter Alignment

1. **Defining & Understanding Medical Gaslighting** (*Chapters 2–5*)
 - How and why medical gaslighting occurs
 - The historical and modern dismissal of women's health concerns
 - The psychological and physical impact on patients
2. **The Causes of Medical Gaslighting** (*Chapters 3, 6*)
 - Implicit bias in medicine and gender disparities
 - The role of outdated medical education and paternalism
 - Intersectional challenges: race, disability, and socioeconomic status
3. **Gender & Pain: The Battle for Treatment** (*Chapters 6, 11*)
 - Why women's pain is often dismissed
 - Gender bias in pain management and treatment access
 - Historical examples of women fighting for medical recognition
4. **Medical Records: A Double-Edged Sword** (*Chapter 10*)
 - The impact of electronic medical records (EMRs) on patient advocacy
 - Correcting bias and misinformation in health records
 - The ethics of documentation and its influence on medical care
5. **Surviving & Responding to Medical Gaslighting** (*Chapters 7–9, 12*)
 - Strategies for patient advocacy in medical settings
 - Trauma-informed care and the long-term consequences of dismissal
 - How healthcare professionals can work to build trust
6. **Medical Bias, Trust & Systemic Change** (*Chapters 6, 13*)
 - The erosion of trust in the healthcare system

- What systemic reforms are needed?
- How medical education can address and reduce bias

Discussion Questions

1. How has the historical treatment of women's health contributed to modern medical gaslighting?
2. How do race, disability, and socioeconomic status intersect with gender in medical dismissal?
3. What systemic biases exist in pain management, and how can they be addressed?
4. What are the benefits and risks of electronic medical records for women advocating for their health?
5. How can patients effectively respond to medical gaslighting? What risks do they face in doing so?
6. What role does media play in reinforcing or challenging medical bias?
7. What ethical obligations do doctors have when a patient feels dismissed?
8. How should medical education change to reduce bias and improve trust in healthcare?

Suggested Assignments

1. Research Paper: Historical vs. Modern Gaslighting

- Compare past medical biases (e.g., hysteria, exclusion from clinical trials) with modern cases of gaslighting. What similarities and evolutions are seen both in practice by physicians and response from patients?

2. Patient Advocacy Toolkit (*Based on Chapters 7–9*)

- Students design a guide for women navigating the healthcare system, including strategies for self-advocacy and identifying gaslighting.

3. Case Study Analysis: Medical Records & Bias (*Based on Chapter 10*)

- Students analyze a sample medical record for bias and propose corrections.

4. Media & Medicine Analysis

- Students critique how medical gaslighting is portrayed in TV, film, or news media compared to real-life experiences.

5. Interview Project: Women's Experiences with Healthcare

- Students interview women about their medical experiences and compare findings to themes in the book.

6. Medical Ethics Debate: Doctor vs. Patient Perspective

- Role-play as doctors, patients, and policymakers debating a case of medical gaslighting.

7. Reflective Essay: The Impact of Medical Trauma (*Based on Chapter 12*)

- Students explore how medical trauma affects future healthcare interactions and propose solutions for trauma-informed care.

Instructor Resources

- Examination copies available upon request
- Guest lecture opportunities: The author is available for virtual Q&A sessions
- Supplemental articles and case studies available upon request

For inquiries about desk copies or guest lectures, please contact: ilanawrites@gmail.com