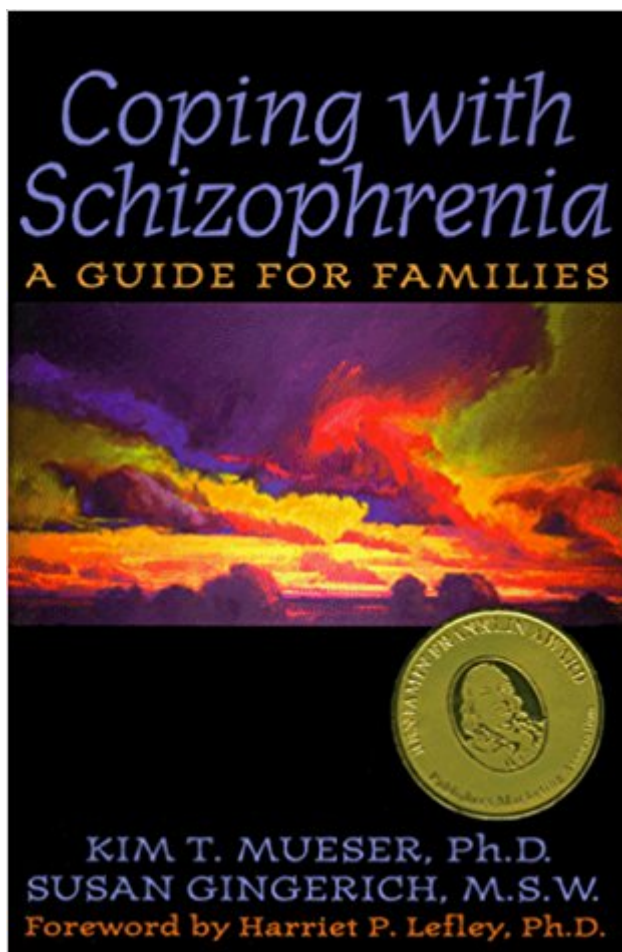


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# Coping With Schizophrenia: A Guide For Families



## Synopsis

For those who live and work with a person suffering from schizophrenia, this text features strategies for solving day-to-day problems such as preventing relapses, regulating medications, finding community resources, responding to crises, improving quality of life and planning for the patient's future.

## Book Information

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## Customer Reviews

Good overview of basics. Not much in the way of new insights, but still a good book for someone just entering the world of dealing with a family member with this devastating disease.

Extremely helpful strategies for coping with Schizophrenia in the family. As a Social Work student in Jerusalem doing an internship with a population suffering from Schizophrenia, I found this book provided excellent strategies for the families who must cope with acute or chronic attacks of Schizophrenia within their families. It also provides concise, up to date information and research on causes and treatments of Schizophrenia. I was also impressed with the organization and clarity of the presentation providing a wealth of information and coping strategies in a simple and easy to understand way. I highly recommend this book for the therapist and layman alike.

Every part of this book shares valuable information in real life easy to use with an easy to apply format. This book is a must for anyone to read who is trying to understand why, and knows how

helpless you feel. When it seems that no amount of money can fix things, start reading this book and you will find the sound principles along with a lot of LOVE can provide miracles for YOU TOO! It will take you step by step toward the BEST OF THE BEST, quality of life, possible for you and your family. It has for mine. Share It with someone you love. God Bless

There's something humorous about a book stating that the causes of schizophrenia are not environmental and yet devoting nearly the entire book to improving the patient's social environment, and stating that relatives are in the "frontline" of treatment. It's the old genetics vs environment argument. While we've spent at least the last 60 years learning that only ignorant bigots believe in biological destiny, it turns out some things are caused by genetics (so we need not concern ourselves with them?), while other things are due to environment. Alcoholism, depression, autism, mental illness, suicide susceptibility, attention deficit disorder, homosexuality, these things are all caused by genetics, we're learning more everyday. Everything else wrong in this world is caused by an oppressive system that is unfair to some. Apparently, 'during the past few years there have been some heroic attempts' by something called 'The National Alliance for the Mentally Ill' to convince the public that "schizophrenia is a biological illness". Their solution to 'an early warning sign' is to 'meet together as a family' and then work to 'reduce stress', then 'contact treatment provider' if symptoms don't subside. Good advice, no doubt. There's information here on what it's like to have schizophrenia. The authors describe it as living in a daydream while awake. In the past Schizophrenia has been called 'learned inattention'. Presumably if you're bombarded enough with negative attention you learn to stop paying attention. Perhaps it could be called 'attention deficit'? Once someone has been diagnosed most likely much of the damage has already been done, in which case treatment and 'reducing stress' becomes the issue. There is some advice for the patient, "Communicate directly about stress", "Engage family in problem-solving discussion", "Use relaxation techniques", "Use positive self-talk", "Maintain your sense of humor", "Use religion or other spiritual inspiration", and "Make a plan to increase your coping ability" the last part, 'Make a plan to increase your coping ability, means making sure you monitor the other techniques by using something like a chart. The previous headers are the coping techniques.

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