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Hidden Victims Hidden Healers: An Eight-Stage Healing Process for Families and Friends of the Mentally Ill

By Julie T Johnson

On Demand Publishing, LLC-Create Space, 2007. Paperback. Book Condition: New. 2nd ed.. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.The impetus of this book began with a personal search of mine for support groups for families of those with mental illness. I had a brother with Schizophrenia. I was also finishing up my graduate degree in Social Work (back in 1982). What these groups for families of the mentally ill supported concerned me. What I typically found were dysfunctional groups supporting negative and even hostile mindsets. Most of them encouraged a victim mentality to the surrounding culture and to the mental illness. When I considered using other group processes such as the 12 Steps, it didn't convert well enough to help family members struggling with a loved one's persistent and chronic mental illness. I also recognized that mental illness happens within the context of a family - not just the individual. Too often these groups focused on the mentally ill person at the expense of the family's overall own mental health and the health of other family members. I discovered in my research that how the family responds to the...



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