



# Working with Families of the Mentally Ill (Norton Professional Book)

*Kayla F. Bernheim, Anthony F. Lehman*

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**This book is the practical guide to integrating educational, behavioral and supportive techniques to assist families in helping their chronically ill relatives as well as themselves.**

These families must cope with a variety of problems, such as the heavy and often unpredictable demands of their ill member, the pain of lost dreams and expectations, and the bureaucratic complexity of the mental health system. However, with proper guidance and counseling, they can become the professional's most valuable allies in treatment of patients with schizophrenia and major affective disorders.

This is a practical, psychoeducational approach, with special emphasis on the "nuts and bolts" of counseling families. The authors show how the family clinician can develop a cooperative, respectful relationship with family members, educating them about the symptoms, causes, and treatments of such illnesses as schizophrenia, helping them develop strategies to deal with both day-to-day problems and the long-term implications of the disease, and offering emotional support as needed.

This book will be invaluable to all mental health professionals working with the chronically mentally ill and their families in hospitals, clinics and outpatient settings. Both professionals and trainees will find here a new model of compassionate care, essential as families are enlisted as allies in the treatment of chronic mental illness.

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