

# I AM NOT SICK I DON'T NEED HELP!

*Revised & Updated*



How to Help Someone with  
Mental Illness Accept Treatment

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# I Am Not Sick I Don't Need Help: How to Help Someone with Mental Illness Accept Treatment



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About 50% of most people who have schizophrenia and manic-depression do not understand that they are ill and refuse treatment. Prepare to be surprised also to have new hope. Whether you are a family member or a therapist, in this publication you will find wish in what the new study is normally revealing about the issue of poor insight into disease. There is much that you can do to conquer denial.



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I had an 'ah ha' moment when I found that trying to convince my child he previously a mental illness was like talking to a solid wall - and A technique that teaches you how to strategy your child (adult) in a manner that they will listen and have a conversation with you. Once at that time, you will see what to say to help them make the decision to their medication. It is layman-friendly, without needing any specialized jargon.. I came across I was the biggest obstacle inside our way. Worth a second read. Their right may be 'the sky is red not blue'. It really is their reality, so do not argue with them - you are not going to change them. Dr. Welcome with their world. I know I am powerless to such a disease. Highly recco. I was fortunate to have at least interacted with regional mental health professionals who directed me with the same guidance as one of them publication. The photo on the jacket of the book actually hits' house.. I wished I experienced read it far earlier than I do, because I'd have certainly interacted/communicated with my children member in a far greater manner. There is simply no other book like it. What would you perform if everyone was letting you know that the sky was reddish when you KNEW it was blue? (Some of the concepts in the reserve are usable when dealing with troubled people and youth in general. Extremely helpful Has helped me understand what is certainly going on with my son and how to chat to him in a manner that will preserve my romantic relationship with him. Found its way to a timely manner Great book Great Read, Very Helpful This by far among the best written here is how to interact,communicate and understand individuals with mental illness.[... Anyone who has a person with Mental Medical issues should have a copy of the incredible publication. I am happy that this reserve exists. I had an 'ah ha' instant when I noticed that trying to convince my son he previously a mental illness was like talking to a solid wall - and WHY it is that way. Thiis book is the "bible" of NAMI, recommended for everyone who manages or interacts with a mentally ill person (who does not have any insight to their illness). 50% of people with schizophrenia have no insight, which may be part of the disease itself. I recommend this book. It is anosognosia. Eventually, the methods taught in the reserve are great for communication skills for any interaction you have with people who are not really mentally ill. It's good for spouses, co-workers, close friends, enemies, anyone who you want to have an improved and even more trusting repore with. SPREAD to Others Sooner rather than Later Having go through many books upon bipolar and schizophrenia since we have gone through 4 years of trying to figure out what is usually wrong with our son, I landed upon this fine book, much too late. But, I am devouring every page today. I browse an early edition of this book and made a decision to read the latest edition. How many times my boy has left home are more than I could count. I highly recommend this book for people who are coping with someone in this situation. My son is identified as having bipolar disorder and has been in and out of treatment for 4 years. He is now in the hospital again, after having gone from his medications, once again, (and personal medicating with marijuana and such) and close to having to perform another stint at that condition hospital. He is just 17, going on 18. I hope he reaches into adulthood. If he were to kill himself as he occasionally says he'll do, having go through this reserve and having attempted everything within my capacity to help him, I will turn out the other part with some solace for my heart. Best publication if you want to get somebody with mental illness, who doesn't believe they are ill, in which to stay treatment. Hugs to you and all. It's as even worse a curse as tumor.I would put down every book you might be reading right now, even from Fuller Torrey, and go through this first. Underline and continue back to the reasoning behind the authors suggestions. Amador knows who his target audience is (groups of family members with serious mental illness) and what their problem is (getting their loved one to stay in treatment).) Best of luck. I've recommend this reserve to the therapist now working with my son. I'll send one

in the mail to his current psychiatrist who might use this on her behalf practice. She is not connecting with my son and it's really causing very slow motion in his improvement. And will not waste any of time telling anything that does not matter. Damn mental illness! Very informative book I found this book to become a very informative one on the subject. I've recently discovered my boy has some mental illness but he doesn't believe he has a problem. The author through his own experiences relates how to deal with the difficulty of helping the mental ill without alienating them. In my own son's case, all of those other family has complications communicating with my child because of their attempts to make him realize he requirements help. He stays from them. I would watch him leave and leave from home, backpack at hand. and friends looking to help their cherished one get mental wellness treatment despite suffering from lack .. It is better still than I remember. This book is incredibly helpful for partners, family, and friends seeking to help their cherished one get mental health treatment despite experiencing insufficient insight..DJ JaffeExecutive DirectorMental Illness Policy Org. It has helped me immensely understand and deal with my son which has Schizophrenia. This gives practical, tangible, useful assistance for family members (and practitioners) on how to get someone who has severe mental illness, but does not believe they are ill, to adhere to treatment. The process for obtaining assistance (crisis assistance) was very helpful. I have already been an advocate for those who have the most serious mental ailments for over 20 years. I wished the writer lived close to where lived in order that he could educate a few of the mental health nonprofit staff in my community! It must be a must read reserve for all individuals who used in the mental wellness field - both experts and administrative staff. The first thing you need to read as soon as they know someone you care about has schizophrenia I started reading this book, about my panic airline flight back when for the first time my mom showed intense hallucinations. I remember getting soo stressed that I could actually experience it in my body. This publication provided immense support, and by the end of the air travel, I understood how to approach my mom, and in addition my family. I was able to gain her trust, start her food and medications back and in addition convinced her to consider the anti-psychotic meds. She actually is still recovering, though much better than the first day. I dont know how I would have managed it without the book. Some ideas certainly are a small hard to accept at first, but continue reading and see in the event that you suddenlyl have a switch of mind.I so appreciate the author updating the book as time goes on! I would recommend reading the from page 1 because they tell you how exactly to read the publication and what can be skipped centered on the situation. Incredible book. This is the best book out there for family and friends along with providers out there.] recommended for everybody who takes care of or interacts with . It really is a must read! Great Book Great book if you want to understand somebody with a mental health problem. While he describes the theoretical underpinnings (anosognosia), the real value of the reserve is it's actionable, useful, advice to resolve that particular problem. Great insight A must-have to comprehend these specific illnesses, and understand how to cope with them. Persons with brain disease live in possible THEIR brain has generated. It's not denial.



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