

## Families & Coping Strategies

Ackerman, Robert J., Ph.D.

Let Go and Grow: Recovery for Adult Children, Health Communications, Inc., 1987

Quote from cover: “In Let Go and Grow: Recovery for Adult Children, Dr. Ackerman, from his in-depth studies, identifies the characteristics of all adult children of alcoholics, plus the varying and diverse types. He identifies the positive characteristics and pinpoints the problem areas, so that through the process of forgiveness and understanding, the adult child, too, can achieve positive intimate relationships. From recognizing and dealing with the problem with the parent(s), the adult child can make peace within the family to let go the problems of the past, and grow into healthy adulthood.

187 pgs.

Adamec, Christine

How to Live with a Mentally Ill Person, John Wiley & Sons, Inc., 1996

235 pgs.

Amador, Xavier, Ph. D.

I Am Not Sick, I Don't Need Help!, Vida Press, 2000

Helping the seriously mentally ill accept treatment.

202 pgs.

AMI of Ohio

Just for this Day: Meditations for Families Experiencing Mental Illness, 1992

114 pgs.

Bernheim, Kayla, Richard Lewind and Caroline Beale

The Caring Family: Living with Chronic Mental Illness, Random House, 1982

A book for families with mentally ill members. It suggests ways of dealing with such issues as the ill member's undesirable behavior, overseeing treatment, using the mental health system and solving legal problems. Includes brief sections for spouses, parents and siblings.

226 pgs.

Burland, Joyce

What Hurts / What Helps: A Guide to what Families of the Mentally Ill Need from Mental Health Professionals, Behavioral Health, Inc., 1993

20 pgs.

Bradshaw, John

Bradshaw on: Healing the Shame That Binds You, Health Communications, Inc, 1988

Quote from back cover: “In an emotionally revealing way Bradshaw shows us how toxic shame is the core problem in our compulsions, co-dependencies, addictions and the drive to superachieve, resulting in the breakdown in the family system and our inability to go forward with our lives. We are bound, Bradshaw tells us, by our shame. But drawing from his 22 years of experience as a counselor, he offers us the techniques to heal our shame. Using affirmations, visualizations, “inner voice” and “feeling” work plus guided meditations and other useful healing techniques, he releases the shame that binds us to our past.”

245 pgs.

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Burch, Claire

Stranger in the Family: A Guide to Living with the Emotionally Disturbed, Bobbs-Merrill Co. Inc., 1972

Quote from the cover: "...an innovative work on a subject which is still so controversial that any attempt to negotiate it is like picking one's way across a bed of hot coals... Out of her own long encounter, plus familiarity with most psychiatric and anti-psychiatry movements, she has written a deeply compassionate, straight forward and truly healthful book with a point of view that is filled with hope for families.

233 pgs.

California AMI

Families Know About Coping with Serious Mental Illness, Sacramento, CA, AMI 1989  
(2 Copies)

An excellent book for outreach developed by the California Alliance for the Mentally Ill that can be used by any state or local affiliate. Engaging illustrations and a readable text assure readers that they are not alone. The book offers sound advice: find professional help, become involved in treatment decisions, read about mental illness, take care of yourself, cultivate coping skills, change your expectations.

28 pgs.

Dearth, Nona, et al,

Families Helping Families: Living with Schizophrenia, W.W. Norton & Co., 1986

Written by NAMI members to help other families cope with mentally ill members. It is direct, authoritative and practical in dealing with a wide range of problems families face – their feelings and attitudes, relationships with a professionals (take them off a pedestal), the state of services and the need for improvement. Ends by reaffirming the need for families to work together as advocates.

163 pgs.

Dinner, Sherry H., Ph.D.

Nothing to be Ashamed Of, Lothrop, Lee and Shepard Books, 1982

This book contains chapters on: What is Mental Illness? Reactions to Living with a Mentally Ill Person, Schizophrenia, Mood Disorders, Anxiety Disorders, Post-Traumatic Stress Disorder, Alzheimer's Disease, Eating Disorders, Mental Health Professionals and What They Do, Coping and Helping Your Family. Includes an appendix on finding a support group.

212 pgs.

Gil, Eliana, Ph.D.

Outgrowing the Pain, Dell Publishing, 1988

Quote from introduction, "As a therapist, I have seen many clients who have sought help for a variety of problems including finding or keeping jobs, problems with a drinking or abusive mate, depression, general dissatisfaction with life, or a feeling of "wandering" without clear direction or goals. When I inquired into their pasts, physical, sexual, emotional abuse and / or neglect often had occurred. I began to recognize similar patterns and difficulties in victims of past or current abuse.

88 pgs.

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Hatfield, Agnes B.

Consumer Guide to Mental Health Services, Arlington, VA, NAMI, 1985

(3 Copies)

A essential beginner's handbook for families of mentally ill persons. It deals with choosing a therapist, hospitalization, community services, insurance, long-term planning, and grievances. Urges families to be assertive consumers.

17 pgs.

Hatfield, Agnes B.

Coping with Aggressive Behavior, NAMI, 1992 (2 Copies)

Booklet on violent behavior in people who have mental illness and the family's role in dealing with it.

6 pgs.

Hatfield, Agnes B.

Coping with Mental Illness in the Family: A Family Guide, NAMI, 1991

An updated coping guide by a professional who speaks from personal experience. Addresses many of the problems families face as they try to understand mental illness and cope with the problems it raises. It offers practical suggestions for lowering stress levels, managing disturbing behavior, and using family and community resources. The book is equally appropriate for use by individual families, family study groups, or professionals.

68 pgs.

Hatfield, Agnes B.

Families of the Mentally Ill: Meeting the Challenges, Jossy-Bass, 1987

Written for professionals by NAMI members, most of whom are themselves professionals. The book describes the anguish families suffer because of a loved one's mental illness, the history of the family movement and its empowering effect, the stigma families confront, and the humiliation they often suffer in their relations with service providers. Promising developments are family advocacy, more collaborative professional-family relationships, and advances in scientific research.

107 pgs.

Hatfield, Agnes B.

Family Education in Mental Illness, Guilford, 1990

A must for families in educating themselves for supporting ill loved ones.

212 pgs.

Hatfield, Agnes B.

Medication Compliance, NAMI, 1990

Booklet on medication compliance includes forgetfulness, unpleasant side-effects, issues of control. For families, consumers and the treatment professional.

6 pgs.

## Families & Coping Strategies

- Hatfield, Agnes B. Ph.D. and Harriet Lefley  
Surviving Mental Illness: Stress, Coping and Adaptation, Guilford Press, 1993  
(2 Copies) 200 pgs.
- Hatfield, Agnes B.  
Understanding Low Motivation in Mental Illness, NAMI, 1990  
Booklet. 6 pgs.
- Hinckley, Jack and JoAnn  
Breaking Point, Chosen Books, 1985  
The parents of John Hinckley, Jr. talk about the step-by-step process of John developing mental illness. Sections include: Early Warning Signs, Where to Turn for Help and Do's and Don'ts for Families. 375 pgs.
- Johnson, Julie Tallard  
Hidden Victims: An 8 Stage Healing Process for Families and Friends of the Mentally Ill, Doubleday, 1988 (2 Copies)  
Practical and realistic help for the "hidden victims" of mental illness – siblings, spouses, parents and adult children. The author urges family members to accept mental illness as they would accept any chronic illness, to limit its disruptive effect on family life, and to learn to cope with guilt and fear. She proposes an eight-stage healing process that builds self-esteem and inner peace. 190 pgs.
- Kanter, Joel S.  
Coping Strategies for Relatives of the Mentally Ill, NAMI, 1984  
Useful for individual families or as a discussion group manual. Deals with attitudes and goals for families, planning and implementing effective coping strategies, handling aggression and intimidation, and supporting and protecting the mentally ill person. Cites the need to require that mentally ill persons respect others and take steps toward independence. 28 pgs.
- Kurtz, Ernest and Katherine Ketcham  
Spirituality of Imperfection, Bantam Books, 1992  
"Spirituality teaches us...how to deal with failure in life...errors are part of the game, part of its rigorous truth." Kurtz uses wisdom stories from many cultures and the Twelve Step Program to share his vision and hope. A spiritual connection often comes when consumers and families tell their own stories and the truth revealed helps them to heal. 293 pgs.

## Families & Coping Strategies

Laing, R.D.

Politics of the Family, Pantheon Books, 1969

Chapter 1: The Family and the "Family", Chapter 2: Intervention in Social Situations, Chapter 3: The Study of Family and Social Contexts in Relation to Schizophrenia.

Quote from the book jacket: "The first chapter was originally addressed to psychoanalysts, the second to social workers, the third to psychiatrists. The remaining chapters comprise five talks given on Canadian Radio. Each has been much revised and the resulting volume, written in a simple and lucid style, is of concern to anyone who wishes to consider what it is like to live in a family."

133 pgs.

Lefley, Harriet P.

Family Caregiving in Mental Illness, Sage Publications, 1996

261 pgs.

Low, Abraham A.

Mental Health Through Will Training, Christopher Publishing House, 1971

A system of self-help in psychotherapy as practiced by Recovery Incorporated.

393 pgs.

Marsh, Diane T.

Families and Mental Illness: New Directions in Professional Practice, Praeger Publishers, 1992

Some exciting developments currently underway that should draw professionals and families together for more effective treatment of the mentally ill relative. This book can be an asset in the training of the mental health professional.

231 pgs.

Turnbull III, H. Rutherford

Disability and the Family: A Guide to Decisions for Adulthood, Paul H. Brooks Publications, 1989

An up-to-date, comprehensive, and useful guidebook for families of disabled persons about planning for the future. It covers legal issues, government disability programs, wills and trusts, housing and employment, and advocacy. Most cases cited are of retarded persons, but the information is immediately applicable to persons with mental illnesses.

432 pgs.

Van Buren, Abigail

A Family Affair, Brunner / Mazel, 1986

Based on letters to Abigail Van Buren in cooperation with The Group for the Advancement of Psychiatry. Chapter titles include: The Family Cries for Help, The Family Tries to Come to Terms with Mental Illness, The Support System Sometimes Fail, The Family Seeks Help, and What Can Be Done? This book also contains a bibliography, a resource information section, references, and a section about The Group for the Advancement of Psychiatry.

104 pgs.

## Families & Coping Strategies

Vine, Phyllis

Families in Pain: Children, Siblings and Parents Speak Out, Pantheon Books, 1982

Written by a NAMI member. The author tells the stories of families and patients as they go through initial symptoms and hospitalization, diagnosis, treatment programs, life at home and in a hospital, and face chronicity. The final chapter urges families to advocate for better services.

273 pgs.

Wasow, Mona

The Skipping Stone: Ripple Effects of Mental Illness on the Family – 1<sup>st</sup> Edition, Science & Behavior Books, Inc., 1995

A compassionate, but stirring wake-up call to professionals to hear and address the concerns of all types of family members – children, siblings, spouses, grand parents, aunts and uncles.

233 pgs.

Wasow, Mona

The Skipping Stone: Ripple Effects of Mental Illness on the Family – 2<sup>nd</sup> Edition, Science & Behavior Books, Inc., 2000 (2 Copies)

A compassionate, but stirring wake-up call to professionals to hear and address the concerns of all types of family members – children, siblings, spouses, grand parents, aunts and uncles.

303 pgs.

Woolis, Rebecca, MFCC

When Someone You Love Has a Mental Illness: A Handbook for Family, Friends and Caregivers, Tarcher Perigee, 1992

This offering is an excellent practical and accessible guideline for coping with mental illness.

228 pgs