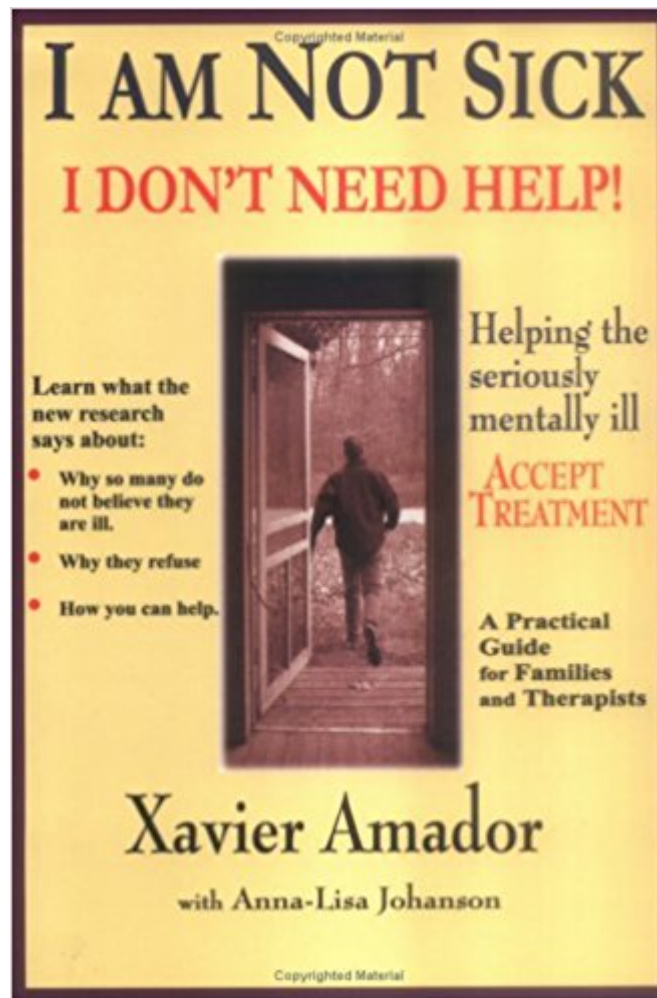




The book was found

I Am Not Sick I Don't Need Help!



Synopsis

About 50% of all people with schizophrenia and manic-depression do not understand that they are ill and refuse treatment. Whether you are a family member or a therapist, in this book you will find hope in what the new research is revealing about the problem of poor insight into illness. Prepare to be surprised and to have new hope. There is much you can do to conquer denial.

Book Information

Paperback: 202 pages

Publisher: Vida Press; 1st Edition edition (June 2000)

Language: English

ISBN-10: 0967718902

ISBN-13: 978-0967718903

Product Dimensions: 0.8 x 5.8 x 8.5 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.7 out of 5 stars 479 customer reviews

Best Sellers Rank: #133,132 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Mental Health > Schizophrenia #58 in Books > Health, Fitness & Dieting > Mental Health > Bipolar #69 in Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness

Customer Reviews

I strongly recommend this to families and therapists of seriously mentally ill patients. -- AARON T. BECK, M.D., Emeritus Professor of Psychiatry, University of Pennsylvania, Department of Psychiatry
The focus throughout is on building mutual understanding and trust, so involuntary treatment can be avoided, if possible. -- LAURIE FLYNN, Executive Director, National Alliance for the Mentally Ill
This book fills a tremendous void in the literature on schizophrenia and bipolar disorder. -- E. FULLER TORREY, M.D., Director of the Stanley Foundation Research Programs on Schizophrenia and Manic-Depression; Author of *Surviving Schizophrenia*.

Looking back, the strangest part was not the omnipresent government agents, the agonizing radiation weapons, or even my own super hero-like capabilities. What frightens me most is that my manic depression gave me an immovable certainty that it was the world around me that was convulsing but that my perception and judgment of it were unaltered. Thinking of this time leaves me frustrated and embarrassed as well as apprehensive that it might come again. I read Dr. Amador's

book and felt better. First, he concretely and understandably establishes that most denials of treatment are but manifestations of the illness and that it is the illness that is the enemy. Dr. Amador then presents a powerful game plan for penetrating, or at least circumventing, sickness induced lack of insight that will maximize the cooperation with treatment of those affected. When I first became ill, I wish this book had been in the hands of someone who cared about me. JONATHAN STANLEY, JD Assistant Director, Treatment Advocacy Center and, a Consumer diagnosed with Bipolar Disorder

There are several publications that address best practices for clinicians treating persons with schizophrenia. These are written from the perspective of the practitioner. There are a few books written from the perspective of the consumer or of the family member, but these do not incorporate the values of clinical insights, particularly those reflecting recent research findings. The great value of "I am Not Sick, I Don't Need Help" is that it incorporates both the consumer's perspective and that of the clinician. It finds common ground, pointing out where the consumer and his/her clinician can work together in partnership. It is practical, easy to read, and hopeful. I highly recommend it to anyone interested in helping those who, like myself, live with the condition we call schizophrenia. FREDERIC J. FRESE III, Ph.D. Summit County Recovery Project and, a Consumer diagnosed with Schizophrenia

At last we have a volume for those individuals most closely associated with the mentally ill. In a very readable fashion, Dr. Amador addresses the nature of patients' unawareness of their illness and their need for treatment. He also clearly outlines the relevant research and gives clear prescriptions to help families and therapists deal with patients' obliviousness to their condition. I strongly recommend this to families and therapists of individuals with serious mental illness. AARON T. BECK, M.D. Emeritus Professor of Psychiatry, University of Pennsylvania, Department of Psychiatry

This is the first book to address the elephantine question running roughshod over families of individuals with schizophrenia and bipolar disorder: Why won't the sick person take his/her medicine? Amador, a psychologist who has a brother with schizophrenia, has pioneered research on poor insight into illness, a.k.a. anosognosia, for the past decade and is an acknowledged authority on it. He blends clinical vignettes skillfully with his erudition, and the resulting mix is both edible and edifying. Most important, Amador provides families and mental health professionals with a concrete, step-by-step plan to improve awareness of illness. This book fills a tremendous void in the literature on schizophrenia and bipolar disorder. E. FULLER TORREY, M.D. Author of *Surviving "Schizophrenia."* Of the myriad of problems presented by serious mental illness Dr. Amador has focused on the single most critical factor. Breakthroughs in treatment will not be effective unless we deal with medication noncompliance and the related issue of poor insight into illness. Dr. Amador takes this issue on in "I am Not Sick I Don't Need Help"

and deals with it head-on, providing vital information and practical advice for both families and therapists of patients with schizophrenia and bipolar disorder. This book will be immensely helpful to anyone dealing with the problems of medication noncompliance and poor insight. MICHAEL FLAUM, M.D. Director of Mental Health, State of Iowa This is a wonderful book bringing together the personal experiences of a psychologist and a lay person who have relatives with serious mental illness. Dr. Amador's research and clinical experience makes this book a rich source of information and practical advice. It is one of the salutary characteristics of our culture that people who experience pain convert that pain into something productive. People who are victimized by, stressed by, and dismayed by serious mental illness will find this book enormously helpful. It contains information about new research and concrete advice that will be of enormous help to both the families of the seriously mentally ill and to the mental health professionals who care for them. HERBERT PARDES, M.D. President, New York-Presbyterian, The University Hospital of Columbia and Cornell and, past Director of the National Institute of Mental Health For so many, it is very difficult to accept the notion that people like Ted Kaczynski or Anna-Lisa Johanson's mother have medical illnesses. It is easier to somehow cordon them off in our minds, just like they have been walled off from society through the centuries, as somehow less human than the rest of us. In this book, Dr. Amador breaks through these walls with personal courage and brilliant science. Lack of insight in people with schizophrenia and bipolar disorder is the major cause of many of the worst aspects of their illness, and may be the most recalcitrant since it is difficult to treat someone who thinks that nothing is wrong. Dr. Amador has spent the better part of two decades conducting research on this topic and has been the world's most influential scientist in this important area of work. In this book, he prescribes detailed interventions to help families and therapists deal with lack of insight and the many difficulties it causes people with major mental illness. Yet Amador is not an academic preaching from an ivory tower. His poignant personal experiences with people with schizophrenia, including his brother and close friend, are laced throughout this thoughtful, moving, and indispensable book. "I am Not Sick, I Don't Need Help!" is an essential guide to anyone who knows, loves or treats someone with schizophrenia or bipolar disorder. RICHARD KEEFE, PH.D. Professor of Psychology in Psychiatry, Duke University Medical Center and, author of "Understanding Schizophrenia."

I have been an advocate for people with the most serious mental illnesses for over 20 years. I read an early edition of this book and decided to read the latest edition. It is even better than I remember. This offers practical, tangible, useful advice for families (and practitioners) on how to get someone

who has serious mental illness, but does not believe they are ill, to comply with treatment. There is simply no other book like it. Dr. Amador knows who his audience is (families of loved ones with serious mental illness) and what their problem is (getting their loved one to stay in treatment). While he describes the theoretical underpinnings (anosognosia), the true value of the book is it's actionable, practical, advice to solve that particular problem. DJ Jaffe Executive Director Mental Illness Policy Org.[...]

A technique that teaches you how to approach your child (adult) in a way that they will listen and have a conversation with you. Once at that point, you will see what to say to help them make the decision to their medicine. Some ideas are a little hard to accept at first, but keep reading and see if you suddenly have a change of mind. I had an 'ah ha' moment when I saw that trying to convince my son he had a mental illness was like talking to a brick wall - and WHY it is that way. I found I was the biggest obstacle in our way. Persons with brain disease live in a reality THEIR brain has created. Their right may be 'the sky is red not blue'. It is their reality, so do not argue with them - you are not going to change them. What would you do if everyone was telling you that the sky was red when you KNEW it was blue? Welcome to their world.

Invaluable for a person who has a loved one who suffers from a mental illness. I haven't had an argument with my son since reading this. I sent copies to his case managers. It should be required reading for people who work in the mental health industry.

I found this book to be a very informative one on the subject. I have recently discovered my son has some mental illness but he doesn't think 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 son's case, the rest of the family has problems communicating with my son because of their attempts to make him realize he needs help. He stays away from them. I highly recommend this book for people who are dealing with someone in this situation.

This is the best book I have ever read about dealing and understanding mental illness. Dr. Amador's book should be the go to book for families and professionals. So many people think mentally ill people choose to be defiant and not take medication, that is not always true. Thank you Dr. Amador's your book has helped me help my family to better understand their brother.

Fantastic book for anyone with a family member with mental illness. Focuses on schizophrenia, but has valuable information regardless of the type of mental illness. Gives insight into how their loved one is experiencing the illness and why he/she sometimes behaves in the way they do. Helps family members learn ways of communicating with someone who sees things from a different perspective. Reading this book certainly helped my adult son and I as he was going through his rough period.

This book saved the life of someone I love. Or rather, it gave me the skills necessary to get them to get the help they needed. It is not magic. It is merely a recipe which you can employ to help navigate you through the difficult task of developing and maintaining a constructive relationship with someone who has mental illness which can lead to more positive outcomes. It was by far the most helpful, in a practical sense, book I read when my loved one became ill.

I cannot recommend this book more highly. Only someone who has a loved one with mental illness really knows what it is like to go through this. Dr Amador is the ONLY one who has ever had any kind of advice on how to help someone who doesn't want it and is positive they are not sick. Thank you for this book. I ordered the CD's to listen to also.

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