

I Am Not Sick, I Don't Need Help

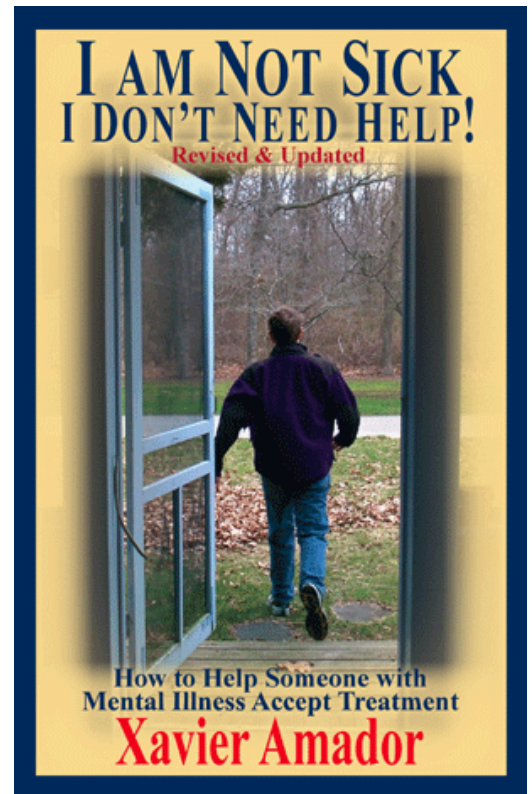
Author: [Xavier Amador PhD](#)

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Reviewer: [Carole Dallimore \(June 2007\)](#)

This is a very readable book for families, friends and therapists coping with the seriously mentally ill. One of the major issues of living with someone diagnosed with schizophrenia and similar conditions is their inability to recognise their illness and so their need for treatment.

Dr Amador addresses this problem and demonstrates that it is their illness which is the 'enemy' and gives us a planned 'attack' in dealing with this lack of insight.



This involves empathising with the ill person's situation and becoming a trusted person in their eyes rather than an adversary, forcing views on treatment that they consider 'controlling and irrelevant'. The end result of this planned approach is to hopefully have the seriously ill loved one accept the need for treatment of their own volition.

The book provides clear, concrete guidance to families and professionals. Case examples add interest and one can empathise with the situations described, which are typical for people dealing with a condition they have no experience in handling.

Delusions and psychotic thinking are quite beyond our everyday experience. So it is not surprising that most people are at a loss to approach and obtain help for someone with a serious mental illness.

Those with psychosis may not even recognise that their own behaviour and function is disturbed, let alone that they need treatment, and often vehemently deny they need help.

As one M.D. points out, "Dr Amador's inclusion of his own personal account of his lifelong struggle with his own brother Henry, who suffered from schizophrenia, makes this book especially poignant."

The book is divided into four parts.

- **Part one - Why They Deny Having An Illness And Refuse Help.**
- **Part two - How To Help Them Accept Treatment.**
- **Part three - To Commit Or Not To Commit.**
- **Part four - When The Dust Settles - Keeping Them On Your Team And In Treatment.**

I hope you will find this book as enlightening as I did. The author Dr Xavier Amador will be attending our National SF Conference in September 2007 as our guest speaker. We welcome SF members to join us there for an opportunity to hear Xavier in person.

See Upcoming Events on our website <http://www.sfauckland.org.nz>

for details of the SF National Conference 2007