



## Hidden Victims Hidden Healers: An Eight-Stage Healing Process for Families and Friends of the Mentally Ill (Paperback)

By Julie T Johnson

On Demand Publishing, LLC-Create Space, 2007. Paperback. Book Condition: New. 2nd ed.. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The impetus of this book began with a personal search of mine for support groups for families of those with mental illness. I had a brother with Schizophrenia. I was also finishing up my graduate degree in Social Work (back in 1982). What these groups for families of the mentally ill supported concerned me. What I typically found were dysfunctional groups supporting negative and even hostile mindsets. Most of them encouraged a victim mentality to the surrounding culture and to the mental illness. When I considered using other group processes such as the 12 Steps, it didn't convert well enough to help family members struggling with a loved one's persistent and chronic mental illness. I also recognized that mental illness happens within the context of a family - not just the individual. Too often these groups focused on the mentally ill person at the expense of the family's over-all own mental health and the health of other family members. I discovered in my research that how the family responds to the...



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