



Psychosis in the Family: The Journey of a Transpersonal Psychotherapist and Mother (The United Kingdom Council for Psychotherapy Series)

Janet C. Love

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This is a book written not just by a professional transpersonal psychotherapist but by someone who has walked the heart-rending path and experienced the psychological trauma of loving someone in psychosis; psychosis which still remains the greatest taboo in society today, together with its implicit diagnosis of a lifelong sentence of medication and no cure. It is in the main a personal and moving narrative of a mother looking to help her son avoid such a lifelong sentence of medication whilst trying to research holistic resources and alternative approaches for treatment at the same time as negotiating the vagaries of the current mental health system. It is often a tale of despair and frustration, yet also gives a compassionate voice. Transpersonal and transgenerational psychotherapeutic insights back up the personal narrative. It includes an accessible inquiry into how unconscious forces influence our mind, our bodies and the entire family system. Its hypothesis is that if we cannot understand our own unconscious responses how can we understand those of our loved ones in psychotic episodes? This is a highly readable, provocative weave of story and theory, one of the great untold stories of our time.

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