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Understanding Your Schizophrenia Illness: A Workbook

Chris Healy

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A diagnosis of schizophrenia can be devastating. It is therefore crucial that those diagnosed are provided with complete, accurate information that explains what schizophrenia is, answers questions about what it means and helps them to come to terms with their illness. *Understanding Your Schizophrenia Illness* provides mental health professionals with a structured framework for delivering this information to clients. Developed by psychiatric nurse Chris Healy, it is a complete, educational resource that professionals and clients can work through together. Its six sections provide an overview of schizophrenia, its possible causes, its symptoms, treatments and how to cope with life post-diagnosis. Each section also includes questionnaires, case studies and FAQs.

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