

Acceptance of Mental Illness Promoting Recovery among Culturally Diverse Groups

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Publisher: Oxford University Press

Print Publication Date: Jun 2016

Print ISBN-13: 9780190204273

Published online: Sep 2016

DOI:10.1093/med:psych/9780190204273.001.0001

Pages: 208

Paperback

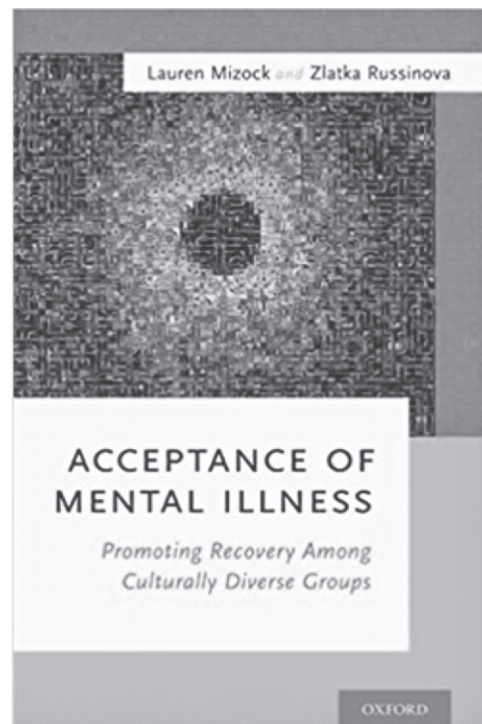
Price: \$47.95

This book has ten chapters covers a wide range of topic of acceptance of mental illness, comprehensively that is often observed in our social setup but some of these issues are often overlooked.

Chapter I book starts with historical acceptance of mental health among different sections, which includes various sects of people like men and women, acceptance in different caste and ethnic groups covering the modern minority group like LGBT etc. The advantage and disadvantage in accepting the mental illness in these different groups is also described in the book.

Chapter II discusses the recovery; recovery can be defined as living a meaningful and mindful life which is not only constructed to symptoms elimination. Various theories of recovery have been outlined and connected to the acceptance of mental illness.

Chapter III convey us, the different phases or steps of accepting the mental illness supported with interviews



and research papers. When we talk about acceptance it has drawn its boundary to acceptance of diagnosis is an acceptance of treatment, acceptance of expectation and limitation with regard to mental health. Stigma and its impact on personal and social life are also well highlighted.

Chapter IV explains multi perspective construct of acceptance that includes five domains

- a) Identity perspective; developing a sense positive self during accepting the mental illness

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How to Cite this article:

Regmi B, Mathew KJ. Acceptance of mental illness promoting recovery among culturally diverse groups. Indian J Psy Socl Work 2017; 8 (2): 68-69.

Access the article online

Website:
www.pswjournal.org

Quick Response Code

DOI:10.29120/IJPSW.2017.v8.i2.45



- b) Cognitive perspective; devolving thoughts, beliefs in accepting mental illness
- c) Behavioural perspective engaging in actions that signify the acceptance of mental illness
- d) Emotional perspective; experiencing and accepting various emotions during the course of accepting the illness
- e) Intrapersonal relationship engaging in relationship that acceptance mental illness

In chapter V authors speak about the process to accept; what are the different barriers and facilitators that can act against or act for to reject or accept mental illness, the tools that were used in this case too was research interviews with chronic mentally ill people and care givers. The barriers might be divided into two domain micro levels which includes cognitive, emotional and behavioural and at the macro level that might be the factors of cultures and factors that are external to the individual but that are coercive in human behaviour like norms values etc. This chapter also includes the necessity for laymen to understand the basics of mental illness especially the three steps how to recognize to accept and treat mental illness.

In chapter VI, experiences and discrimination associated with stigma, discrepancies, inequalities, victimization encountered by women with mental illness at various levels are discussed thoroughly. The chapter precisely deals with the intersectional stigma that is faced by the women from different strata of society. Several case narratives are presented to back up this concept of intersectional stigma.

In chapter VII authors write about the value and traditional ideas associated with respect men with mental illness and their acceptance. Related issues rather barrier related to men with mental illness are talked about, e.g. avoidance of help seeking behaviour, substance abuse, self medication. Factual difficulties in making a clinical diagnosis are also discussed. The level of stigma is less talked about comparatively with respect to women with mental illness.

In chapter VIII the authors move on to discuss the acceptance of mental illness in different ethnic groups with respect to its background of norms, values, belief and practices; here authors highlights the protective and

accepting factors with respect to accepting the mental illness among various racial ethnic and cultural group.

In chapter IX, the authors tried to depict the stigma present in LGBT (lesbian, gay, bisexual, transgender) with mental illness. The disparities and discretion made by so called normal society have been critically observed and problems faced by them in their acceptance are well investigated. Mental illness aggravates further identity crisis in this population group making the scenario worse than any other group of people.

In chapter X, the acceptance of mental illness in a military institution is discussed; early identification and treatment adherence is highlighted.

The overall concepts and ideas are backed up by research questions, example of cases, interviews of the patients and the care givers and comprehensive literature from the past and present are used in its optimal level to make this book a must read for a mental health professional. Furthermore, we would like to suggest that it not only helps the mental health professional but also the general public. This book has greater role in present and in future which can act as a trust builder or bridges the gap between the clinicians and the caregivers; because it has tried to include all the socio cultural phenomenon that binds us to accept or reject rather than explaining only the biological side. It has tried to alarm people it's high time we understand the mental illness rather than to regret in future. It provides a great insight to readers how different factors come into play when it comes to accept to mental illness or to ignore or to reject it. Among all the tools the clinical cases discussed played a life force that fused the theoretical and practical side and furthermore it widens the understanding and aids us to choose an approach that mental health professionals can go upon. Furthermore, tools like clinical strategies, questions for discussion and experimental activities have given us much wider dimension in understanding, accepting mental illness. The book has tried to come up with holistic factors to make us understand the philosophy behind understanding illness that is swept to be called, "mad" in our society. After reading this book we sincerely hope a much deserved respect and bereft dignity of the people with mental illness will restore in place for their own deserved right.