

# Family-to-Family Table of Contents

- Class 1:** Introduction: Special features of the course; learning about the normative stages of our emotional reactions to the trauma of mental illness; our belief system and principles, your goals for your family member with mental illness.
- Class 2:** Schizophrenia, Major Depression, Mania, and Schizoaffective Disorder: Diagnostic criteria; characteristic features of psychotic illnesses; questions and answers about getting through critical periods in mental illness.
- Class 3:** Mood Disorders, Borderline Personality Disorder, Anxiety Disorder, Dual Diagnosis: Types and subtypes of Depression and Bipolar; diagnostic criteria for Borderline Personality Disorder, Panic Disorder, and Obsessive-Compulsive Disorder, Co-occurring brain and addictive disorder.
- Class 4:** Basics About the Brain: Functions of the Key brain areas; research on functional and structural brain abnormalities in the major mental illness; chemical imbalances in the brain, pathophysiology of brain cells and neurogenesis; genetic research; the biology of recovery.
- Class 5:** Problem Solving Skills Workshop: How to define a problem; sharing out problem statements; solving the problem; setting limits.
- Class 6:** Medication Review: How medications work, basic psychopharmacology of mood disorders, anxiety disorders and schizophrenia: medication side effects, key treatment issues; stages of adherence to medications; early warning signs of relapse.
- Class 7:** Inside Mental Illness: Understanding the subjective experience of coping with a brain disorder; problems in maintaining self-esteem and positive identity; gaining empathy for the psychological struggle to protect ones integrity in mental illness.
- Class 8:** Communication Skills Workshop: How illness interferes with the capacity to communicate; learning to be clear; how to respond when the topic is loaded; talking to the person behind the symptoms of mental illness.
- Class 9:** Self-Care: Learning about the family burden, sharing in relative groups; handling negative feelings of anger, entrapment, guilt and grief; how to balance our lives.
- Class 10:** The Vision and Potential of Recovery: Learning about key principles of rehabilitation and model programs of community support; a first person account of recovery from a consumer guest speaker.
- Class 11:** Advocacy: Challenging the power of stigma in our lives; learning how to change the system, meet and hear from people advocating for change.
- Class 12:** Review, Sharing and Evaluation: Certification Ceremony.