



PSYCHOSIS in the FAMILY
The journey of a psychotherapist and mother
Written by Janet C Love

'Psychosis in the Family' is a groundbreaking book: the first guide for families and mental health professionals to include a personal and deeply honest narrative. Driven by her own, often despairing experiences of caring for a son suffering from psychosis and inspired by her training as a transpersonal psychotherapist, Janet tackles head on the deep psychological trauma of loving someone in psychosis and the often overlooked relevance of the family,

The book is a compelling, provocative weave of personal experience and psycho-spiritual therapeutic insights to the complex emotional rollercoaster of loving and caring for someone in psychosis. Janet's story aims to help lift the curtain of shame surrounding the greatest remaining taboo in society, psychosis. But why should that be? Isn't psychosis simply one aspect of being human? Why is it treated as a modern day leprosy?

In a clear and accessible style Janet provides an investigation into how the unconscious forces of the mind affect us all as a way of understanding the illness, our loved ones and, most importantly of all, our own behavioural responses.

As she states: "Psychosis is an illness that not only invites us, but forces us to acknowledge the existence of other states of reality"

Janet is a trained Transpersonal psychotherapist, (UKCP & MBACP), an experienced life coach and Autogenic therapist, dip AT. She is also works as a Family Constellation therapist and is a member of Lapidus, an organisation that promotes the use of the literary arts for personal development.

She has also co-founded a charity called 'Loving Someone in Psychosis' - the aim of which is to provide a voice for family and friends of someone in psychosis.

JANET C LOVE IS AVAILABLE FOR INTERVIEW

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EDITORS NOTES:

Psychosis in the Family is a joint publishing venture between Karnac books and the UKCP.

Established in 1951 Karnac Books is one of the the premier independent publishers of psychotherapy and other mental health subjects in the UK

The United Kingdom Council for Psychotherapy (UKCP), established in 1993, promotes the art and science of psychotherapy through research and education, and maintains high standards of training and practice in psychotherapy and the wider provision of psychotherapy for public benefit. There are at present 77 psychotherapy organisations in UKCP membership, grouped together in autonomous sections representing all the main traditions in the practice of psychotherapy. The UKCP publishes an annual National Register of Psychotherapists, which contains details of psychotherapists who have met the training requirements of UKCP, and who abide by its ethical guidelines.

The 'Time to Change' campaign is currently in progress, This is the UK's most ambitious programme to end the discrimination faced by people who experience mental health problems as well as improve the nations wellbeing. The Mental Health Media Council in association with Mind are committed to tackling a lingering taboo and one of the greatest social injustices.

Psychosis in the Family is a timely contribution to raising awareness of inherent discrimination to mental illness.