

### **"Sick Can Be Fixed" by Deborah Colleen Rose**

This is a peer to peer publication written by a parent for parents. The stories throughout the book offer great vignettes for expounding what is being taught, in particular the story of Josh and his "not being evil ... sick can be fixed (hence the title)." (funny, I use the, MI does not mean you are evil, unintelligent, etc with my clients all the time:)

However, this is a **very** technical book as well, teaching many new words and concepts through out the book. This is a book for those who not only want to know the symptoms of the MI, but the etiology and history. I think it would benefit a person who has at least some high school education and higher. Many, many parents would benefit with this approach and it would give a greater understanding and empathy for the biological functions of the brain. Some parents would get lost and either skip ahead or stop reading altogether, these are generally lower functioning adults themselves, lower education, or parents who do not desire or seek to understand their child.

This would be best if done in group with a facilitator to guide, answer questions, at least the first time through the book.

This is a great resource for parents to gain a plethora of knowledge about several diagnoses. It answers questions and gives sound guidance. One concern, if the parent attempts to "self diagnose" the child and attempts to be fixated on one element or diagnosis or medication and is resistant to the professional's input in treatment or prescribing medications

I really liked the C.H.U.N.K. approach to attaining ones core emotion. It is easy to understand and implement right away. The direction given to establish a treatment, plan, goals and interaction with the school system in particular will be exceptionally helpful to parents. The crisis plan is a crucial step in being proactive. I can see these implemented in most of our families immediately.