

"You + Me = We; How to Communicate with a teen diagnosed with a mental illness or anyone else, for that matter"

By Deborah Colleen Rose

The introduction is very helpful in setting a boundary for communication, i.e.. you cannot communicate with a person who is "raging", in this case, safety for everyone is the primary goal.

The way this workbook starts is very engaging, it takes you right into the mind of your child (or attempts to) it is very helpful in setting a paradigm for which to continue through the other assignments. The thought provoking questions disarm a parent who is truly seeking to understand their child. Then shifts to have parents take a look at themselves in a non-threatening way. Ending with the goals the workbook has in mind with the first one being that parents must take care of themselves before they can take care of their kids.

Through out the book it is straight forward, easy to understand language with avenues of explanation for more difficult words or concepts. The practical applications can be implemented in a family right away. Teaching families to build on the strength they have already, love, and "tweaking" that powerful connection to work for a family not against them in negative expressions such as fear, anger, etc; that are fueled by disappointment, dreams lost, conflict, stress, anxiety, poor communication and bad choices. This is an excellent thought through and organized workbook that could reap great benefits for families who choose to implement these skills.

The way it is written communicates true understanding of these issues with MI teens from an experiential point of view. It also exudes the love, empathy, humility, and compassion, the writer has for her children and other teens that suffer from mental illness. I recommend this workbook for laypersons and professionals alike.

The only concern I would express about this workbook is the level of "understanding" a parent has. This is somewhat tied to education, but also motivation and desire to be a better parent. Some of the parents we work with at Metrocare are attending services to "fix" the child, without considering that they too may need the help. These parents are generally at the prompting of the school or legal system with little or no motivation to engage in a process of change.