



Families Coping with Mental Illness: Stories from the US and Japan

Yuko Kawanishi

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When someone develops a mental illness, the impact on the family is often profound. The most common treatment processes, however, focus on the patient while the loved ones are relegated to subordinate roles and sometimes even viewed as barriers to effective recovery. *Families Coping with Mental Illness* approaches these issues from the family's perspective, studying how they react to initial diagnosis, adjust to new circumstances, and cope with the situation.

Through her own original research in the United States and Japan, Kawanishi presents a cross-cultural experience of mental illness that examine both psychological and sociological issues, making this book suitable to all international fields engaging with diversity and mental health. Including first-hand accounts along with analysis and discussion, Kawanishi gives voice to family members and adeptly identifies universal themes of resilience, adaptability, and strength of the family unit. This innovative text offers a unique viewpoint that will appeal to a wide audience of professionals and non-professionals from a variety of backgrounds.

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Helen Perez:

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