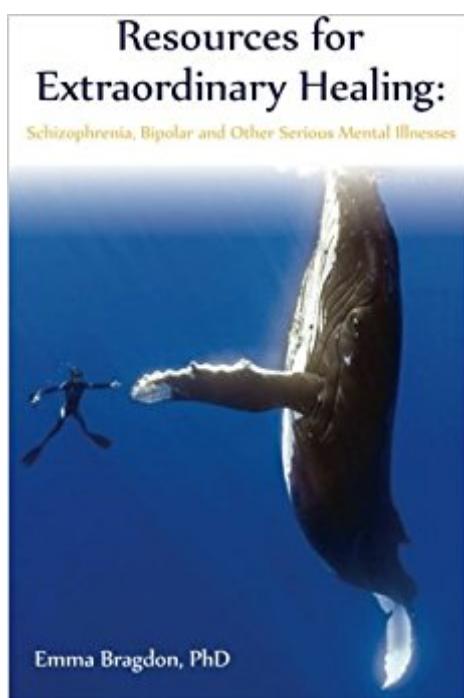


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Resources For Extraordinary Healing: Schizophrenia, Bipolar And Other Serious Mental Illnesses



Synopsis

Sixteen million Americans (5% of our population) are crippled by serious mental illness. The numbers of mentally-disabled needing supplemental income is now 6 times what it was in 1955. After a brief assessment of our profound problems in treating mental illness, the book reveals a new, more effective and less costly paradigm to diagnose and treat the causes of emotional disturbance that has been developing in Brazil. Through compelling, engaging stories of real people, it spells out this new form of integrative mental health care that emphasizes the spiritual aspects of mental illness. It describes the new forms of diagnostics and treatment in which conventional medical doctors collaborate with spiritual healers. The stories and descriptions colorfully and definitively illustrate a practical, cost-effective system, tested and developed for more than eighty years in Brazil, that can lead patients to mental health. Resources in the USA that are similar to the model of care available in Brazil are clearly described along with contact information. All information and recommendations for further learning are well organized, making this book an excellent guide and an inspiring reference for individuals wanting to recover from emotional disturbances, their families, psychotherapists, psychologists, psychiatrists, healthcare providers and students of healthcare.

Book Information

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Customer Reviews

Emma Bragdon, (PhD, Psychology) has written six books on the place of spirituality in maintaining health and wellbeing. Since 2001 she has been studying and writing about Spiritist Centers and

Spiritist Psychiatric Hospitals in Brazil, including the sanctuary where John of God does his extraordinary healing work. Dr. Bragdon spends half each year in the USA and half in Brazil. She is the Director of the Foundation for Energy Therapies, dedicated to education and research, and leads tours in Brazil. Some of these tours are for those seeking personal healing; some are for health professionals wanting to learn more about the model of psychiatric care used in Spiritist hospitals.

Anyone who has struggled with mental illness in their lives needs to read this book. Regardless of whether you are a practitioner, family member, or patient. It gives you a powerful new solution that can help us use our minds and our spirits to beat mental illness. It shows how important an integrative approach can be to help those individuals who are suffering from mental illness. It offers a new way to deal with issues that were developed in Brazil for the last 100 years. This is an excellent guide and gives me hope for the future of treating these diseases in the US. There are so many people out there that will tell you that our current system has not worked for them. This is a chance to help with a new approach!

This is groundbreaking work in the area of transforming mental health treatment. A thoughtful and intelligent view of other practical possibilities for healing not addressed by our mainstream "mentally ill" system, motivated by maintaining the status quo....money, control, and power.....and supported by those afflicted with the very illnesses they purport to heal...Dr. Bragdon brings her own rich experience and insights into a profound vision for the transformation into a more compassionate and real healing paradigm.

Real healing for our confused world. Bragdon draws on her considerable direct experience as well as the wisdom of proven traditions to bring us back from the medical amnesia from which we all suffer.

"Resources for Extraordinary Healing" by Dr. Emma Bragdon is an important book. Emma Bragdon writes with compassion, inspiration, and an in depth knowledge of mental health communities, both traditional and innovative. She invites us to view a system of beliefs and ideas resulting in innovative practices within the mental health world. The system involves spirit; it acknowledges spirit as different and separate from matter. She proves to us, with testimony and documentation, that the system works. She invites us to move forward. Dr Bragdon points out that the scientific community

treats mental health as a physical problem, relying heavily on the use of drugs. Bragdon introduces us to mental health communities in Brazil based on Spiritism, communities that recognize, honor, and treat the spirit. Her description of Spiritism is easy to read and understand; it is based on her many years of education and experience as well as the experiences of others. Emma points out that the treatment is compassionate, respectful of each individual, with a focus on the spiritual rather than the physical. Drugs can be administered but only for short periods of time and in particular cases. The last half of the book is devoted to the many resources found in the U.S.A. that support healing with a focus on body, mind, and spirit. This is a much needed guide for anyone who is searching and longing for mental wellness. "Resources for Extraordinary Healing" offers to the reader an insight into the gift of healing, healing with heart. I would recommend Dr. Bragdon's book to all who are interested in moving forward.

The predominant paradigm of mental illness in America says something like this: discrete diseases of mental illness are caused by chemical imbalances in the brain, and science has engineered specific medications to treat these diseases, like insulin for diabetes. However, in the age of ever-escalating prescriptions of psychiatric drugs, America has seen an exponential worsening of mental health outcomes. Clearly, the biomedical model of mental illness and its reflexive drug therapies are not living up to their promise. When it comes to mental illness, there must be something else going on. This is where the brilliance and necessity of Dr. Emma Bragdon's book comes in. Mental illness is a social and spiritual malaise as much as a physical one. The mental, spiritual and physical can't really be separated anyway--it's all one thing we call life. So in order to heal the wounds of cognitive and emotional distress, we need more than just drugs that clumsily--and often harmfully--address only the person's physiology. We need compassionate communities, we need connection to higher powers, and we need to find purpose and meaning in our suffering. The Brazilian Spiritist approach is one method that taps into all of these facets of mental healing, with great success. There are other models in other cultures that work well through similar modalities and interventions. There is not "one right way" to help someone heal. But the best ways all share certain things in common. To me, the answer is clear: to heal the mind, we must connect in the heart and in the soul. Dr. Bradgon's book is a tremendous resource for any provider or patient looking to do just that.

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