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Introduction:

Though Focus of mental health care is negative emotional state, positive psychology appeals to masses. Because troubled person not only wants relief but also wants a life of meaning & purpose (National Mental health plan 2003-2004, Australian Govt.). And purposeful life without mentally healthy family is difficult. So family's transformation's imperative (Welsh Assembly Govt. 2005 a).

Objective: To strengthen Family members to transform Dysfunctional family.

Aim:

- 1) Preserve family mental health & Prevent mental illness among family-members of mentally ill patient.
- 2) Prevent deterioration of mentally ill patient.

Method: Discussion -for therapeutic alliance.

Therapeutic Transformation of dysfunctional family -

(a) Family Therapy: Why? Because family therapy focuses on well-being which is over & above the absence of depression-anxiety etc.. Family therapy addresses problem and not individual unlike other therapies (NIMH, EFTA).

(b) Psycho-education: To build positive emotions which facilitate skills & resources needed for recovery (Fredrickson). It includes

(i) Transactional-analysis (ii) Proactive behavior (iii) Social maturity (Robert Kegan).

(c) Positive Psychotherapy (PPT): Recovery rate was 85% (30%-single therapy) when psychotherapy was clubbed with pharmacotherapy. Positive emotions promote psychological resilience & positive emotional granularity. PPT focuses on pleasant, engaged & meaningful life (Seligman 2002).

(d) Spiritual Psychotherapy: Inevitable to future Psychiatry, because meditation alters levels of Melatonin, Serotonin, boosts immune response. Contents: (i) Meditation – changes brain (Dr Zedel, 2010) (ii) Spiritually-augmented CBT (SACBT), (iii) IBMT (Tang Y Y)/Yog-Nigra.

Result: Family mental health is achieved.

Conclusion: Thus attained family mental health will facilitate family's transformation.