

## **9. COUNSELLING FOR PSYCHIATRIC DISORDERS**

Change in a person starts only when he develops insight into his problems and starts practicing over it. Medications are to assist him in this process. We make sure the every person understand the nature of his illness, and its ill effects if appropriate treatment and follow up is not continued.

We encourage the involvement of all family members in this process of self-awareness and encourage them to learn from experiences of other patients and interact with them. It's a type of milieu therapy.

**MARRIAGE AND PSYCHIATRIC DISORDERS.** Many people think that marriage can solve all psychological problems. A persons who is already confused, disoriented and distraught, should be allowed to slowly recover from his mental upheaval and at least for couple of years, marriage should not be thought of. Many relatives especially elders suffer from misguided notions that marriage is the answer, only to repent later. Some patients in their disturbed state of mind demand instant marriage and relatives oblige, only to be ridiculed by the patient himself after he gets well. He usually says that he might have said anything in disturbed state of mind and that the relatives should have known better. He begins to repent his marriage and refuses to continue with it. This naturally puts the relatives of both sides in a very awkward situation and perhaps painful litigation too.

DO NOT GET A MAN OR WOMAN MARRIED WHEN THEY ARE SICK. DO NOT KEEP THE OTHER PARTY IN DARK BEFORE MARRIAGE, BECAUSE WHEN THEY WILL COME TO KNOW, THEY WOULD NOT REACT KINDLY TO THE DISCOVERY OF PSYCHIATRIC ILLNESS IN THEIR DAUGHTER OR SON IN LAW.

Some ignorant relatives even get their epileptic patients married without telling anything to the in-laws. In this disease it is essential that the epileptic patient should take medicines for five years after the last fit. Immediately after marriage, they stop the medicine and if they have a fit in front of new relations, they immediately become suspicious and take them to other doctors and may lead to arguments and disputes. Some girls, not able to face the disgrace, have committed suicide and some after stopping the tablets were made to work in the

kitchens and had fits there and died of fire accidents.stop thinking about marriage – start thinking about proper treatment.

After the treatment, if the patient has remained absolutely well and is doing a job and if he expresses a desire for marriage, then it can be considered. It is better if they get settled in an occupation before marriage.

IF THERE IS HISTORY OF MENTAL ILLNESS IN THE FAMILY THEN MARRIAGE BETWEEN NEAR RELATIVES SHOULD BE DISCOURAGED. ON THE WHOLE IT IS BETTER TO DISCOURAGE ALLIANCES AMONGST BLOOD RELATIVES.

THESE ILLNESSES TEND TO RECUR DURING DELIVERIES AND SO IT IS VERY IMPORTANT THAT THE PATIENT TAKES MEDICINES DURING THE LAST MONTHS OF PREGNANCY.