

Social Rehabilitation of the Post Psychotic Patient

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Abstract

The rapid and complete remission produced by nutrient therapy in most patients labelled schizophrenic calls for innovative social rehabilitation. Over a twenty year period we have found many unique jobs for the recovered schizophrenic. These vary from security officer to expert calligrapher. Numerous approaches to rehabilitation are outlined.

Nutrient therapy with essential trace elements, amino acids and vitamins usually produces complete cessation of the schizophrenic process, therefore, serious thought must now be given to the methods of social rehabilitation and return of these patients to the mainstream of life.

In contrast, when drug therapy modifies the schizophrenic process the so called recovered patient will have a shuffling gait, slurred speech and thinking and motor restlessness. When nutrients bring about the remission, the patient is free of these telltale symptoms and the patient makes a much better presentation to the prospective employer. Of course, large doses of the antipsychotic drugs dilate the pupil and dry the mouth so that reading and speech are difficult.

Mental Work

In order to adjust more quickly and comfortably to the real world, the recovering schizophrenic must have stability and, even more importantly, an atmosphere in which desired goals can be set and achieved. Several of our patients have obtained factory jobs and become hotel security personnel. Some have gone further by earning a degree in nursing school, thus, using their knowledge to help others, especially fellow schizophrenics.

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Ricki, one of our patients, has earned her Practical Nursing Certificate and is working towards becoming a registered nurse. Prior to this, Ricki had a terrifying experience. She was very close to her grandfather and his death put her into a state of deep depression. She was finally admitted into a mental institution and spent the next eleven years going from one hospital to another. During this period she received over 200 electric shock treatments, as well as being placed into solitary confinement. Her close association with other patients and the lack of dietary supervision caused her to suffer from anorexia as well as bulimia. The most amazing part of this disclosure is the fact that her father is a psychiatrist and, apparently approved this type of treatment, even suggesting a lobotomy as a viable form of treatment. However, through her experience he came to realize the importance of Dr. Pfeiffer's theories. In November, 1975 on Dr. Pfeiffer's recommendation she entered Earth House. Through a program of controlled nutrition and exercise she got entirely well in one year. She now lives a normal life with her husband and three children.

Artistic Work

Pamela Craig, a recovered schizophrenic, combined her artistic and intellectual skills literally writing her own book, *A Healing Guidebook for the Schizophrenic*. In this published paperback book, Pam displays her talent as a calligraphist, along with her knowledge of the disease.

Life is a struggle from the proudest President to the poorest beggar. To a schizophrenic life is a constant struggle. In the beginning just dressing, eating, and conversation are achievements. Later, these former achievements are taken for granted and new goals made. And so life is one step at

a time. Just take that first step, then continue.

Physical Work

Whatever the schizophrenic's final decision for employment, it is mandatory that they not be overstressed, enjoy the job, and use it as a means to a productive life. Exercising the mind is not enough. It is important that the body is also conditioned in order to achieve an optimal stable state. Daily exercise creates a sensation of well-being that is unsurpassed by any drug or nutrient aid. The toned muscles and heart help one to relax as well as to condition optimistic mental aspects.

Suggestions for the Post Psychotic Patient

The general rule for a post psychotic patient is returning to school with a reduced program or having a part-time job under a sympathetic employer. Just the suggestion that they walk to the public library and take out a new book each day may be sufficient. Even if they cannot read the book, the outdoor exercise is beneficial. A lawn mowing service could be originated by the recovered patient as well as doing landscaping under a kindly instructor.

For those desiring indoor work, the job of security officer is appealing. There are at least twenty patients (whom the Princeton Brain Bio Center sees once a year) working as security officers in hotels, apartments, and warehouses. John, another patient, is enjoying house sitting at Marcus Island, Florida. There are many calls for this occupation during the summer months when families go on vacation. Another profitable and pleasant task would be taking care of pets. This could be a competitive job due to the high kennel rates. For those who wouldn't think it demeaning, house cleaning is a well paid occupation. In the Princeton area the going rate is ten dollars per hour.

Many novel intellectual tasks are within the grasp of recuperating schizophrenics. For example, one could become a local historian. A local trip to the public library and county courthouse provides ample information on the history of real estate deeds relating back to the earliest settlers. Further research could unravel specific names and dates going back several cen-

turies! Information on the original vegetation and occupations of the first settlers is always fascinating. Local papers find this information of great interest, as well as family members and neighbours.

Another occupation would be map drawing. Detailed maps giving specific directions to a desired location could be easily drawn up and sold. Every year invitations are sent out by friends welcoming you to a celebration of some sort. However, by the time you end up trying to find a telephone or filling station for further advice, you have missed the party. A map enclosed with the invitation would have prevented this mishap.

Several enterprising patients attend and sell at flea markets. What they sell varies from the unneeded family junk, such as Dad's old bottle collection, etc. to standard merchandise found in most department stores. Arrangements may be made with local merchants to sell standard brands at a discount with the understanding that the patient receives a definite percentage of the profit. The sale of the new book, *Nutrition and Mental Illness*, could be profitable. Many patients obtain jobs as clerks in health food stores. Others take courses leading to degrees in nutrition. A very profitable occupation would be running a day care center or becoming a teacher's aide in an elementary school. We do not as yet have one, but a patient could work on the hotline of a radio station giving Orthomolecular advice to the diseased.

For those with technical skills, as displayed by Pamela Craig, calligraphy can be a very successful career. Illuminated scrolls to present to retiring or commendable employees are much in demand. Wall plaques of The Lord's Prayer, the AA Creed, Rudyard Kipling's poem "If", or an original verse could be written and sold.

A new therapy postulated by The Princeton Brain Bio Center, is for the schizophrenic to re-read books, re-watch movies, and listen to childhood songs and rhymes. Even reciting long forgotten poetry can be helpful therapy. Another suggestion is to listen to music. Music can ease the mind. Soothing, relaxing music with a decided beat is best. Music with happy words is

good. Listen frequently and enjoy the soft sound.

Suggested Movies

Casablanca, It Happened One Night, My Man Godfrey, Sound of Music, South Pacific, Oklahoma, It's a Wonderful Life, The Gods Must Be Crazy, Gone With the Wind, The Informer, Love Story, Mary Poppins, M»A»S»H, Fiddler on the Roof, My Fair Lady, The Best Years of Our Lives, The Great Ziegfeld, The Life of Emile Zola, Amadeus, West Side Story, and Gigi.

Suggested Reading

Pride and Prejudice, Alice's Adventures in Wonderland, Animal Farm, The Tale of Peter Rabbit, A Christmas Carol, The Adventures of Sherlock Holmes, The Great Gatsby, A Tale of Two Cities, Romeo and Juliet, The Growth of the Soil, The Good Earth, The Adventures of Robin Hood, Of Mice and Men, The Wizard of Oz, Our Town, The Grapes of Wrath, For Whom the Bell Tolls, You Can't Take it With You, To Kill a Mocking Bird, Julius Caesar, The African Queen, A Place in the Sun, Huckleberry Finn, Treasure Island, Oliver Twist, Moby Dick, The Merchant of Venice, A Midsummer Night's Dream, Black Beauty.

Listen to Anti-depressant Records and Tapes

You'll Never Walk Alone, The Impossible

Dream, Somewhere Over the Rainbow, Mockingbird Hill, It's Still the Same Old Story, America, Dixie, Battle Hymn of the Republic, White Christmas, Happy Birthday, Raindrops, Glory Hallelujah, My Country 'Tis of Thee, The Star Spangled Banner, Amazing Grace, Green Sleeves, 'O Danny Boy.

Relearn Favourite Poetry.

Invictus, Daffodils, Trees, Baby Ballads, Ode to a Nightingale, Stopping by Woods on a Snowy Evening, A Road Not Taken, The Children's Hour, Rhapsody on a Windy Night.

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