

Transcription

Dr. Amador: In the videos you're about to see the young man diagnosed of the serious mental illness has anosognosia for that mental illness. In other words he does not understand he's mentally ill.

Consequently, once he was released from the hospital a loved one found that he had thrown his medicine into the garbage now watch as this loved one tries to talk to him after finding the bottle of pills in the trash.

Parent: Hey could you um take off your headphones for a minute?
Are these in the garbage?

Young man: I threw them out because I don't need Them.

Parent: Yeah you're supposed to take them every single day.

Young man: No I'm fine I don't need medication.

Parent: You're not fine. You're ill and you need to take this medicine. We were all meeting together when the nurse told all of us you had to take this medicine.

Young man: No,
that's not what she said.

Parent: She said you might have to take it the rest of your life.

Young man: No. No. No she that's not what she

Said.

Parent: Yes, that is what she said. We all heard her.

Young man: No.

Parent: You want me to call her ask her what she said?

Young man: She I said I had to take some because I was in the hospital but I'm not in the hospital anymore I'm here I'm okay I'm fine.

Parent: You're not I'm okay.

Young man:

I'm totally fine.

Parent: Why do you think you ended up in the hospital in the first place?

Young man: Cuz you put me in the Hospital.

Parent: You needed to go to the hospital because you were unwell.

Young man: No no you're the crazy one not me.

Parent: I'm I'm done.

Dr. Amador: what you just saw is exactly what happened to me when my brother came home from his first hospitalization for schizophrenia like the young woman who cares deeply for her loved one I tried to educate my brother and like her I tried to remind him that

he was ill and that he needed medication
now let's watch again as she uses leap
and see how differently the conversation
unfolds.

Parent: Hey take off your headphones for a sec? I
noticed this was in the garbage. Did you
mean to put it there?

Young man: yeah.

Parent: may I ask why?

Young man: I'm not sick so I shouldn't
take it.

Parent: So you're not sick and you don't
need the medicine so you threw it out. Am
i hearing you correctly?

Young man: yeah.

Parent: okay

Young man: do you
think I'm mentally ill?

Parent: if it's all right
with you I'd rather not go into what I
think right now. I'd rather focus on what
you're feeling if that's okay.

Young man: I'm
feeling stuck
how to figure out what I'm gonna do.

Parent: I
think probably anybody would feel that
way

I I would absolutely feel that way. how
is it how did it make you feel to take

the medicine when you were taking it?

Young man: angry I don't need to take it so I shouldn't have to take it. I shouldn't take it.

Parent: so if you didn't need to take the medicine and people were making you take it and you felt angry.

Young man: yeah I'm Frustrated.

Parent: I would absolutely be frustrated I can absolutely see why you would feel that way would it be okay if I held on to it for my own sake?

Young man: I want you to I want you to put it in the garbage.

Parent: okay laughs

Young man: are you really gonna throw it out?

Parent: yeah absolutely it's more important to me that you're home and that we're talking and I don't necessarily agree with how you think the medicine makes you feel or whether or not it helps you but I think we can agree to disagree on this and I will throw it away if that's what you'd like is there anything else you want to say thank you

Dr. Amador: now you might be thinking that this didn't go so well from my perspective it actually went very well

because they ended on the same page more
or less they weren't in conflict and the
young man felt respected a foundation
was laid for future conversations about
the medicine now before I go further and
describe that foundation and why it can
lead to his acceptance of medication I
want to point out that the proper way to
dispose of medication is to bring the
unused pills to your pharmacist don't
throw it in the garbage can what this
young woman did while using leap was
listen she didn't tell him she was
worried she didn't remind him what the
doctors said in the hospital she
listened and then reflected back what
she heard him say and then she empathize
she did something that really surprised
him I don't know if you saw the surprise
in his face
she said if I was in your shoes I'd feel
the same way that's the E in the leap
acronym empathy and they were able to
agree on several things finally what
happened although it's not optimal that
the medication was thrown away what
happened was as she laid a foundation
where he was willing to be open with her
talk to her and they weren't ending
angry resentful and distrusting of one
another
what you saw was powerful in my mind
because the war was over and the
beginning of a partnership was begun and
that was something she could build on to
help her loved one accept treatment