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## Separation Process

1. Separate because it works.
2. Allow time for the person to become independent and self-sufficient.
3. Educate patient and family about what to do and not do, and how to relate to each other.
4. Allow a five minute phone conversation with family members, followed by careful monitoring of patient over the next 72 hours. If no regression, then continued gradual reintegration with careful monitoring of progress, but the patient must never return to live with the family.

This method usually eliminates the need for medication, as long as the patient remains totally separate from family for a long enough period of time. Reintegration requires careful monitoring by a skilled therapist. After the first five minute telephone conversation, it requires careful evaluation for three full days to see if there is any regression, and if there is, it might require another six months or even a year or two of separation. Initially, any criticism or even helpful suggestions will come across as disapproval or rejection, which precipitates a shift back into infant feelings/reality/behavior. With total separation, the patient can come out of psychosis and never requires medication again. The disorder can disappear relatively quickly, but sometimes takes months or even years of separation to prevent relapse.

We also find the wisdom of this approach in the Bible. In Matthew 10:34-39, Jesus points out the importance of separation from family for everyone: "Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword. For I have come to turn – a man against his father, a daughter against her mother, a daughter-in-law against her mother-in-law, a man's enemies will be the members of his own household. Anyone who loves their father or mother more than me is not worthy of me; anyone who loves their son or daughter more than me is not worthy of me. Whoever does not take up their cross and follow me is not worthy of me. Whoever finds their life will lose it, and whoever loses their life for my sake will find it."