relations. Family and patients are trained to recognise the early signs of relapse so they can respond rapidly and reduce its severity.

Although there might be a beneficial outcome to both the patient and the family to have family therapy, it might be impractical as it requires a number of family members to attend therapeutic sessions, each an hour long and over a few months. This means that this therapy is very expensive and time consuming and so would not be available and appropriate for all patients suffering schizophrenia. Pharoah conducted a meta-analysis and found that family interventions were effective in significantly reducing rates of relapse and admission to hospital in people with schizophrenia. Family intervention could also improve compliance with taking medication. However the results are still not conclusive and so cannot generalise the success of some family therapy to the all those suffering from schizophrenia.

It is deemed that family therapy is more appropriate for those patients who still live with their families or are in close contact with them, since they would have a greater impact on their lives and provide their network of support. As most therapies are applied in conjunction with some form of chemotherapy, it is impossible to establish fully the effectiveness of a single therapy and so it cannot be said that family therapy alone is responsible to the results obtained. Most patients do take both therapy and antipsychotic drugs and so it can be said that a combination of both is necessary for the most effective results. In family therapy, the schizophrenic symptoms are not seen as a result of the patient being abnormal or dysfunctional, but of faulty family dynamics. This reducing the stigmatisation of the schizophrenic as “ill” or “wrong”. Family members learn more constructive ways of interaction and communication and are encouraged to focus on any good things that happen to try and steer away the blame from the individual suffering from schizophrenia and trying to build a stronger support system of understanding within the family.