

## **CASTALIA-Uruguay, presents the last book of CEO Eliseo Miguel González Regadas on *Therapeutic Communities and Dual Diagnosis*\***

On June 2001 was published the last book of Dr. González Regadas, our colleague from Uruguay (South America), devoted to one of the most complex and defying themes of our time: the treatment of persons suffering from psychiatric illness and users of psychoactive substances.

The book has two Spanish editions. The first one in Uruguay, printed by Psicolibros<sup>1</sup> with the title: *Therapeutic Communities and Dual Diagnosis (Comunidades Terapéuticas y Trastornos Duales)* and the second one in Lima, Peru, printed by Cedro<sup>2</sup> with the title: *Unveiling Maya. Groups, Families and Therapeutic Communities (Develando a Maya. Grupos, Familias y Comunidades Terapéuticas)*.

The book is a personal journey through many years of practice and different topics such as: psychotherapeutic groups, psychiatric treatment institutions and the problems arising during the long process of treatment. The book includes the author subjective synthesis of many TC Conferences; his living in Walden House (San Francisco, USA) after the Ninth World WFTC Conference in 1985; a review and comparison of different TC treatment programs and modalities. He describes **Castalia's Program** (a day care center with open doors) working with very dysfunctional families and the lessons they have learned from them. His knowledge was transferred to prevention and health promotion with groups of families in the community during the last years.

The author emphasizes the need to analyze continuously the institutional functioning and supervising the program activities and the staff with an external consultant to avoid the repetition of pathological behavior and burn out.

The different chapters of the book cluster around three main themes: The Therapeutic Community, its organization and functioning; the therapeutic process of people with problems of co-morbidity and working in treatment and prevention with groups of families.

The book was launched in an academic event at the ancient Spanish colonial abbey of San Agustín in Lima, Perú, with the presence of a select and numerous public including the local INL/NAS representative, Irene Cohn, and Peruvian Government authorities under the aegis of the NGO Opción. It was a wonderful event that ended –after the learned commentaries of Drs. Saavedra and Castillo- with a cocktail and a violin orchestra playing.

**Castalia** is proud of this achievement that introduces in the learned community and to an interested public, a treatment modality that has two decades of history and successful outcomes in the field of mental health and prevention.

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\* This commentary appeared in the WFTC Bulletin, Fall 2001.

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<sup>2</sup> **Cedro**: Roca y Boloña 271, Lima 18, Perú. Phones: (511) 446 6682, 446 7046 and 447 0748.