

## Book Review: True Mental Health

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February 26, 2014



I have found Dr. Paula's work "A STUDY OF MODELS OF MENTAL HEALTH AND ILLNESS WITH AN APPRAISAL FROM THE UNIFICATION THOUGHT PERSPECTIVE, TOWARDS A GOD-CENTERED PARADIGM" to be invaluable in its unique effort to describe the current state of differing mental health paradigms from the east and west and their inherent characteristics. She has presented a compelling argument for a more holistic and comprehensive model of mental health and illness based upon the UT perspective originating from the teachings of the Rev. Dr. Sun Myung Moon. Clear language is used to outline the essential strengths and weaknesses of each of the models discussed; modern Western psychology, energy process healing, and the Eastern philosophical worldview. This is followed by an outline of a unified mental health paradigm.



While there is room for expanded treatment of other healing paradigms, this is an excellent resource for anyone seeking a broad overview of the current state of mental health resources in the world as well as a wake-up call for us all to explore and pursue a deeper understanding of the inherent limitations of our existing Mental health systems.

"A STUDY OF MODELS OF MENTAL HEALTH AND ILLNESS WITH AN APPRAISAL FROM THE UNIFICATION THOUGHT PERSPECTIVE, TOWARDS A GOD-CENTERED PARADIGM" is highly recommended if you are at all interested in the internal worlds of intellect, emotion and will.

By Robert Maddox Co-author of DEEP Origin Healing:

*True Mental Health is the doctoral dissertation for the Doctor of Ministry program at Cheongshim Graduate School of Theology. It has just been published on amazon.com under the title of TRUE MENTAL HEALTH.*

*Dr Paula actively seeks collaborators who are either scholars or health practitioners to further develop the new paradigm for "true" mental health which she has proposed. She can be found on facebook and linkedin with the name Paula Fujiwara.*

This book is a study of models of mental health and illness with an appraisal from the Unification Thought (UT) perspective; toward a God-centered paradigm. A new paradigm is proposed which is more comprehensive and holistic than the physical, spiritual and energetic models which are described in this study. Therefore, the new UT model can improve the accuracy of diagnoses as well as treatment outcomes and even cure mental illness. Future directions for research and development of this new paradigm are also delineated.