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[Psychology](#)



**ASSIGN
BUSTER**

In the movie *Out of the Shadow*, Millie was asked when she began to feel things were not right. In her response, Millie said, " I have never been right". Millie started to show signs of her disorder after giving birth to her daughters Tina and Susan. What really pushed her psychotic episode was Tina's suicidal attempt. Tina was Millie's own 12-years old child.

Millie was a beautiful woman. She lived the American dream. But deep inside of her, she knew there was something wrong. Later in the movie, Jeff Millie's husband left her. He remarried and created his new family. Millie's high stress levels and her responsibilities as a single parent caused her schizophrenia to aggravate.

Had she been given cognitive therapy, Millie might never have started to abuse her kids physically. Her kids were angry at their father and grandmother for letting this happen to them. They were unhappy because the neighbors never intervened. They knowingly left the window open hoping that someone would hear their mother abusing them and stop her. But no one ever came to the girls' rescue and the physical abuse continued.

With interventions toward her recovery, Millie started to get back on track. With the right medication and cognitive therapy, she started to understand her disorder. She began to feel like she could connect with the world again and indeed she managed to do that. Millie got a job. This made her feel like she belonged to the society. For the first time in a long while, she felt like she was not being judged.

When Millie was doing better, she still showed signs of residual phase like moving around very slowly. She still had that spaced out look in her eyes. By looking at her, one could tell that she had low energy. One could also see

that she was still trying to get her emotions in order. She was able to understand what was going on with her but her brain was too slow to process it properly.

Being labeled with Paranoid Schizophrenic disorder was very humiliating for Millie. She found it derogatory. I'm very happy with Millie because she understood that there was help for her disorder.

This movie has helped me understand the emotions and psychological problems of individuals dealing with Paranoid Schizophrenia. This movie has embellished me to look at the world through their eyes. I got a chance to look at the world not with my blind folded eyes, but with their distressed and emotional eyes.

Millie's family can get help, training, education, legal support through the NAMI Program. This agency can provide immense support to them so that they may effectively deal with all problems that might come their way in the future. This program is open to the general public.

Studies have shown that SAD is a disorder in 53% of people. Why do they call it SAD? Why is light therapy important to people with this disorder? Do you think people with this disorder should move to a different state? Do you believe that people with SAD can live a productive life?

Studies have shown that college students have a high number of suicides and depression; why? Do you believe more college students have more depression in the first year of college? Do you think their depression stays with them throughout their tenure in the college or it starts to vanish with the passage of time?