

HUMANISING PSYCHIATRY AND MENTAL HEALTH CARE

the challenge of the person-centred approach

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Respectively Emeritus Professor of Counselling, University of East Anglia,
Norwich, and Co-Founder of the Norwich Centre; Consultant Psychiatrist
and former President, Royal College of Psychiatrists

This book explores, in depth, the link between modern psychiatric practice and the person-centred approach. It promotes an open dialogue between traditional rivals – counsellors and psychiatrists within the NHS – to assist greater understanding and improve practice. Easy to read and comprehend, it explains complex issues in a clear and accessible manner. The author is a full-time psychiatrist and qualified counsellor who offers a unique perspective drawing on personal experience.

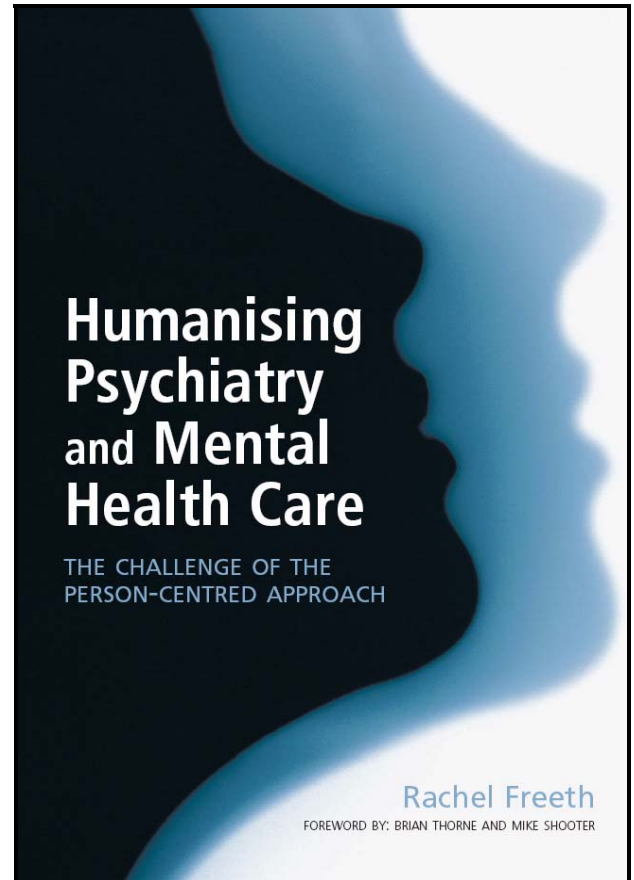
Humanising Psychiatry and Mental Health Care will be of significant interest and help to all mental health professionals including psychiatrists and psychiatric nurses, social care workers, occupational therapists, psychologists, person-centred counsellors and therapists. Health and social care policy makers and shapers, including patient groups, will also find it helpful and informative.

'A ground-breaking book that challenges policies throughout the NHS for helping people with mental health problems.'
THE CITIZEN

'This is a well-structured academic text, fully supported by references and discussion. This book should be read by all nurses and nursing students. Excellent.' NURSING STANDARD

'This book is absolutely relevant to the principles and current practice of person-centred counsellors. It is easy to read, but the thoughts that arise from reading it are challenging. Combines practice experience and sound academic research to critically address not only practice issues but the concepts of personality, behaviour, mental disorder, assessment, diagnosis and severe psychopathology. Her reasoning will be helpful to both trainees and practitioners as it is clearly expressed well researched and referenced. Wise and compassionate. Great.' THERAPY TODAY

'I have been waiting for this book. [It] presents the theory and philosophy of the PCA in a very accessible manner. This book will give relevant and interested mental health professionals a clear insight and understanding of PCA philosophy, theory and practice. An insightful account of working as a person-centred psychiatrist. Contrasts the traditional view of mental health with the person-centred view and does so with great clarity. Essential for students in training and educators. It is well laid out and divided into sections within chapters. I found it easy to read and it is the sort of book one can dip into when needed. Handy for students, lecturers and practitioners alike. It is a must-have core textbook for PCA courses. It is a book that practitioners can dip into to ground and further their own knowledge. A deeply honest and profoundly thoughtful account. Interesting, concise and clear. Get the book, read it.' PERSON-CENTRED QUARTERLY



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'Courageous, a striking commentary. Embodies a hope and a vision which can vanquish despair. This book is the story of what it has meant for the psychiatrist/person-centred counsellor to remain hopeful and resilient in the face of the ever-deepening crisis which she has experienced in the powerfully drug-orientated and medicalised world of NHS psychiatry. Much of what she relates is deeply shocking for it points to an environment where the humanity of doctors, nurses and patients alike is constantly endangered by a prevailing alienation where the dignity of persons is lost in the frantic attempt to keep chaos at bay by refusing relationship in the interests of symptom control and the containment of emotional expression. Person-centred practitioners are taken to task for their often ignorant or contemptuous attitude towards psychiatry and their failure to acknowledge both the dedicated commitment and expert knowledge of many psychiatrists and the intractable difficulties of the system. We glimpse a future where psychiatrists and person-centred therapists will collaborate in the healing of persons in the context of a culture which has drawn back at the eleventh hour from the brink of self-destruction. The day where the sanctity of persons and the creation of community become the hallmarks of a civilised society may be far distant but it is books like this which keep the vision alive and serve as beacons in the current darkness.'

Brian Thorne, in his Foreword

'Rachel is an excoriatingly honest writer. Brave and unsettling. This is not a book for the faint-hearted. There is no easy framework here to aid your understanding of the medical world and your role in it. The book offers no theoretical asylum from the sneers of those who criticise the person-centred approach for its lack of objectivity. It is a tough philosophy, confident in its assertion of subjective principles and everything that flows from them. It provides no guarantee of success and no insurance against failure. But it is more inspiring than anything I have read for a very long time.'

Mike Shooter, in his Foreword

Contents: Section One: Theoretical and philosophical challenges of the person-centred approach * What is the person-centred approach? * A theory of personality and behaviour * Who has the power and where is the expertise? * Thinking about mental disorder: concepts and causes * What is wrong with me? Assessment, diagnosis and the medical model * Health, healing or cure? The person-centred approach to treatment * Section two: Practical applications of the person-centred approach * The healing power of relationship * Listening with attitude * The person-centred approach to severe psychopathology and psychosis * Looking after ourselves: support, supervision and personal development

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