
Learning about Mental Health Practice

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Edited by

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and

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John Wiley & Sons Inc., 111 River Street, Hoboken, NJ 07030, USA

Jossey-Bass, 989 Market Street, San Francisco, CA 94103-1741, USA

Wiley-VCH Verlag GmbH, Boschstr. 12, D-69469 Weinheim, Germany

John Wiley & Sons Australia Ltd, 42 McDougall Street, Milton, Queensland 4064, Australia

John Wiley & Sons (Asia) Pte Ltd, 2 Clementi Loop #02-01, Jin Xing Distripark, Singapore 129809

John Wiley & Sons Canada Ltd, 6045 Freemont Blvd, Mississauga, Ontario, L5R 4J3, Canada

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

Library of Congress Cataloging-in-Publication Data

Learning about mental health practice / edited by Theo Stickley and
Thurstine Basset.

p. cm.

Includes bibliographical references and index.

ISBN 978-0-470-51226-5 – ISBN 978-0-470-51227-2

I. Mental health services – Practice. I. Stickley, Theo. II. Basset,
Thurstine.

RA790.75.L43 2008

362.2 – dc22

2007050286

British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library

ISBN 978-0-470-51226-5 (hbk) 978-0-470-51227-2 (pbk)

Typeset in 10/13pt Scala and Scala Sans by Laserwords Private Limited, Chennai, India

Printed and bound in Great Britain by Antony Rowe Ltd, Chippenham, Wiltshire

This book is printed on acid-free paper responsibly manufactured from sustainable forestry in which at least two trees are planted for each one used for paper production.

In the time between contributing to one of the chapters in this book and its production, sadly one of the authors has died. This book is therefore dedicated to the memory of Magdalen Fiddler, a much loved and deeply missed friend who was an inspiration to all who met her.

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of the future

Theo Stickley and Thurstine Basset

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About the editors

Theo Stickley trained in counselling and mental health nursing, and practised in both professions for many years. He now teaches mental health at the University of Nottingham and has published widely in the nursing and mental health press. The focus of his research is mental health and the arts, and he has led on a number of research projects in collaboration with people who use mental health services. Theo is a keen gardener, motorcyclist and artist (but has not yet found a way to combine all three simultaneously).

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Preface

This book is written for students of mental health. It closely follows another book published by Wiley called *Teaching Mental Health*, which we have also edited. The first book is written as a kind of handbook of ideas for people involved in teaching and training students to prepare for mental health practice. What the two books have in common (as well as the editors) is that they have both been authored not just by academic ‘experts’ or policy writers, but also practitioners and people who are experts by their own experience of mental health problems and using mental health services. This is an important factor when you come to study sections of this book, because it is intended to be relevant and to incorporate service user perspectives as well as the views of researchers, professionals and academics.

This is not a book about medical diagnosis and treatment, neither is it a book just for nurses or social workers. What we have attempted is to present major issues and approaches that are relevant to mental health for practitioners from all professions in the 21st Century. This book is not intended to replace other medically oriented books, but it is intended to help students of mental health to think about much broader perspectives than the medical model offers. Modern problems require modern solutions and approaches; this book highlights what some of those solutions and approaches are. Although most of the contributors are from the UK, we are pleased to include contributions from people in Canada, the USA and New Zealand.

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Acknowledgement

We would like to express our thanks to Peter Lindley, formerly of the Sainsbury Centre for Mental Health, who made a significant contribution to the ideas developed in this book.