



understanding troubled minds

A GUIDE TO MENTAL ILLNESS AND
ITS TREATMENT

SIDNEY BLOCH AND BRUCE S. SINGH

Understanding Troubled Minds A Guide To Mental Illness And Its Treatment

Sidney Bloch



Understanding Troubled Minds A Guide To Mental Illness And Its Treatment:

Understanding Troubled Minds Sidney Bloch, Bruce S. Singh, 1999-09 Most of us take our mental health for granted But when confronted by mental illness in our family our friends or ourselves even the most competent among us is likely to become bewildered *Understanding Troubled Minds* provides a calm and authoritative guide to the full range of specific mental illnesses and available treatments It deals with particular patterns of illness in women children and the elderly It stresses the value of partnership among psychiatrists patients and their families And it places this knowledge within the framework of modern psychiatry from the history of the profession to just what it is that psychiatrists and fellow health workers do and how they can help A sense of hope and optimism prevails within these pages The authors both eminent psychiatrists with long practical experience stress that great strides are being made in the treatment of mental illness But they also warn against the lure of the instant cure Acknowledging the complexity of human nature they weave the stories of real people and the insights of many writers throughout their text Balanced up to date thoroughly readable and humanistic this book will both increase our practical knowledge and deepen our understanding of mental illness *Understanding*

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the care offered This text begins by exploring the importance of engaging with the internal world of those living with various mental health problems and reflecting upon personal narratives as means of expressing and sharing experience as well as the status of these narratives as evidence The central section of the book looks at five commonly experienced mental health states anxiety problems depression mood extremes states of altered reality linked for example with psychosis and schizophrenia and impaired cognition linked for example with dementia The chapters look at how the mental state in question is experienced including the experience of it in the context of the wider world where health and social care services and the responses of other people play a part Drawing on personal narratives from a wide range of sources this text foregrounds the voices of experts by experience and relates them to the academic literature The narratives collectively convey a breadth of experience including both concepts of struggling and living well with mental health issues The book ends by outlining resources where a range of first person narratives can be accessed from online forums to films and providing a strategy for teaching and learning associated with the exploration of lived experience narratives Designed for health professionals working with people experiencing mental health problems this illuminating text uses personal narratives to emphasise the importance of person centred care and participation by services users in their own care It will also be an interesting read for experts by experiences themselves as well as their families and friends

Mental Health and Spirituality in Later Life Elizabeth MacKinlay, 2014-01-02 Explore pastoral strategies for dealing with mental health problems Mental health is increasingly being recognized as an important issue in later life This valuable book will help you examine this dimension of aging in the context of pastoral spiritual and cultural issues It explores the relationship between mental health spirituality and religion in later life including the search for meaning cultural issues spiritual issues depression dementia and issues of suicide in older people The first part of Mental Health and Spirituality in Later Life focuses on theology ethics and cultural issues in mental health and aging The second part addresses issues of multidisciplinary practice including a challenging chapter written by a woman with early onset dementia Alzheimer s and other chapters that present perspectives on the uses and meanings of ritual and symbolism in mental health and pastoral approaches to care Part one of Mental Health and Spirituality in Later Life deals with issues of theology culture and mental health in later life focusing on the importance of a richly textured understanding of personhood as a prerequisite for constructing a picture of late life mental health in the context of theology the relationship between culture spirituality and meaning for older immigrants and their effects on mental health the adverse effects of a mental health system that reflects only the dominant culture of a society leaving minority cultures vulnerable to misdiagnosis and inappropriate treatments that can do more harm than good a wholistic picture of aging that moves beyond the biomedical paradigm and demonstrates the power and potential of the human spirit in adjusting to and moving beyond suffering Part two of this valuable book addresses issues of concern to practitioners in mental health and spirituality for the aging including disruptive behavior among nursing home residents and

common practices that fail to identify its causes or address the problem how some staff resident interactions can produce suffering for all concerned with case study outlines that illustrate the point memory loss and its effect on spirituality self worth and the faith community pastoral care for people suffering with dementia with practical information on helping them to make use of the power of prayer and to deal with loneliness fear and disempowerment an insightful look at a recent major study of residents in aged care facilities in Australia that explores the link between depression and spirituality risk and protective factors associated with suicide in later life and the treatment of depression pastoral interventions for depression and dementia

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