



Psychology, Mental Health and Distress

By John Cromby, David Harper, Paula Reavey

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What does the word 'schizophrenia' mean to you? Perhaps your first thought is of someone with a medical condition that involves some kind of brain disease? But what if you knew that the person in question had been through a traumatic childhood? Would that change how you thought about their mental health? And what impact does this have on how we as a society interact with people with mental distress?

Psychology, Mental Health and Distress is the first mainstream textbook that reconsiders the traditional emphasis on the biological and psychiatric models for what is commonly, but contentiously, known as 'abnormal psychology' or 'psychopathology'. It provides a fully rounded account of mental distress, including social and relationship causes, and challenges your preconceptions about what you think you know about mental health.

Key features:

- * Reflects new approaches to mental health and the kinds of psychological interventions (or 'treatments') for those experiencing distress, moving away from a limited diagnostic model
- * Offers a wealth of case stories to portray the reality of living with distress, building your empathy to encourage sensitive practice
- * Fully informed by current experimental, qualitative and theoretical psychological research including research into hearing voices
- * Written by a team of leading clinical and social psychologists with additional contributions by renowned figures including Richard Bentall, a bestselling Penguin author whose *Madness Explained* won the 2004 BPS Book Award
- * Includes a chapter authored by those with first-hand experience of mental health services, ensuring you understand the nuances of this emotionally charged, and often controversial, topic

The authors draw from a range of experience, examples and approaches to present this student-friendly and engaging text: core reading for anyone serious about understanding mental health issues.

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Editorial Review

Review

The review feedback was extremely positive. Reviewers praised the work as a much-needed departure from the traditional approach taken by other books in this area. The authors' excellent writing style was commented on, as was the critical perspective that's often missing from mainstream books. The inclusion of real world issues and the excellent use of case studies was applauded. Full reviews are available on request, but here are some key quotes:

Ron Roberts, Kingston:

"This looks to be the kind of text I have been hoping to see for many a long year. Comprehensive, critical, and so refreshing ... This is a book head and shoulders over anything else out there ... This book has everything I would want to see in a psychology text. It combines a humanistic and scientific approach, encourages critical thinking and should become the standard by which others are judged for many years. It may well have an effect on the way clinical psychology itself educates its practitioners ... In fact of the many reviews I have ever done over the years this is by far the best book I have seen."

Kate Bennett, Liverpool:

"The more I read this book, the more I enjoy it. I really appreciate its focus and its philosophy. It approaches the area with very much the approach I take in my own thinking. As far as I have seen there are no books which have the same layout, approach or philosophy ... I appreciate also hearing from different voices, and especially from service users."

Grant Jeffery, Edinburgh Napier:

"I think this is a terrific project and it seems to be very much on-track ... at its best, it presents arguments and discourses instead of 'facts' and as such is a very helpful educational tool ... Might be useful for a broader range of students - counselling students, health care students such as nurses etc."

Michelle Lafrance, St Thomas University (Canada):

"This is a much needed text ... Well done. The proposed text would represent the first that I know of to adopt a critical perspective on the topic of 'abnormal psychology.' Its time has come."

Review

This is the book that I have been waiting years to see. Superb, thoroughly researched and intellectually refreshing - a game changer in the field. It should be mandatory reading on every psychology course not just those dealing with mental health issues.' - **Ron Roberts, Kingston University, UK**

'At last, an undergraduate text that adopts a critical approach to 'Abnormal Psychology'. *Psychology, Mental Health and Distress* is the first of its kind, providing an accessible, engaging, and refreshing take on the standard material. Assembled by an impressive team of world-class scholars, this text extends the analysis of people's distress beyond biomedical and individualist framings, and toward a deeper exploration of the complex interplay between the body, the psych, and the social and political context. This is an important and

revolutionary resource for students and scholars alike.' - Michelle LaFrance, St Thomas University, Canada

'I wish this book had been around when I was an undergraduate. Two aspects of the book are especially important. First, recognising the importance of culture in mental health, and secondly, giving a voice to mental health service users.'

- *Kate Bennett, University of Liverpool, UK*

'In simple language and in no ambiguous terms, the authors of this book clearly bring out the limitations of current theory and research in psychiatry, abnormal and clinical psychology. The authors also go a step further to show how we can unshackle ourselves from these limitations. I wholeheartedly recommend this book to both the beginning student and seasoned practitioner of mental health who is interested in helping people afflicted by mental distress.'

- *David Lackland Sam, University of Bergen, Norway*

'An inspiring and ambitious text - a longed-for change to passive acceptances of psychiatric categories. This book is ideal for academics and students wishing to critically probe the limitations of DSM diagnoses.'

- *Leanne Franklin, Cardiff Metropolitan University*

'The book gives an excellent introduction to the field of abnormal psychology and could be read by students, academics, service users and clinical psychologists both to understand the different causes to mental distress, but also how these problems could be best treated.'

- *Roger Hagen, Norwegian University of Science and Technology*

'This is a book that is long overdue. So many books on psychopathology tend to be overly influenced by a biomedical and cognitive approach to understanding psychological distress, and rarely go further than that. This book takes a refreshing psychological, social and critical approach. It does not discard the importance of biological factors, but it considers in detail the various psychological and social determinants of mental health and distress. I recommend this book as a must-read for clinical psychology trainees, and for students and professionals working in the field of mental health.'

- *Poul Rohleder, Anglia Ruskin University, UK*

'I think it is a brilliant book by what I have read so far - and it has been a long time in coming! I think this book could possibly set the trend for the future way of perceiving and thinking about mental health.'

- *Dr Fiona McConnachie, School of Social & Health Sciences, University of Abertay Dundee*

From the Back Cover

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condition that involves some kind of brain disease? But what if you knew that the person in question had been through a traumatic childhood? Would that change how you thought about their mental health? And what impact does this have on how we as a society interact with people with mental distress?

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Users Review

From reader reviews:

Dan Flood:

The ability that you get from *Psychology, Mental Health and Distress* could be the more deep you digging the information that hide within the words the more you get enthusiastic about reading it. It does not mean that this book is hard to know but *Psychology, Mental Health and Distress* giving you enjoyment feeling of reading. The article author conveys their point in certain way that can be understood through anyone who read this because the author of this reserve is well-known enough. This specific book also makes your own vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having that *Psychology, Mental Health and Distress* instantly.

Jason Wahl:

You can get this *Psychology, Mental Health and Distress* by browse the bookstore or Mall. Only viewing or reviewing it could possibly to be your solve difficulty if you get difficulties for your knowledge. Kinds of this guide are various. Not only by written or printed but can you enjoy this book simply by e-book. In the modern era such as now, you just looking of your mobile phone and searching what your problem. Right now, choose your own ways to get more information about your guide. It is most important to arrange you to ultimately make your knowledge are still up-date. Let's try to choose suitable ways for you.

Elbert Lupton:

That publication can make you to feel relax. This kind of book Psychology, Mental Health and Distress was colorful and of course has pictures on the website. As we know that book Psychology, Mental Health and Distress has many kinds or category. Start from kids until teens. For example Naruto or Investigation company Conan you can read and think that you are the character on there. Therefore , not at all of book usually are make you bored, any it offers up you feel happy, fun and relax. Try to choose the best book for you and try to like reading which.

Norma Baumgarten:

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