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Titolo	Challenging the stigma of mental illness : lessons for therapists and advocates // Patrick William Corrigan, David Roe, Hector W.H. Stang
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Altri autori (Persone)	RoeDavid <1966-> TsangHector W. H
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Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Stigma is personal -- Understanding and measuring stigma -- Challenging the public stigma of mental illness -- Addressing self-stigma and fostering empowerment -- Addressing structural stigma -- Stigma as social injustice -- Learn more about it : resources and chapter references / by Jennifer Rafacz.
Sommario/riassunto	Challenging the Stigma of Mental Illness offers practical strategies for addressing the harmful effects of stigma attached to mental illness. It considers both major forms of stigma: public stigma, which is prejudice and discrimination endorsed by the general population; and self-stigma, the loss of self-esteem and efficacy that occurs when an individual internalizes prejudice and discrimination. Invaluable guide for professionals and volunteers working in any capacity to challenge discrimination against mental illnessContains practical worksheets and intervention guideline