

1. Record Nr.	UNINA9910298358503321
Autore	Gillam A. J.
Titolo	Creativity, Wellbeing and Mental Health Practice / / by Tony Gillam
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Palgrave Pivot, , 2018
ISBN	9783319748849 331974884X
Edizione	[1st ed. 2018.]
Descrizione fisica	1 online resource (xv, 159 pages)
Collana	Palgrave Studies in Creativity and Culture, , 2755-4511
Disciplina	616.89023
Soggetti	Counseling Psychotherapy Social psychology Arts Psychology - Methodology Counseling Psychology Social Psychology Psychological Methods
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	1. Introduction: creativity, wellbeing and mental health -- 2. Understanding creativity -- 3. Creativity and mental health -- 4. Understanding wellbeing and mental health nursing -- 5. Applying creativity in practice -- 6. Music and mental health practice -- 7. Creative writing, literature, storytelling and mental health practice -- 8. Creative approaches to learning and leadership -- 9. Wellbeing and mental health nursing: implications for practice -- 10. Conclusions.
Sommario/riassunto	This book argues that some aspects of mental health practice have become mechanical, joyless and uninspiring, leading to a loss of creativity and wellbeing. A high level of wellbeing is essential to mental health and contemporary mental health care - and creativity is at the heart of this. A greater awareness of everyday creativity, the arts and creative approaches to mental health practice, learning and leadership can help us reinvent and reinvigorate mental health care. This,

combined with a clearer understanding of the complex concept of wellbeing, can enable practitioners to adopt fresh perspectives and roles that can enrich their work. Creativity and wellbeing are fundamental to reducing occupational stress and promoting professional satisfaction. Introducing a new model of creative mental health care combined with recommendations for wellbeing, Creativity, Wellbeing and Mental Health Practice is a practical, evidence-based book for students, practitioners and researchers in mental health nursing and related disciplines.
