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Nota di contenuto	Chapter 1: Introduction -- Chapter 2: Events and Consequences -- Chapter 3: We are not the Slaves of our Brains -- Chapter 4: Making Sense of Things -- Chapter 5: Labels are for Products, Not People -- Chapter 6: Appreciating the Functions of Diagnoses -- Chapter 7: A Phenomenological Approach -- Chapter 8: Formulation and the Scientific Method -- Chapter 9: The Drugs Don't Work – The Difference between Curing and Helping -- Chapter 10 Residential Care; Hotels Not

Hospitals -- Chapter 11: The Mental Health Act -- Chapter 12: Working Practices -- Chapter 13: The Social and Political Prerequisites for Genuine Psychological Health and Well-Being -- Chapter 14: A Manifesto.

Sommario/riassunto

'Peter Kinderman has now firmly established himself as one of the most creative and insightful thinkers in mental health today. A paradigm shift in mental health is underway and with this excellent book Kinderman is set to be at its helm.' - Dr James Davies, Roehampton University, UK 'Peter Kinderman brings his usual blend of principle, provocation and pragmatism to his latest book, which spells out a convincing vision of how we could transform our approach to one of the major issues of our time.' - Dr Lucy Johnstone, Consultant Clinical Psychologist, UK 'Peter Kinderman argues that our current approach of treating psychological problems as illnesses in need of treatment may be doing more harm than good, and outlines a practical alternative. You may not agree with everything he says, but you should definitely read this book.' - Anne Cooke, Principal Lecturer, Canterbury Christ Church University, UK A Manifesto for Mental Health presents a radically new and distinctive outlook that critically examines the dominant 'disease-model' of mental health care. Incorporating the latest findings from both biological neuroscience and research into the social determinants of psychological problems, Peter Kinderman offers a contemporary, biopsychosocial, alternative. He warns that the way we care for people with mental health problems is creating a hidden human rights emergency and he proposes a new vision for the future of health organisations across the globe. The book highlights persuasive evidence that our mental health and wellbeing depend largely on the society in which we live, on the things happen to us, and on how we learn to make sense of and respond to those events. Kinderman proposes a rejection of invalid diagnostic labels, practical help rather than medication, and a recognition that distress is usually an understandable human response to life's challenges. Offering a serious critique of establishment thinking, A Manifesto for Mental Health provides a well-crafted demonstration of how, with scientific rigour and empathy, a revolution in mental health care is not only highly desirable, it is also entirely achievable. Peter Kinderman is Professor of Clinical Psychology at the University of Liverpool, honorary Consultant Clinical Psychologist with Mersey Care NHS Trust and Clinical Advisor for Public Health England, UK. .
