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Rural Settings; Introduction; Public Stigma; Self-Stigma  
Stigma in Rural SettingsTreatment of Self-Stigma in Rural Settings;  
Conclusion; References; 5. Loneliness and Isolation in Rural Areas;  
Introduction; Loneliness as a Psychotherapy Issue; When Loneliness  
Becomes a Problem; Isolation and the Pain of Yearning; The Treatment  
of Loneliness and Isolation; Conclusion; References; 6. Religion and  
Rural Mental Health; Introduction; Religion; Impact of Religion on Well-  
Being; Role and Influence of Religion in Rural Communities; The Role of  
the Church in the Rural Community; Rural Religious Worldviews; Mental  
Health Care in the Rural Context  
Mental Health Care with Rural Religious ClientsConclusion; References;  
7. Ethical and Professional Challenges of Mental Health Care Delivery in  
Rural Communities (or "A Day in the Life of a Small  
TownPsychotherapist"); Introduction; A Day in the Life of a Small Town  
Psychotherapist; Major Ethical Issues and Professional Challenges in  
Rural Areas; Recommendations for Practice in Rural Areas; References;  
8. Rural Mental Health Practitioners: Their Own Mental Health Needs;  
Introduction; Provider Distress, Impairment, and Burnout; Prevention,  
Detection, and Intervention: Importance of Self-Care  
Bowen Family Systems TheoryCase Study; Conclusion; References; II.  
Models of Service Delivery; 9. Integrated Care in Rural Areas;  
Introduction; Background; Integrated Care in Rural Areas; Current and  
Best Practices in Rural Integration; Case Studies of Integrated Care in  
Rural Communities; Rural Integration in a Changing Policy Environment:  
The Road Ahead; Practical Steps to Getting Started; References; 10.  
Technological Innovations in Rural Mental Health Service Delivery;  
Introduction; Telephone; Televideo Interventions; Mobile Interventions;  
Computer-Based Technologies; Social Media Tools  
Technology Implementation with Mental Health Interventions

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## Sommario/riassunto

Addressing the needs of America's most underserved areas for mental health services, Rural Mental Health offers the most up-to-date, research-based information on policies and practice in rural and frontier populations. Eminent clinicians and researchers examine the complexities of improving mental health in rural practice and offer clear recommendations which can be adapted into current practice and training programs. They bring an incisive lens to factors that contribute to mental illness and prevent access to treatment areas. These include limited resources, reliance on urban models and ass

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