1. Record Nr. UNINA9910985655703321

Autore	Cantú Arnoldo
Titolo	Practical alternatives to the psychiatric model of mental illness : beyond DSM and ICD diagnosing / / Arnoldo Cantú, Eric Maisel, and Chuck Ruby
Pubbl/distr/stampa	Bradford : , : Ethics International Press Limited, , 2024 ©2024
ISBN	9781804412879 1804412872
Edizione	[1st ed.]
Descrizione fisica	1 online resource (493 pages)
Altri autori (Persone)	MaiselEric RubyChuck
Soggetti	Psychiatry Mental health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Editor's Introduction -- Arnoldo Cantú -- The Myth of Psychiatric Diagnosis -- Wayne Ramsay -- Restoring the Humanity in Human Services: Pathways Vermont's Relationship-First Practice -- J River Helms -- How do we build relationships rooted in authentic human connection? -- Humanity -- Authenticity -- Collaboration -- Humility -- Curiosity and Hope -- Pathways Vermont's Relationship-First Practice: A Social Justice Framework -- Clinical Case Formulation and Intervention Using a Shame-Informed Model -- Harper West -- Introduction -- Benefits of a Shame-Informed Model -- Five Factors Exacerbating Shame Sensitivity -- Factor 1 - Threat Response -- Factor 2 - Fear of Social Exclusion -- Factor 3 - Shame as an Attempt to Prevent Social Exclusion -- Factor 4 - Trauma -- Factor 5 - Attachment Status -- Connecting the Five Causative Factors -- The Impact of Shame on Interpersonal Relationships -- Case Assessment and Formulation -- Interventions in a Shame-Informed Model -- Conclusion -- References -- How Can We See ADHD From Another Angle, and What Can We Do for Our Kids? -- Ann Bracken -- But haven't things changed since the 1980s? -- But what about the

checklist of symptoms to diagnose ADHD? -- "Normal"? Really? Isn't that all pretty official, like a real medical diagnosis? -- But isn't time of the essence? Shouldn't I take action quickly for when my child is diagnosed? -- But what about those drugs? Where can I find some detailed information about them? And won't they help my child in the long run? -- So, if the drugs don't help much, and ADHD is not due to a chemical imbalance in the brain, how can I understand it? Where else can I look for a cause?.
I often hear teachers and parents refer to a child who struggles with ADHD behaviors as "an ADDer" as if that label gives you a complete picture of the child. Should I be concerned about people using a label like that? -- If the labels don't help, and the drugs aren't the answer for my child, what can I do to help him succeed in life and in school? Despite our best efforts to be loving and positive, we constantly argue and remind him about homework and chores, and his ... -- What's an extremely structured, step-by-step approach to helping kids and families deal with such behaviors? -- What's another way to help challenging kids? -- What else should I know? -- References -- Resources for Parents and Teachers -- Endnotes -- Addressing Ethical Loneliness in the Psychiatric Clinic: Creating Healing Spaces Through Acknowledging Personhood and Agency -- Michael O'Loughlin -- An ethics for psychiatry -- Psychiatric "care": A zone of social abandonment? -- Ethical loneliness -- Reclaiming suffering: Toward a new ethics of psychiatric distress -- Meeting the Other existentially: Story matters -- Implications for practice -- References -- The Inviting Lure of Madness -- Ronald Bassman -- Madness and Therapy -- The Therapist-Client Connection -- A Wu Wei Therapist -- Conclusion -- References -- Time Statues: Alternatives to Harm -- Robert F. Morgan -- 1)Saying Nothing -- 2)Anger: Three Cases -- Case #1 -- Case #2 -- Case #3 -- 3)Trust -- References and Suggested Readings -- Can We Move Toward Mindful Medicine? -- Natalie Campo -- Zen and the Art of Moodcycle Maintenance -- David Healy -- Introduction -- A Crisis in the Making -- Zen Buddhism -- Inner and Outer -- Boundary Drugs -- Psychedelics -- Zen and the Art of Clinical Science -- References -- Life Formulation and the Human Experience Specialist -- Eric Maisel -- Life Formulation Model Pluses.
Now, who is this practitioner? -- Training the human experience specialist -- Questioning Clinical Technologies: Psychotherapy After Heidegger -- Donald R. Marks -- Questioning Clinical Technologies: Psychotherapy After Heidegger -- From "Anti-vitalism" to the "Universality of Illness" -- Releasement, Meditation, and Mystery -- References -- A First Person Principle: Philosophical Reflections on Narrative Practice Within a Mainstream Psychiatric Service for Young People -- Philippa Byers and David Newman -- Introduction -- Part 1-From Philippa: Developing a philosophical sense of David's practice -- The retrieval and privileging of first person speech -- A first person principle in narrative practice -- Part 2-From David: Philosophical reflections that build urgency and further critique -- A knowledge discourse that undermines resistance -- The first person principle and professional dilemmas -- The first person principle and resisting professional language -- The first person principle, thinking about influence, and distinguishing meanings from causes -- Conclusion: From David and Philippa -- References -- Endnotes -- Combining Peer Support, Emotional CPR and Open Dialogue Facilitates Recovery from Schizophrenia -- Mateusz Biernat, Margaret Zawisza, Magdalena Biernat, and Daniel Fisher -- Introduction -- D and His Family History -- Peer Support, eCPR and Open Dialogue -- D and C respond to a series of follow-up questions -- Conclusion -- Additional Resources --

A Contemplative Phenomenological Approach to Psychodiagnosis -- G. Kenneth Bradford -- The Meaning of Dia-gnosis -- A Matter of Approach -- Calculative Thinking and Empirical Diagnosis -- The Story of Beatrice, Take 1: Conventional Empirical Diagnosis -- Beatrice Take 2: Transpersonal-Empirical Diagnosis -- Meditative Thinking and Phenomenological Diagnosis.
Beatrice Take 3: Phenomenological-Contemplative Diagnosis -- Explication Versus Interpretation -- Beatrice Take 4: Contemplative Diagnosing -- Going Forward: Inter-Being and the Challenge of Non-Doing -- References -- Endnotes -- Social and Emotional Wellbeing: Ancient Wisdom from Australia's Aboriginal and Torres Strait Islander People as a Valuable Alternative to Western Biomedical Models of Mental Health -- Kathleen Martin and Timothy A. Carey -- Health From an Aboriginal and Torres Strait Islander Perspective -- Mental Health from An Aboriginal and Torres Strait Islander Perspective -- Connection to body -- Connection to mind and emotions -- Connection to family and kinship -- Connection to community -- Connection to culture -- Connection to country -- Connection to spirit, spirituality, and ancestors -- SEWB For Improved Contentment and Daily Living -- Concluding Comments -- References -- That was Then, This is Now, Part 1: Psychodynamic Psychotherapy for the Rest of Us -- Jonathan Shedler -- Roots of Misunderstanding -- What it isn't -- A comment on terminology -- Foundations -- Unconscious mental life -- The mind in conflict -- The past lives on in the present -- Transference -- Bibliography -- That Was Then, This is Now, Part 2: Psychodynamic Psychotherapy for the Rest of Us -- Jonathan Shedler -- Defense -- Psychological Causation -- What's good for the goose -- Bibliography -- Going Beyond the DSM with the Power Threat Meaning Framework, Open Dialogue Approach and Soteria -- Radosaw Stupak -- Introduction -- Power Threat Meaning Framework -- Power -- Threat and Meaning -- Threat responses shaped by Meaning -- Open Dialogue Approach -- Soteria -- Conclusion -- References -- Need-Based vs. Diagnostic-Driven Strategies for Helping People with Mental and Emotional Difficulties: A Systems Approach -- Thomas E. Fink. What are Mental Disorders? - Further Elaboration -- Psychological Needs -- System Concepts: Chaos Theory, Order/Disorder and Emergence -- Treatment Implications -- Summary -- References -- Stalked by Stress, Abandoned to Predation: The Appeal of Suicide in a Modern World -- Sarah Knutson -- Head Start on Stress -- The Social Inequality Game -- Little Fish, Big Pond -- Big Brother is Watching -- Modern Predators, Modern Jungle -- The Perfect Storm for Suicide -- Everyday Responses -- If Stress is So Deadly and Pervasive, Why Isn't Everyone Breaking Down? -- References -- Referring Clients to Stoic Writing Practices: Exploring Principles, Techniques, and Challenges -- Kate Hammer and William Van Gordon -- Including community referral in a therapeutic model -- Stoicism for therapy -- Stoic writing activities -- Stoic stimulus for therapeutic writing -- Stoic copywork -- The benefits of "a dose of Stoicism" -- Cautions and contraindications -- Limitations and barriers -- Future directions -- References -- Sense and Nonsense in Psychotherapy-and Some Possible Solutions -- Louis Wynne -- References and Suggested Readings -- The Evolution of Lifestyle Today: Prescribing Wellness Versus a DSM and ICD Diagnosis -- Maria Malayter -- Lifestyle Changes -- Success and Being Well: The History of Wellness Dimensions -- Defining the Ten Dimensions of Wellness -- Physical Wellness -- Nutritional Wellness -- Social Wellness -- Emotional Wellness -- Spiritual Wellness -- Intellectual Wellness -- Environmental Wellness -- Occupational Wellness -- Financial Wellness -- Protectoral Wellness -- Practical Experiences of the Wellness

	Dimensions -- Practical Recommendations -- Prescribing Wellness Now -- Suggested Readings -- Releasing Addictions -- Anna Yusim -- The Root of Addiction -- Addictions and Aloneness. Stream of Consciousness Writing Exercise: Identifying Your Addictions.
Sommario/riassunto	This book critically examines the psychiatric model of mental illness, challenging the validity of diagnoses such as those found in the DSM and ICD. Edited by Arnoldo Cantú, Eric Maisel, and Chuck Ruby, it presents various alternative approaches to mental health that prioritize human experience over medicalization. The volume includes contributions from several experts who offer practical, humane ways to support individuals dealing with mental and emotional difficulties without resorting to traditional psychiatric labels. It is intended for mental health professionals, scholars, and anyone interested in alternative mental health practices.