



Psychosis: Psychological Approaches and their Effectiveness

Putting Psychotherapies at the Centre of Treatment

Edited by Brian Martindale, Anthony Bateman, Michael Crowe & Frank Margison

There is increasing recognition by professionals, users and service planners that psychological approaches for people with psychotic conditions can be effective, and indeed, are often much sought after by users and their families. However, these were rarely considered and often disparaged in the ascendancy of the 'decade of the brain'. The book updates psychiatrists, psychologists and nurses in a range of psychological therapies that should be available in every modern mental health service. It both outlines the approaches and provides or reviews evidence for their effectiveness.

The authors are selected expert clinicians and researchers from around the globe who describe in clear language the differing contexts, aims and methods of the psychological treatment interventions and evidence for their effectiveness.

There is a wide-ranging introduction then a section based on cognitive approaches, then another on family, group and psychosocial approaches, followed by a psychoanalytic approach. The penultimate section describes the integration of a range of these approaches used in early interventions, designed to improve the chances of full recovery in the community and minimise chronic disability. The authors of this section are Scandinavian where these approaches are increasingly widely practised. Finally, there is a comprehensive overview from Australia that gives an encouraging vision of modern mental health services for those vulnerable to severe mental disturbance and also valuable pointers to further research likely to be fruitful.

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