


# Psychology, Mental Health and Distress

*By John Cromby, David Harper, Paula Reavey*

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What does the word 'schizophrenia' mean to you? Perhaps your first thought is of someone with a medical condition that involves some kind of brain disease? But what if you knew that the person in question had been through a traumatic childhood? Would that change how you thought about their mental health? And what impact does this have on how we as a society interact with people with mental distress?

*Psychology, Mental Health and Distress* is the first mainstream textbook that reconsiders the traditional emphasis on the biological and psychiatric models for what is commonly, but contentiously, known as 'abnormal psychology' or 'psychopathology'. It provides a fully rounded account of mental distress, including social and relationship causes, and challenges your preconceptions about what you think you know about mental health.

Key features:
* Reflects new approaches to mental health and the kinds of psychological interventions (or 'treatments') for those experiencing distress, moving away from a limited diagnostic model
* Offers a wealth of case stories to portray the reality of living with distress, building your empathy to encourage sensitive practice
* Fully informed by current experimental, qualitative and theoretical psychological research including research into hearing voices
* Written by a team of leading clinical and social psychologists with additional contributions by renowned figures including Richard Bentall, a bestselling Penguin author whose *Madness Explained* won the 2004 BPS Book Award
* Includes a chapter authored by those with first-hand experience of mental health services, ensuring you understand the nuances of this emotionally charged, and often controversial, topic

The authors draw from a range of experience, examples and approaches to present this student-friendly and engaging text: core reading for anyone serious about understanding mental health issues.

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**Psychology, Mental Health and Distress By John Cromby, David Harper, Paula Reavey Bibliography**

- Sales Rank: #1462183 in Books
- Brand: Brand: Palgrave Macmillan
- Published on: 2013-04-09
- Released on: 2013-04-09
- Original language: English
- Number of items: 1
- Dimensions: 10.86" h x .98" w x 6.72" l, 2.40 pounds
- Binding: Paperback
- 452 pages

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## Editorial Review

Review

The review feedback was extremely positive. Reviewers praised the work as a much-needed departure form the traditional approach taken by other books in this area. The authors' excellent writing style was commented on, as was the critical perspective that's often missing from mainstream books. The inclusion of real world issues and the excellent use of case studies was applauded. Full reviews are available on request, but here are some key quotes:

Ron Roberts, Kingston:
"This looks to be the kind of text I have been hoping to see for many a long year. Comprehensive, critical, and so refreshing ... This is a book head and shoulders over anything else out there ... This book has everything I would want to see in a psychology text. It combines a humanistic and scientific approach, encourages critical thinking and should become the standard by which others are judged for many years. It may well have an effect on the way clinical psychology itself educates its practitioners ... In fact of the many reviews I have ever done over the years this is by far the best book I have seen."

Kate Bennett, Liverpool:
"The more I read this book, the more I enjoy it. I really appreciate its focus and its philosophy. It approaches the area with very much the approach I take in my own thinking. As far as I have seen there are no books which have the same layout, approach or philosophy ... I appreciate also hearing from different voices, and especially from service users."

Grant Jeffery, Edinburgh Napier:
"I think this is a terrific project and it seems to be very much on-track ... at its best, it presents arguments and discourses instead of 'facts' and as such is a very helpful educational tool ... Might be useful for a broader range of students - counselling students, health care students such as nurses etc."

Michelle Lafrance, St Thomas University (Canada):
"This is a much needed text ... Well done. The proposed text would represent the first that I know of to adopt a critical perspective on the topic of 'abnormal psychology.' Its time has come.

Review

This is the book that I have been waiting years to see. Superb, thoroughly researched and intellectually refreshing - a game changer in the field. It should be mandatory reading on every psychology course not just those dealing with mental health issues.' **- *Ron Roberts, Kingston University, UK***

'At last, an undergraduate text that adopts a critical approach to 'Abnormal Psychology'. *Psychology, Mental Health and Distress* is the first of its kind, providng an accessible, engaging, and refreshing take on the standard material. Assembled by an impressive team of world-class scholars, this text extends the analysis of people's distress beyond biomedical and individualist framings, and toward a deeper exploration of the complext interplay between the body, the psych, and the social and political context. This is an important and

revolutionary resource for students and scholars alike.' - Michelle LaFrance, St Thomas University, Canada

'I wish this book had been around when I was an undergraduate. Two aspects of the book are especially important. First, recognising the importance of culture in mental health, and secondly, giving a voice to mental health service users.'

***- Kate Bennett, University of Liverpool, UK***

***'In simple langauge and in no ambiguous terms, the authors of this book clearly bring out the limitations of current theory and research in psychiatry, abnormal and clinical psychology. The authors also go a step further to show how we can unshackle oursleves from these limitations. I whole heartedly recommend this book to both the beginning student and seasoned practitioner of mental health who is interested in helping people afflicted by mental distress.'***

***- David Lackland Sam, University of Bergen, Norway***

***'An inspiring and ambitious text - a longed-for change to passive acceptances of psychiatric categories. This book is ideal for academics and students wishing to critically probe the limitations of DSM diganoses.'***

***- Leanne Franklin, Cardiff Metropolitan University***

***'The book gives an excellent introduction to the field of abnormal psychology and could be read by students, academics, service users and clinical psychologists both to understand the different causes to mental distress, but also how these problems could be best treated.'***

***- Roger Hagen, Norwegian University of Science and Technology***

***'This is a book that is long overdue. So many books on psychopathology tend to be overly influenced by a biomedical and cognitive approach to understanding psychological distress, and rarely go further than that. This book takes a refreshing psychological, social and critical approach. It does not discard the importance of biological factors, but it considers in detail the various psychological and social determinants of mental health and distress. I recommend this book as a must-read for clinical psychology trainees, and for students and professionals working in the field of mental health.'***

***- Poul Rohleder, Anglia Ruskin University, UK***

'I think it is a brilliant book by what I have read so far - and it has been a long time in coming! I think this book could possible set the trend for the future way of perceiving and thinking about mental health.'

***– Dr Fiona McConnochie, School of Social & Health Sciences, University of Abertay Dundee***

From the Back Cover
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condition that involves some kind of brain disease? But what if you knew that the person in question had been through a traumatic childhood? Would that change how you thought about their mental health? And what impact does this have on how we as a society interact with people with mental distress?

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## Users Review

**From reader reviews:**

**Agnes Henson:**

This Psychology, Mental Health and Distress book is not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is actually information inside this guide incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. That Psychology, Mental Health and Distress without we recognize teach the one who reading it become critical in pondering and analyzing. Don't always be worry Psychology, Mental Health and Distress can bring when you are and not make your bag space or bookshelves' turn into full because you can have it with your lovely laptop even cell phone. This Psychology, Mental Health and Distress having great arrangement in word and also layout, so you will not truly feel uninterested in reading.

**Stephanie Armstrong:**

The experience that you get from Psychology, Mental Health and Distress may be the more deep you rooting the information that hide within the words the more you get interested in reading it. It doesn't mean that this book is hard to be aware of but Psychology, Mental Health and Distress giving you joy feeling of reading. The copy writer conveys their point in specific way that can be understood simply by anyone who read this because the author of this book is well-known enough. That book also makes your current vocabulary

increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We recommend you for having that Psychology, Mental Health and Distress instantly.

**Gloria Lentz:**

This book untitled Psychology, Mental Health and Distress to be one of several books this best seller in this year, this is because when you read this reserve you can get a lot of benefit onto it. You will easily to buy this kind of book in the book retail store or you can order it via online. The publisher of this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Cell phone. So there is no reason for you to past this book from your list.

**Gay Swiderski:**

Spent a free a chance to be fun activity to accomplish! A lot of people spent their down time with their family, or their friends. Usually they performing activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the e-book untitled Psychology, Mental Health and Distress can be great book to read. May be it might be best activity to you.

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