

LIVING THERAPY SERIES

Responding
to a Serious
Mental Health
Problem

PERSON-CENTRED
DIALOGUES

RICHARD BRYANT-JEFFERIES

Responding To A Serious Mental Health Problem Personcentred Dialogues

John McLeod



Responding To A Serious Mental Health Problem Personcentred Dialogues:

Responding to a Serious Mental Health Problem Richard Bryant-Jefferies, 2018-10-08 This book uses narrative to describe powerfully what is happening interspersed with the counsellor's thoughts and reflections. Sessions of supervision are also described and linked to what is occurring in the therapy. The first part of the book focuses on a client struggling to cope with her son who has mental health and drug problems. The second part describes the son's experience of entering into a therapeutic encounter after having reached a crisis point. Cultural differences are also explored. Included in this volume is material to inform the training process of counsellors and many others who seek to work with people experiencing these relational dynamics. It is intended as much for experienced counsellors as it is for trainees. It provides real insight into what can occur during counselling sessions. The book will also be of value to the many healthcare and social care professionals who whilst they may specialise in other areas will find that the issues dealt with in this volume have impact on the work they are doing. For them the text demystifies what can occur in therapy and provides useful ways of working that may be used by professionals other than counsellors. Potential clients will also gain an insight into the process.

Responding to a Serious Mental Health Problem Richard Bryant-Jefferies, 2016-07-12 This book uses narrative to describe powerfully what is happening interspersed with the counsellor's thoughts and reflections. Sessions of supervision are also described and linked to what is occurring in the therapy. The first part of the book focuses on a client struggling to cope with her son who has mental health and drug problems. The second part describes the son's experience of entering into a therapeutic encounter after having reached a crisis point. Cultural differences are also explored. Included in this volume is material to inform the training process of counsellors and many others who seek to work with people experiencing these relational dynamics. It is intended as much for experienced counsellors as it is for trainees. It provides real insight into what can occur during counselling sessions. The book will also be of value to the many healthcare and social care professionals who whilst they may specialise in other areas will find that the issues dealt with in this volume have impact on the work they are doing. For them the text demystifies what can occur in therapy and provides useful ways of working that may be used by professionals other than counsellors. Potential clients will also gain an insight into the process.

Person-Centred Counselling Supervision Richard Bryant-Jefferies, 2017-11-22 Each preceding book in the Living Therapy series provides a demonstration of the application of the person-centred approach to counselling and psychotherapy to clients presenting with particular issues. To complement these this book focuses more on the supervisory element of the therapeutic process. It brings together examples of supervision sessions from the Living Therapy series and presents each one as an example of person-centred supervisory practice of person-centred counselling. The supervision sessions deal with a range of issues that arise when working with clients who are seeking counselling in order to resolve difficulties from a wide range of difficult human experience. Each supervision session is introduced with a summary of the background and points for discussion are included at the end of each

chapter to stimulate further thought and debate The book does not attempt to demonstrate a definitive way to apply person centred principles to supervision but does demonstrate core principles It will prove valuable to experienced and novice supervisors and to those uncertain about supervising counsellors working in areas outside their own professional experience It should also be read by counsellors in training who are preparing to be supervised for whom the book offers insights into this collaborative process **Counselling for Eating Disorders in Women** Richard Bryant-Jefferies,2017-11-22

Counseling for Eating Disorders in Women focuses on women whose eating patterns have generated side effects on other aspects of their lives such as work health and family Women with problems connected with over eating under eating and poor eating form a significant proportion of counselors lists with a distinctive set of problems and challenges This book adopts the unique approach of the Living Therapy series using fictitious dialogue to illustrate the person centered approach enabling the reader to experience directly the diverse and challenging issues surrounding patients This is difficult to achieve with conventional text books This book is invaluable for trainees and experienced counselors members of support organizations and women suffering from eating disorders their friends and families Counselling for Eating Disorders in Men Richard

Bryant-Jefferies,2005 Focusing on men whose eating habits have generated side effects on other aspects of their lives such as work health and family this text uses fictitious dialogue in order to illustrate the person centred approach enabling the reader to experience the diverse and challenging issues which surround patients New Thinking about Mental Health and Employment Bob Grove,Jenny Secker,Patience Seeböhm,2005 This book presents current research evidence on mental health and employment never previously gathered together It challenges the assumption that people who use mental health services are unable to work **Counselling Victims of Warfare** Richard Bryant-Jefferies,2016-07-14 In the United Kingdom since

1987 38 000 people have been referred to The Medical Foundation for specialist psychological treatment relating to warfare and in the past 80 years 75 000 military personnel have received counselling from the Ex Services Mental Welfare Society The topic of warfare induced psychological stress and trauma is a vast one This book gives an unique person centred insight into counselling victims of warfare either civilians or military personnel whose trauma is physical or psychological It covers such topics as anger death nightmares recovered memories emotional and physical pain and alcohol use It also contains a list of useful contacts for further support and helpful tips Counsellors trainees and other healthcare and social care professionals dealing with civilian or military victims of warfare will find this guide invaluable Counselling for Death and Dying Richard

Bryant-Jefferies,2006 Focusing on counselling bereaved clients and those with terminal illness this book contains case studies reflective thoughts and feelings of both the client and counsellor Boxed key points and references to person centred theory aid easy comprehension Counselling for Problem Gambling Richard Bryant-Jefferies,2016-07-13 Counselling and support for people with a gambling problem is a rapidly growing area This book offers the reader an opportunity to experience the person centred encounter and appreciate the difficulties associated with problem gambling whilst taking into

account the most recent developments within the gambling industry Counselling for Problem Gamers *Dynamic Psychotherapy Explained* Patricia Hughes, Daniel Riordan, 2006 Assuming no prior knowledge the book is clear and straightforward explaining the links between psychotherapy and other psychiatric treatments and between neurobiology and psychology It spells out the relationship between a biological and a psychological approach to mental functioning *Dynamic Psychotherapy Explained* Second Edition is essential reading for postgraduate trainees in psychiatry mental health nurses general practitioners psychiatrists psychologists social workers counsellors medical and nursing undergraduates and junior doctors Patients too can benefit from a simple explanation of how dynamic therapy relates to other treatments and how it works Covering much of the information needed for the MRCPsych examination the book is an excellent study and revision tool

BOOK JACKET **Humanising Psychiatry and Mental Health Care** Rachel Freeth, 2017-11-22 This book explores in depth the link between modern psychiatric practice and the person centred approach It promotes an open dialogue between traditional rivals counsellors and psychiatrists within the NHS to assist greater understanding and improve practice Easy to read and comprehend it explains complex issues in a clear and accessible manner The author is a full time psychiatrist and qualified counsellor who offers a unique perspective drawing on personal experience *Humanising Psychiatry and Mental Health Care* will be of significant interest and help to all mental health professionals including psychiatrists and psychiatric nurses social care workers occupational therapists psychologists person centred counsellors and therapists Health and social care policy makers and shapers including patient groups will also find it helpful and informative

Dual Diagnosis Nursing G. Hussein Rassool, 2008-04-15 The increasing number of individuals with co existing substance misuse and psychiatric disorders presents a key challenge to mental health and addiction nurses This practice based text focuses on the management and intervention strategies to effectively meet the needs of this client group in both community and residential settings *Dual Diagnosis Nursing* is a comprehensive text for practitioners on contemporary approaches to working with dual disorder and dual diagnosis patients It explores both clinical and theoretical perspectives in a variety of different care and treatment settings addressing key issues such as needs of special populations multi dimensional assessment dealing with emergencies prescribing and medication management nursing and psychological interventions spiritual needs carers interventions and professional development

The Patient as Text Petter Aaslestad, 2016-07-06 A commonly held model of the doctor patient relationship casts it as a subject object relationship broadly the patient is a text and the doctor the reader or interpreter of that text However recent critical models preset notions of text and reader as complex and unstable and the relationship of doctor and patient as similarly complicated Explorations of psychiatry and madness by critics such as Michel Foucault present a further background of complex ideological change In *The Patient as Text* Petter Aaslestad explores selections from over a century of psychiatric notes from Gaustad Hospital Norway against this critical background exploring the impact of ideological and medical changes surrounding the psychiatric clinical relationship and psychiatric professionals

as constructors of narratives This book will be of interest to researchers in the medical humanities psychiatric practitioners and those with an interest in medical history and critical theory *Hypnotherapy Explained* Assen Alladin, Glenn Robert, 2018-05-08 Hypnotherapy provides a powerful tool for utilizing the power of the mind to reduce distress and suffering This concise guide provides readers with a rich source of ideas on starting hypnotherapy practice and thinking seriously about hypnosis as a powerful adjunct to psychotherapy and medical interventions With a clear definition of what hypnosis really is readers can develop an understanding of the rationale for utilising hypnotherapy with particular disorders As the medical community is progressively adopting a biopsychosocial model of healing there is a serious move toward validating the scientific credibility of hypnosis and hypnotherapy has become a well established treatment Unlike any other introductory text Hypnotherapy Explained adopts a uniquely scientific approach among introductory texts reviewing theories and offering practical ways to integrate hypnotherapy in medical psychiatric and psychotherapeutic practice It is enlightening reading for general practitioners psychiatrists psychologists and other healthcare professionals

Counselling for Obesity Richard Bryant-Jefferies, 2005 Aimed at counsellors trainees and other healthcare and social care professionals this work uses fictitious dialogue to illustrate the person centred approach enabling the reader to experience directly the diverse and challenging issues surrounding patients confronted with the reality of obesity

Workplace Counselling in the NHS Richard Bryant-Jefferies, 2005 This book has been written specifically to meet the needs of counsellors and trainers working with the National Health Service It will also provide useful insights for doctors nurses and managers within the healthcare sector The book covers topics such as difference and diversity colour language barriers oppressed nurses stressed managers changes in the NHS exhaustion and late cancellations Adopting the unique approach of the Living Therapy series this book uses fictitious dialogues to enable the reader to directly experience the therapeutic process providing real insight into the experience of workplace counselling in the NHS and also in other work settings *Open Dialogue Around the World – Implementation, Outcomes, Experiences, and Perspectives* David

Mosse, Raffaella Pocobello, Rob Saunders, Jaakko Seikkula , Sebastian von Peter, 2025-07-30 Open Dialogue OD is a low hierarchical mental health service model that originated in Finland in the 1980s following a change on two different levels First a culture of dialogical communication between staff users and caregivers was established Secondly community based multi disciplinary teams were organized to offer primarily outpatient services Immediate help in crisis continuity of support by the same team a low medication and primarily psychotherapeutically oriented approach are key principles of OD that have been further elaborated upon overtime during the past decades OD promotes mutual trust and open exchange between the involved stakeholders It is based on a mental health care epistemology that prioritizes human values everyday relationships and context bound understandings over symptoms and clinical diagnostics Transparency is of high value All information is shared and all voices are to be heard thereby recognizing diversity and reflecting power differentials during the whole

process of support OD is now practiced in various regions around the globe i.e. in several countries in Europe as well as in Australia Japan Latin America and the USA Studies in Western Lapland demonstrated various outcomes such as reducing the prevalence and incidence of so called chronic mental illness need for disability benefits and intake of neuroleptic medication while increasing functional remission and taking up work on the first labour market However these outcomes primarily originate in studies that have investigated the OD in countries of its origin leading to the question of whether they are transferrable to other healthcare contexts This question is crucial since OD varies internationally in its adaption to local health care systems and contingencies instead of representing a clearly demarcated intervention This Research Topic is interested in gaining an international perspective on OD It will assemble papers and contributions that report and comment on local OD practices describe and analyze their outcomes and impact and inform future directions worldwide Manuscripts that are co authored by peers survivors and user researchers are especially welcomed All manuscripts will be peer reviewed We are interested in Qualitative quantitative and mixed method original research on OD reporting on empirical research such as the results of intervention studies clinical or pilot trials Systematic reviews or mini reviews that summarize the results of empirical studies on OD Case reports that highlight an unexpected situation or outcome of an OD course of support Policy and practice reviews on local regulations and guidelines that are relevant for OD Hypotheses papers that present novel arguments interpretations or theoretical models in relation to OD Perspective articles that present a viewpoint on a specific area of investigation in relation to OD Conceptual analysis articles that explore the concepts and issues behind OD Papers on training and instructions that describe innovative curricula courses and teaching formats concerning OD Data report presenting a description or a research dataset on OD Brief research report that presents original research and or preliminary findings on OD with fewer detail Commentary and opinion papers that provide critical comments or contribute viewpoints on recent research findings

Working With Serious Mental Illness Catherine Gamble, Geoff Brennan, 2023-01-24

When working in the field of mental illness the best evidence is people's lived experience The third edition of Working with Serious Mental Illness maintains its focus on research data but this is framed by clients' personal perspectives to provide clear practical advice for practitioners Aimed at nurses and healthcare practitioners working with mental illnesses such as severe depression bi polar disorder and psychosis this book provides solutions for engaging and working with clients and their families It vividly presents lived experience and the recommendations of clients then proceeds through developing and implementing effective interventions and how to reflect on client relationships to ensure sustained success Easy to read and packed full of practical tips and strategies this is the ideal book for all healthcare practitioners working with patients with serious mental illness their families and their carers It will also be valuable reading for staff working in acute and community mental care settings who lack specialist training in serious mental health disorders for nursing students mental health nurses and general nurses working in mental health primary care and community settings Focuses on the lived experiences

observations and recommendations for practitioners of people who use mental health services Combines theory and practice in a skills and intervention based approach Presents down to earth intervention ideas designed for practitioners working at the front line Practical advice is provided in a user friendly clearly accessible way Contributions from experts and editors who are leaders in their field All content fully revised and updated to reflect changes in mental health service provision New chapters on Parity of Esteem Working with the Principles of Trauma Informed Care and Looking After Ourselves All new colour design and format

EBOOK: An Introduction to Counselling and Psychotherapy: Theory, Research and Practice John McLeod, 2019-09-05 John McLeod's bestseller provides a comprehensive research informed overview of the theory and practice of counselling and psychotherapy This new edition has been expanded to cover emerging aspects of contemporary practice such as debates around neuroscience and integration third wave cognitive behavioural therapies such as ACT mindfulness and FAP the experience of being a client motivational interviewing interpersonal psychotherapy social dimensions of therapy leaving therapy gender and sexuality spirituality and key counselling and therapeutic skills and techniques This sixth edition has been fully updated and revised throughout and is separated into a four part structure for easy navigation Each chapter also enhances learning with the following resources Case studies Landmark and contemporary research studies Topics for reflection and discussion Suggested further reading An Introduction to Counselling and Psychotherapy has been the book of choice for students and tutors on introductory courses for over 25 years Professor John McLeod's Introduction to Counselling and Psychotherapy is a classic text In providing a comprehensive perspective on the field it goes well beyond being a mere introduction Not only does it deliver an encyclopaedic amount of information but it also presents this information in an incredibly captivating manner There is simply no other book on the topic to match it This new edition truly faithful to its predecessors maps new innovations in the context of previous generations viewpoints This is the book on counselling and psychotherapy Ladislav Timulak PhD Course Director Doctorate in Counselling Psychology Trinity College Dublin John McLeod has a talent for bringing readers into intimate contact with the experience of another person's experience Through his evocative descriptions accessible language and plentiful examples you will find yourself looking through the eyes of both clients and therapists and developing a depth of understanding about important processes in psychotherapy His position at the vanguard of psychotherapy research allows him to bring to life the practice of psychotherapy while posing research questions and stimulating curiosity about findings His valuing of varied approaches to psychotherapy invites the reader to connect with diverse perspectives and consider their own beliefs Heidi M Levitt PhD University of Massachusetts Boston USA

Psychological Responses to the New Terrorism: A NATO-Russia Dialogue C. Woburn, 2005-11-25 Terrorism is to create a state of terror and fear Therefore it is important to study the psychological factors and to understand and mitigate our response to terrorism It is the creation of states of mind of reducing people's resilience and will to resist and causing such psychological and social pressure that eventually the political aims of a terrorist

group will be fulfilled This book is not about the prevention of terrorism but concerned with the consequences of acts of terror and their impact on populations It describes what citizens professionals and governments can do to mitigate the consequences The focus is less on the timeless or universal trauma reactions captured by labels such as post traumatic stress disorder but more on culture and place specific reactions A comparison is made between the responses visible in Russia large scale adversity and the western reaction a cultural shift towards an age of anxiety and risk aversion Also new terrorism chemical biological and nuclear terrorism is discussed but in practice most terrorist attacks remain steadfastly conventional A last topic is communication such as communication between government and its citizens between terrorists themselves between terrorists and citizens and between citizens themselves People talking to each other in the immediate aftermath of terrorist incidents gives much needed support and reassurance More attention needs to be given to assisting these normalising processes and more needs to be done to safeguard such communications in the immediate aftermath of a terrorist attack

Decoding **Responding To A Serious Mental Health Problem Personcentred Dialogues**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Responding To A Serious Mental Health Problem Personcentred Dialogues**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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