



Mental Health Practice: A guide to compassionate care, 2e

Peter N Watkins MEd RMN RNT DipN Dip Hum Psych

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"Mental Health Practice: a guide to compassionate care" examines the relationship between mental health professionals and people using services during the recovery process. The disabling distress experienced by many people with mental health problems is viewed from a holistic, person-centred perspective with the road to recovery being seen as the result of true collaboration between professionals and service users.

- The first in-depth exploration of the intentional use of self in mental health care and its significance in the recovery journey, extensively updated
- New content on action research, eco-psychology and organisational culture
- Story boxes illustrating key themes in compassionate care
- Self-enquiry boxes engaging readers in reflective practice
- A primer on humanistic psychology and its relevance to mental health care

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