



Spirituality and Mental Health: A handbook for service users, carers and staff wishin to bring a spiritual dimension to mental health services

Peter Gilbert

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This resource contains 23 chapters on aspects of spirituality and mental health written by experts in the field. It promotes an understanding of people's belief systems rather than a mechanistic approach to mental health services and proves the increasing importance of spirituality in health and social care. Content includes:

Chapter 1 - Understanding mental health and spirituality Peter Gilbert Chapter 2 - Researching spirituality: evidence and practice John Swinton and Madeleine Parkes Chapter 3 - Spirituality and mental health services Peter Richmond and Peter Gilbert Chapter 4 - The service user view Peter Gilbert with Joanna Barber and Madeleine Parkes Chapter 5 - The only verity is my soul - the carer's view Barbara Pointon, with Jacqui Miller and Peter Gilbert Chapter 6 - Professional attitudes Madeleine Parkes and Jo Barber Chapter 7- Ethnicity and spirituality Hari Sewell Chapter 8 - Faith perspectives on mental health, and work with faith communities Arthur Hawes and Qaisra Khan Chapter 9 - Psychological approaches to spirituality Sarajane Aris Chapter 10 - Assessing a person's spiritual needs in a healthcare setting Sarah Egger and Wilf McSherry, with Peter Gilbert and Steve Wharmby Chapter 11 - Children and young people's well-being Rebecca Nye Chapter 12 - Dementia and spirituality: a perfume always remembered Ben Bano, Susan Benbow and Kate Read Chapter 13 - Mental health, dignity and palliative care Andrew Goodhead and Malcolm Payne Chapter 14 - Death - the ultimate challenge Margaret Holloway Chapter 15 - Educating for spiritual care Bernard Moss, Janice Clarke and Ivor Moody Chapter 16 - Valuing staff and training for spiritual care Katja Milner and Julian Raffay Chapter 17 - Equality and human rights approaches in the NHS: making spirituality in mental health care count? Ranjit Senghera Chapter 18 - Mental health and the sexual, religious and spiritual identities of lesbian, gay, bisexual and transgender (LGBT) people Sarah Carr Chapter 19 - Mindfulness-based stress reduction in mental health care practitioners Julian Bowers Chapter 20 - Reflective practice - the 'soul' of professional engagement in relationship work Joy Gauci Chapter 21 - Chaplaincy and mental health Andrew Wilson and Rob Merchant Chapter 22 - Recovery and spirituality: aligning ourselves with ourselves Tanya Kennard-Campbell Chapter 23 - Historical, spiritual and evolutionary approaches to suffering, compassion, caring and the caring professions

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