This important new textbook introduces the diverse and vibrant field of mental health practice to students, learners and workers who are new to the subject. Written in a lively and engaging style, Learning About Mental Health Practice covers all the essentials of professional practice that trainees must master in order to be successful both in qualification and in their future career.

Illustrated throughout with case studies, examples and interactive exercises, Learning About Mental Health Practice covers all ten of the Essential Shared Capabilities recommended by the Department of Health to be core in the curricula of all pre- and post-qualification training for professional and non-professionally affiliated staff as well as being embedded in CPD. Other topics covered include: socially inclusive practice; equality and rights; challenges to the concept of ‘mental illness’; the Trauma model of psychosis; drugs, alcohol and mental health; service user involvement; working with families and carers; multi-disciplinary team working; approaches for practice; and promoting recovery.

Invaluable for those in the early stages of their mental health training, this is a resource that readers will continue to refer to throughout their working lives.

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