



Spirituality and Mental Health Care: Rediscovering a 'Forgotten' Dimension

John Swinton

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A person's sense of spirituality informs his or her awareness of self and of the society around them, and is intrinsic to their mental well-being. In this balanced and thoughtful book John Swinton explores the connections between mental health or illness and spirituality and draws on these to provide practical guidance for people working in the mental health field. He analyses a range of models of mental health care provision that will enable carers to increase their awareness of aspects of spirituality in their caring strategies.

Using a critical evidence-based and interdisciplinary approach to contemporary mental health practice, Swinton explores the therapeutic significance of spirituality from the perspectives of both carers and service-users, looking at mental health problems such as psychotic disorder and depression, Alzheimer's disease and bipolar disorder. He also provides a critical review of existing literature in the field to place spirituality in contemporary theory and practice.

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