



Mental Health and Illness: Questions and Answers for Counsellors and Therapists (Questions And Answers For Counsellors And Therapists (Whurr))

Dawn Freshwater

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This book is unique in that it specifically addresses the concerns that counsellors and psychotherapists may have about the mental health of their clients. It is published at a time of significant change in the management and treatment of mental illness both within the UK and internationally. In addition the roles of mental health practitioners and counsellors within NHS practice are undergoing notable review.

The content provides a comprehensive introduction to contemporary issues in mental health, sign posting the importance and relevance of the topic to those working within the counselling and psychotherapy fields. The background to the current context of mental health care, treatment and management both within the UK and globally is outlined and definitions of mental health are discussed by way of drawing attention to the complex and diverse understanding of what constitutes mental illness.



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