



## A Prescription for Psychiatry

Why We Need a Whole New Approach to Mental Health and Wellbeing

Peter Kinderman

Peter Kinderman is Professor of Clinical Psychology at the University of Liverpool, UK. His research activity and clinical work concentrate on understanding and helping people with serious and enduring mental health problems, and on how psychological science can assist public policy in health and social care.

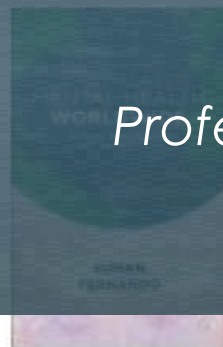
### About the book

What are the flaws and failings of traditional mental health care and is there a radical alternative? Exposing the old-fashioned biological 'disease model' of psychiatry as unscientific and unhelpful, it calls for a revolution in the way we plan and deliver care. Kinderman challenges the way we think about mental health problems, arguing that the origins of distress are largely social, and urges a change from a 'disease model' to a 'psychosocial model'. The book persuasively argues that we should significantly reduce our use of psychiatric medication, and help should be tailored to each person's unique needs. This is a manifesto for an entirely new approach to psychiatric care: one that truly offers care rather than coercion, therapy rather than medication, and a return to the common sense appreciation that distress is usually an understandable reaction to life's challenges.

### Introduction: The Disease-model of Mental Health: A System in Crisis

1. Get the Message Right: A Prescription for Psychiatry
2. Understanding, Not Diagnosing
3. The Drugs Don't Work... So Offer Real Solutions
4. Promote Health and Well-being
5. Residential Care... Not Medical Coercion
6. Teamworking
7. Social and Community Services in Local Authority Management
8. Can We Afford It?
9. A Manifesto for the Reform of Mental Health and Well-being Services

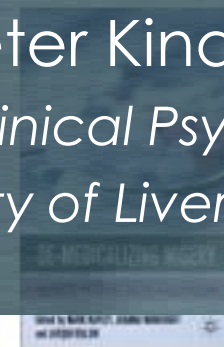
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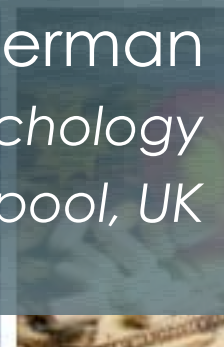
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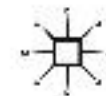
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By Peter Kinderman

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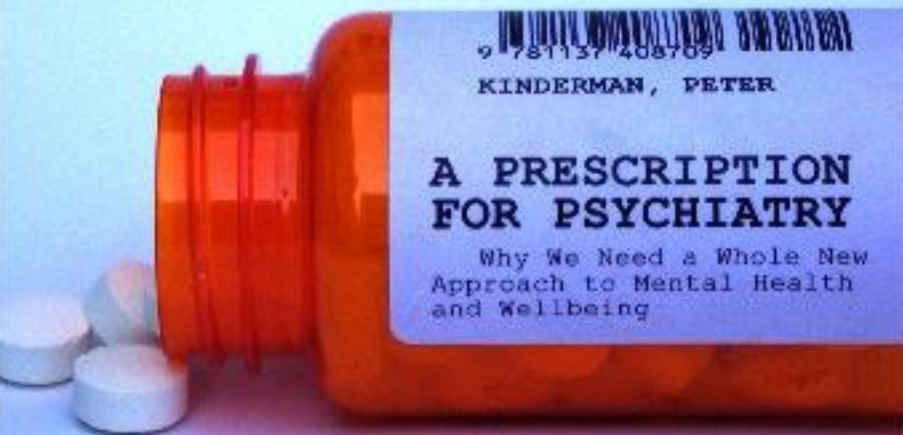
## **A manifesto for mental health & wellbeing**

Mental health problems are fundamentally social and psychological issues.

We should therefore replace 'diagnoses' with straightforward descriptions of people's problems, radically reduce use of medication, and use it pragmatically rather than presenting it as 'treatment'.

Instead, we need understand how each person has learned to make sense of the world, and tailor help to their unique and complex needs.

We need to offer care rather than coercion, and establish the social prerequisites for genuine mental health and wellbeing.



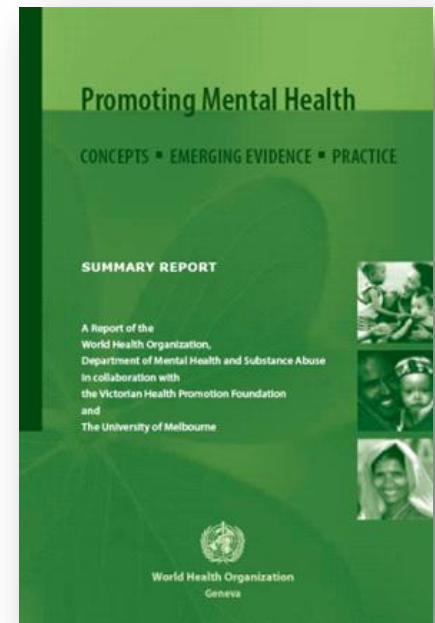


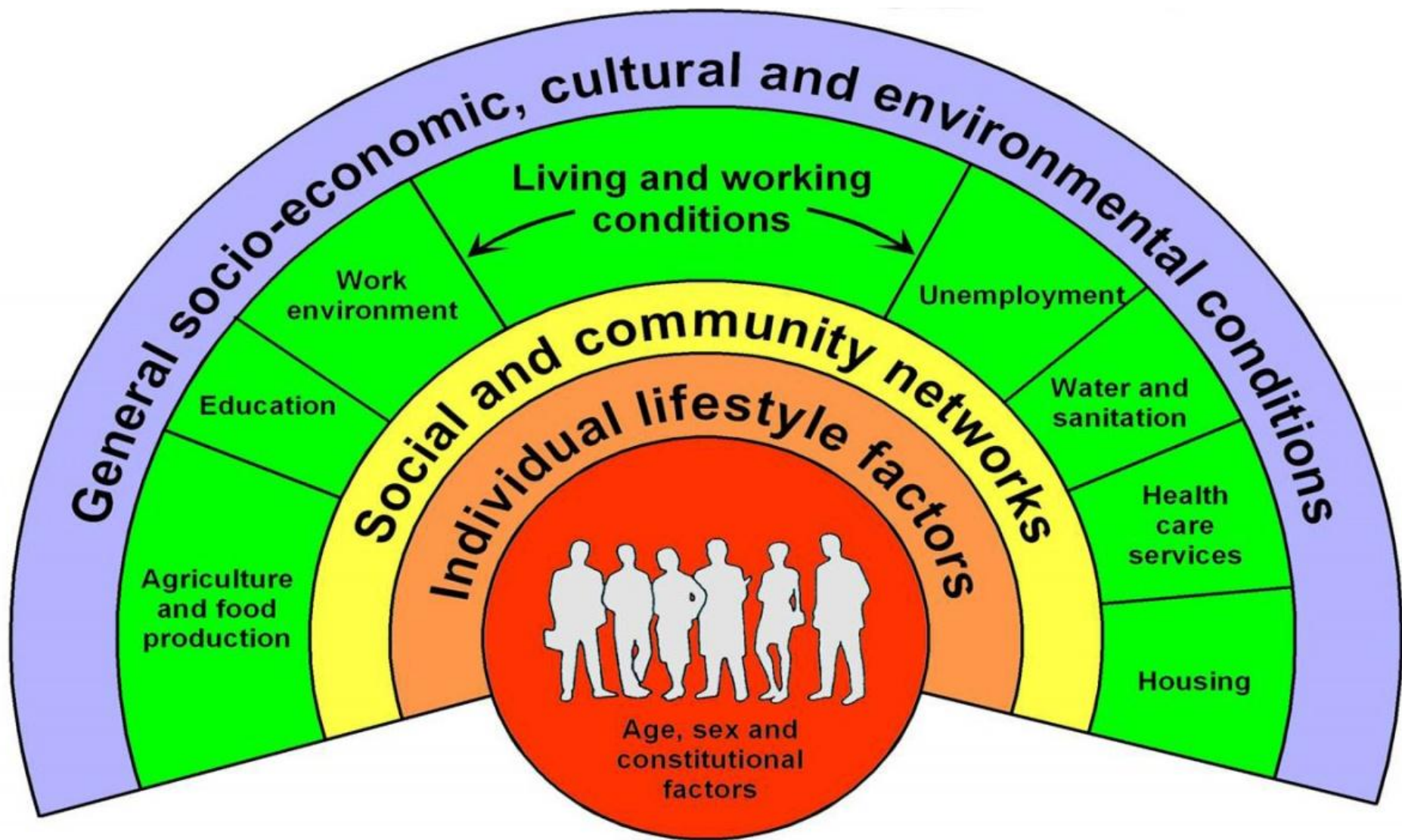
The World Health Organization defines **health** as:

*“... a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”*

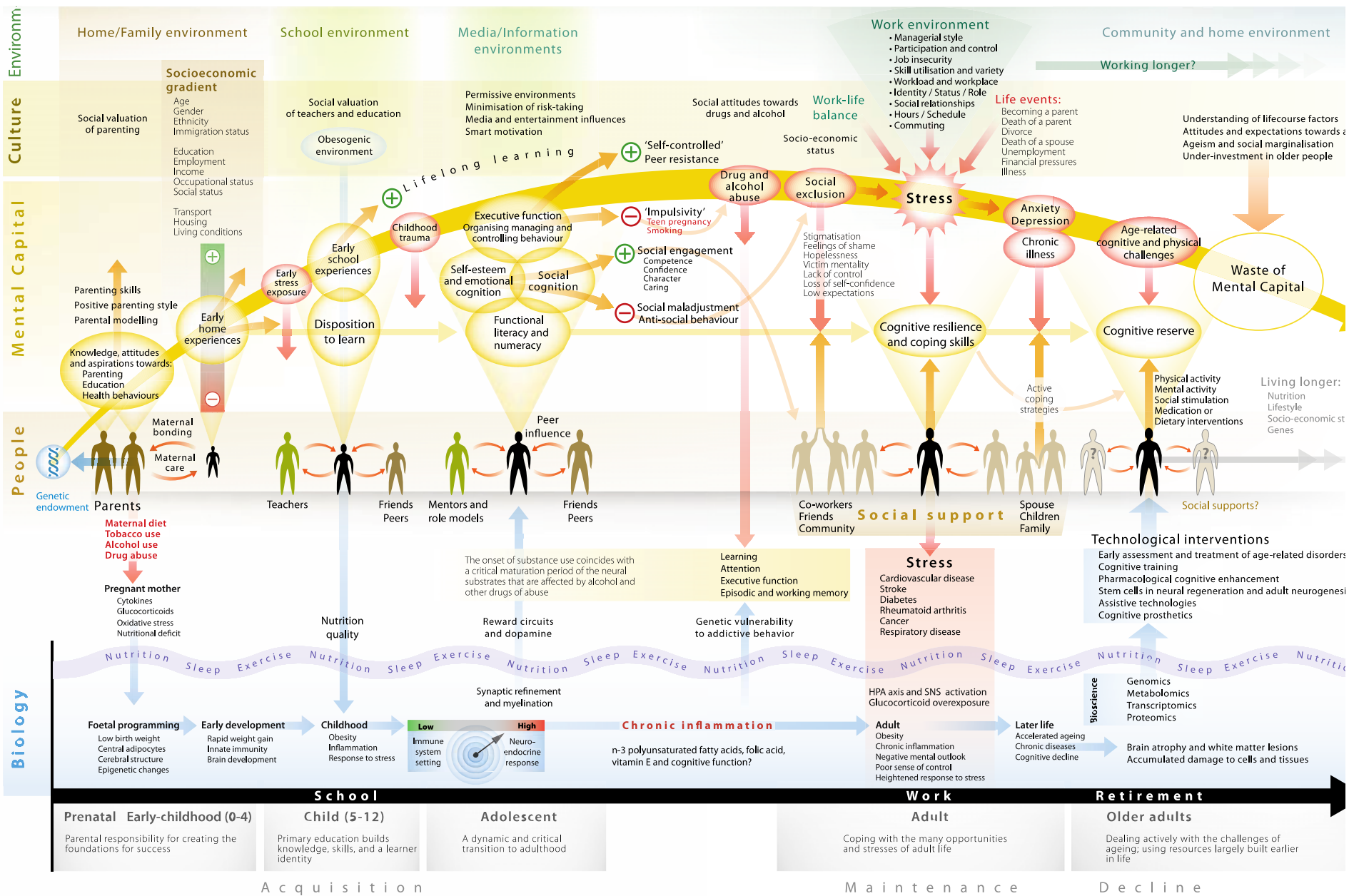
**Mental health** is described as:

*“... a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”*





Source: Dahlgren and Whitehead, 1991



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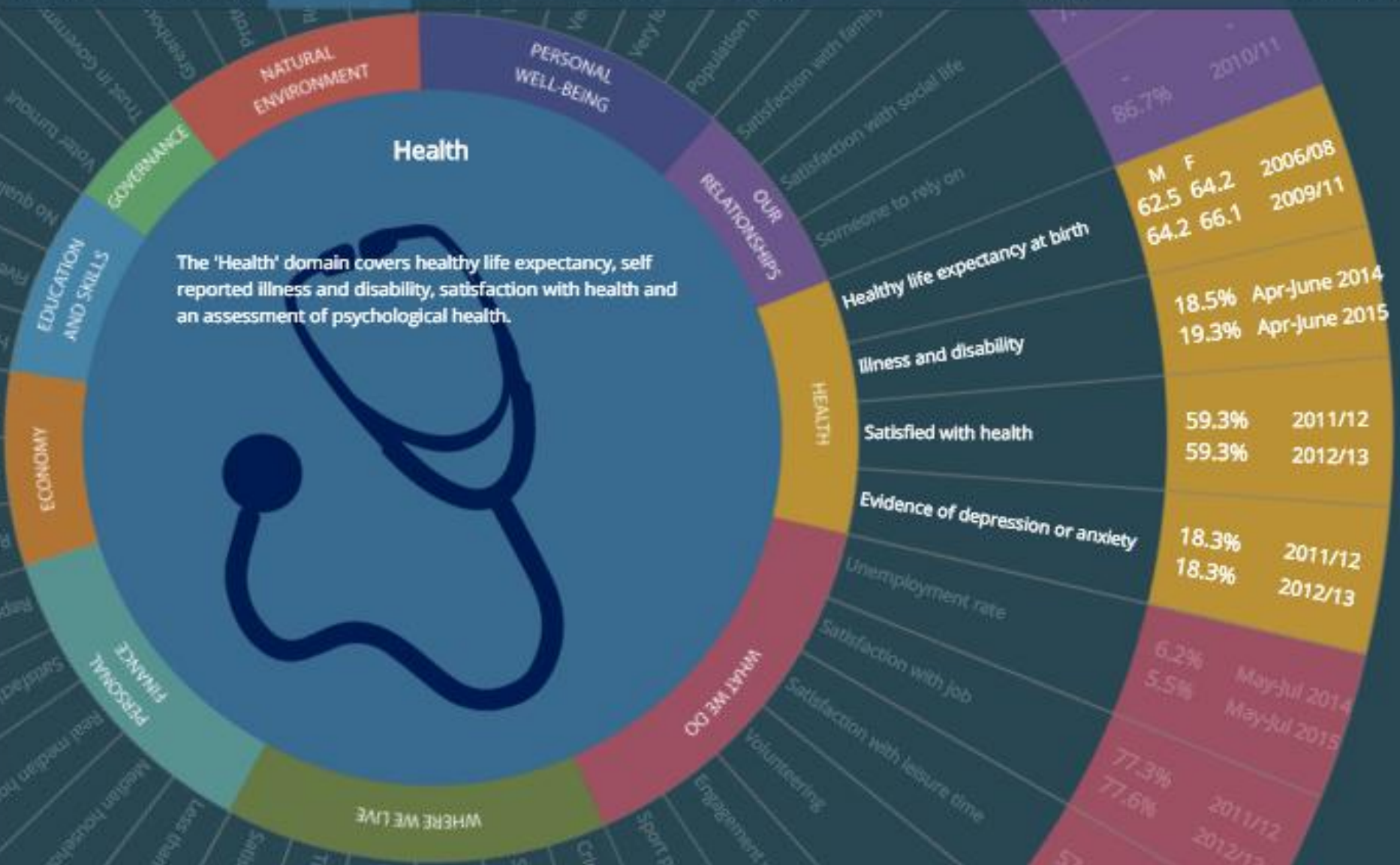
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## Hospital staff absences for mental health reasons double

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NHS England said it needed to do more to support staff with mental health problems

Staff absences for mental health problems have doubled at hospital trusts across England in the past four years.

Figures obtained by the BBC revealed 41,112 staff were off sick with anxiety, stress and depression in 2014 - up from 20,207 in 2010.

NHS England said it needed to do more to support staff.

The Royal College of Nursing said the figures reflected the "relentless pressure" staff were under.

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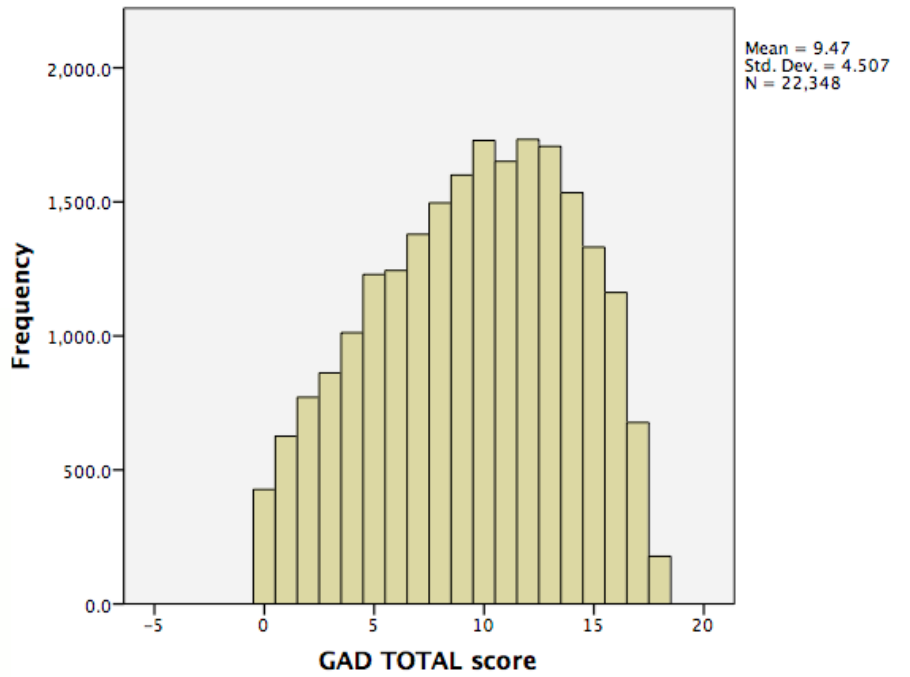
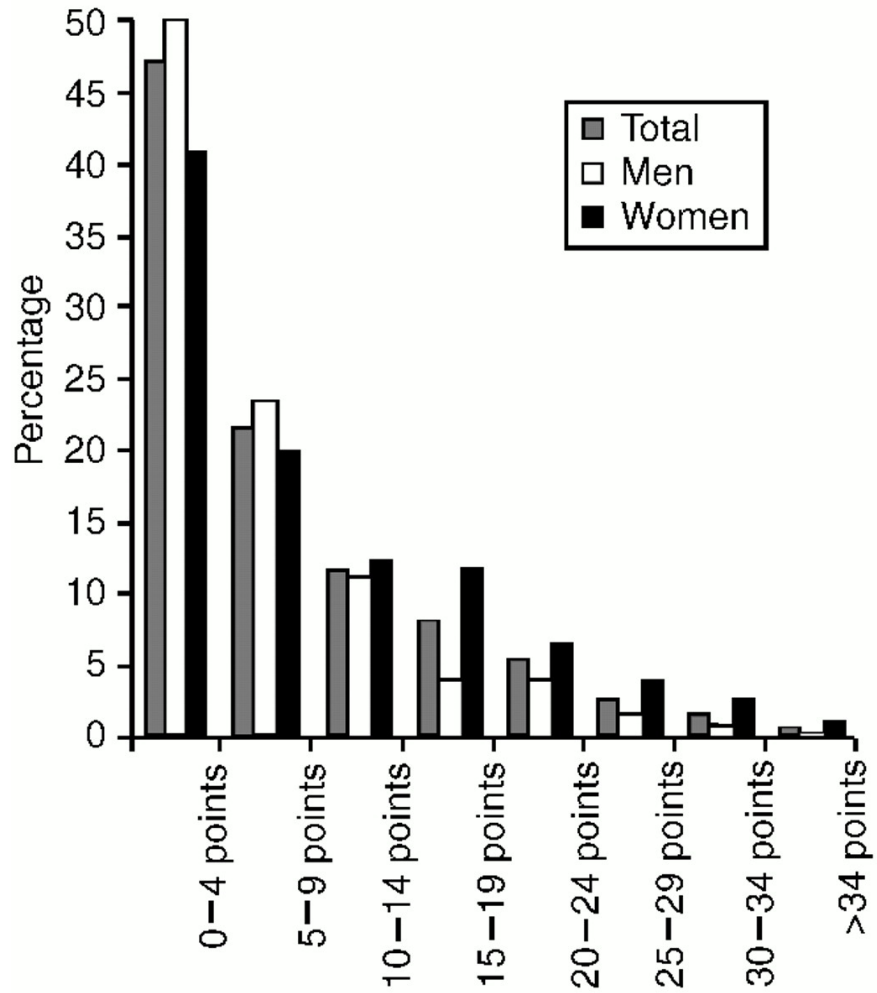
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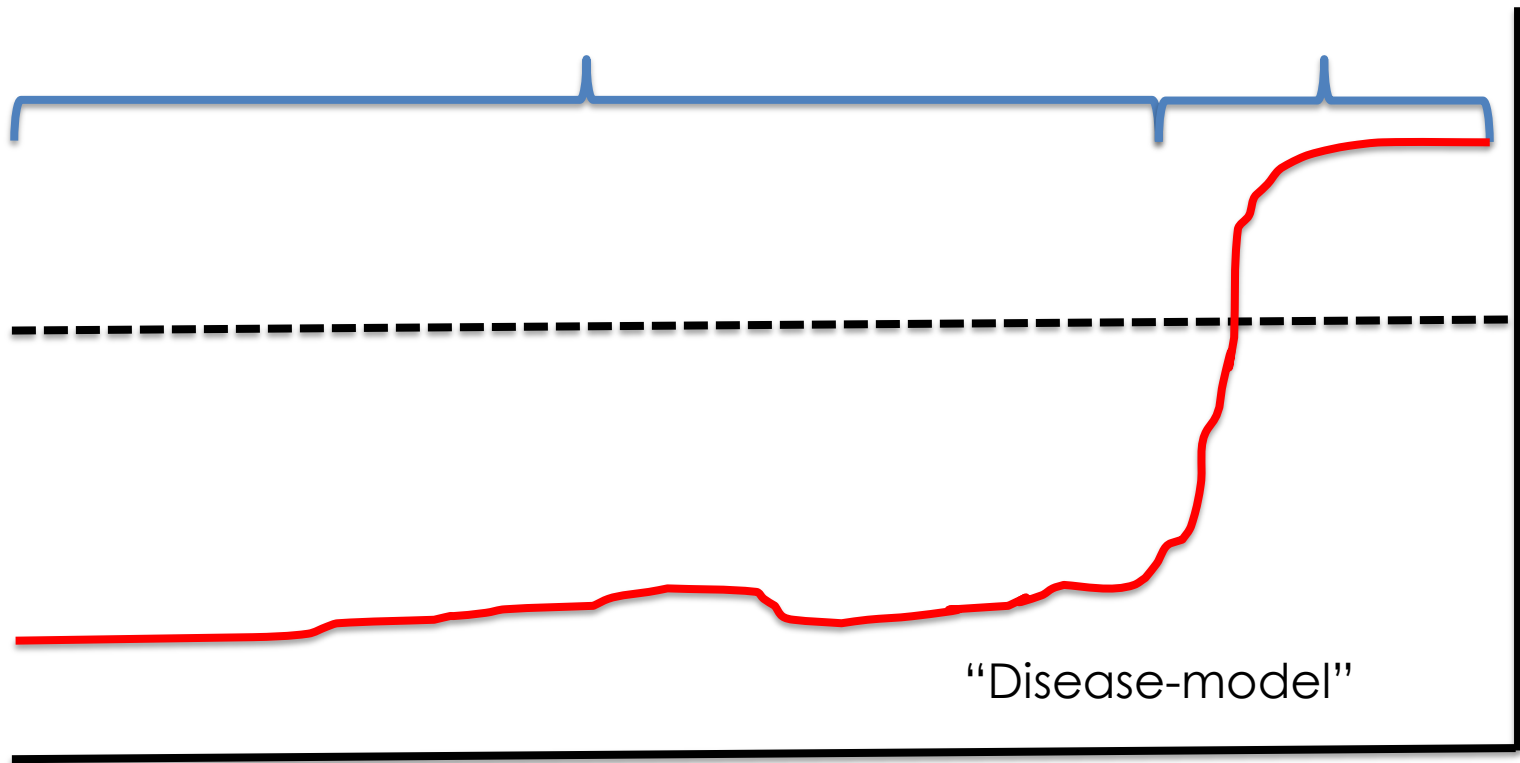
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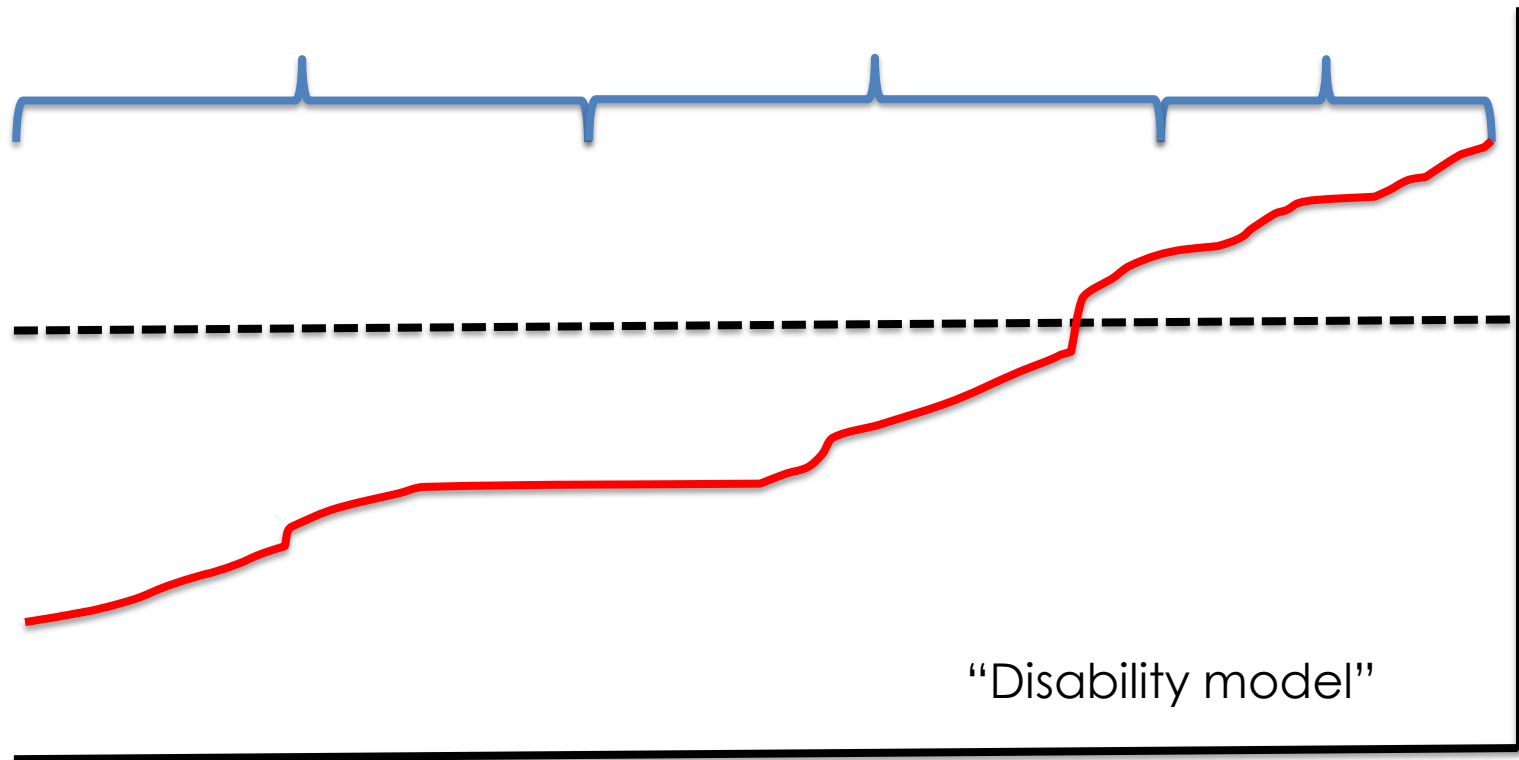
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“Reasonable  
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Occupational role  
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High quality working environment

Identification and mitigation of psychological risks

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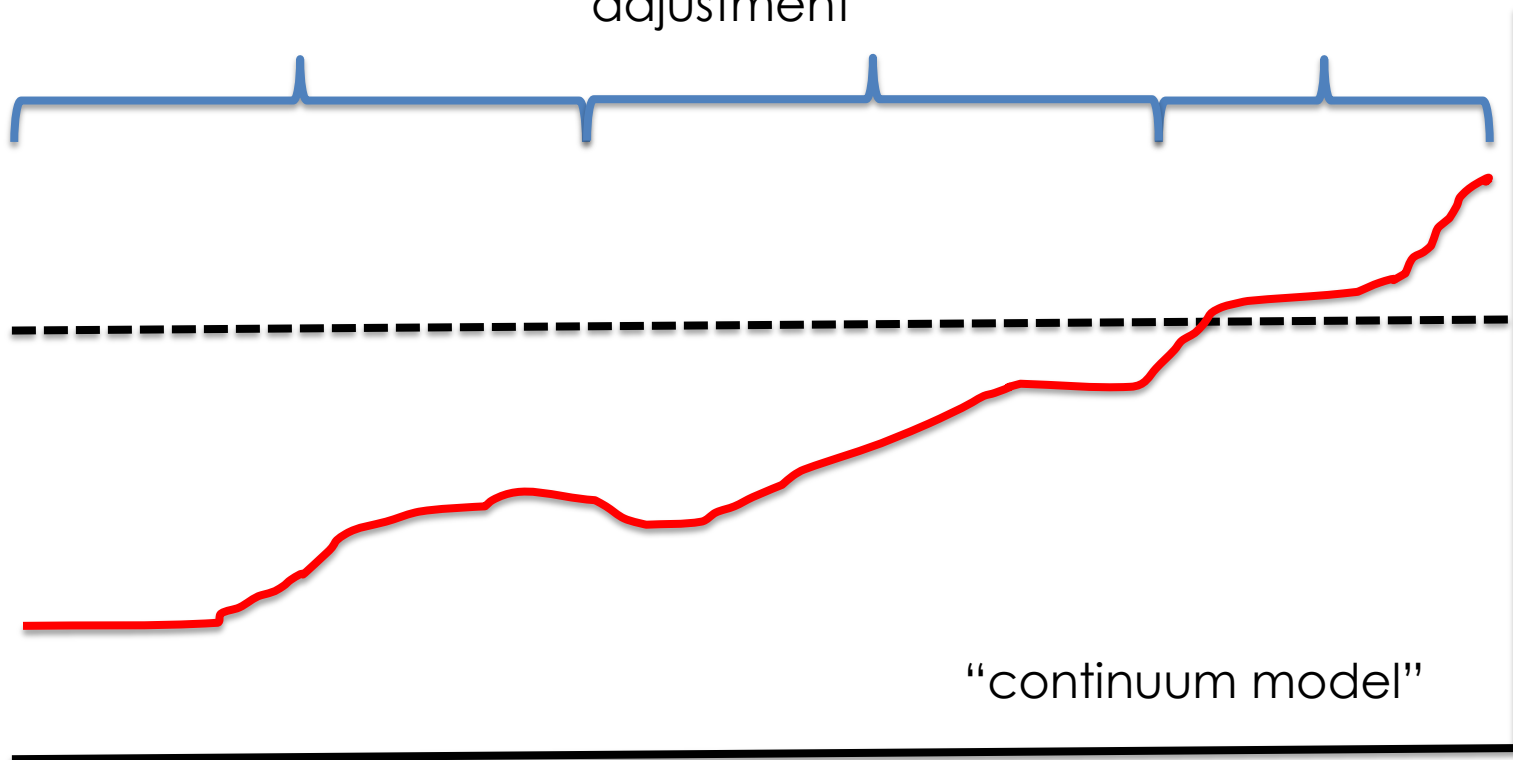
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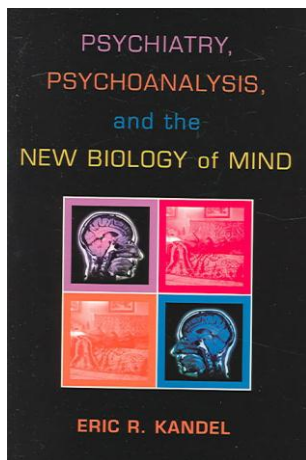
Identification and mitigation of psychological risks

“Reasonable adjustment”

Identification of specific problems and referral to appropriate services

High quality working environment





Diagnoses are meaningful



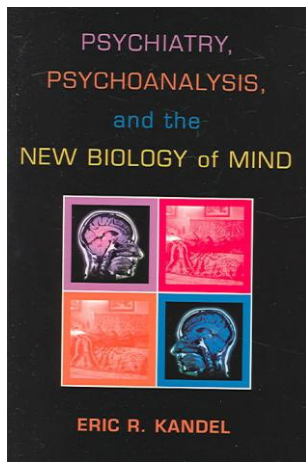
Diagnoses are unhelpful, but problems and issues can be specified

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Diagnoses are meaningful

People either “well” or “ill”

“Disorders” reflect biological abnormality

Treatments address underlying pathologies

Healthcare accessed via diagnostic referral



Diagnoses are unhelpful, but problems and issues can be specified

Such issues lie on continua...

... and reflect psychological normality

Reasonable adjustments and individual therapies address each person's response to their circumstances

Healthcare and psychological care accessed proportionately and early



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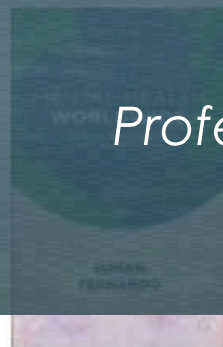


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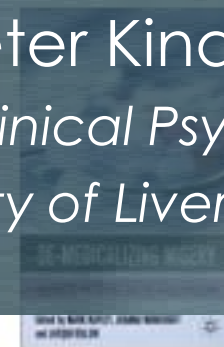
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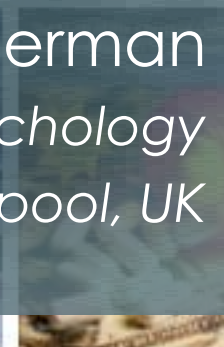
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