Spirituality and Mental Health

Edited by Peter Gilbert

A handbook for service users, carers and staff wishing to bring a spiritual dimension to mental health services
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 will include:

- Understanding mental health and spirituality
  - Peter Gilbert

- Researching spirituality: evidence and practice
  - John Swinton and Madeleine Parkes

- Spirituality and mental health services
  - Peter Richmond and Peter Gilbert

- The service user view
  - Peter Gilbert with Jo Barber and Madeleine Parkes

- The only verity is my soul – the carer’s view
  - Barbara Pointon, with Jo Barber and Madeleine Parkes

- Professional attitudes
  - Maddeleine Parkes and Jo Barber

- Ethnicity and spirituality
  - Hári Sewell

- Faith perspectives on mental health, and work with faith communities
  - Arthur Hawes and Qaisra Khan

- Psychological approaches to spirituality
  - Sarajane Aris

- Assessing a person’s spiritual needs in a healthcare setting
  - Sarah Eagger and Wilf McSherry, with Peter Gilbert and Steve Wharmby

- Children and young people’s well-being
  - Rebecca Nye

- Dementia and spirituality: a perfume always remembered
  - Ben Bano, Susan Benbow and Kate Read

- Mental health, dignity and palliative care
  - Andrew Goodhead and Malcolm Payne

- Death – the ultimate challenge
  - Margaret Holloway

- Educating for spiritual care
  - Bernard Moss, Janice Clarke and Ivor Moody

- Valuing staff and training for spiritual care
  - Katja Milner and Julian Raffay

- Equality and human rights approaches in the NHS: making spirituality in mental health care count?
  - Ranjit Senghera

- Mental health and the sexual, religious and spiritual identities of lesbian, gay, bisexual and transgender (LGBT) people
  - Sarah Carr

- Mindfulness-based stress reduction in mental health care practitioners
  - Julian Bowers

- Reflective practice – the ‘soul’ of professional engagement in relationship
  - Jay Gauci

- Chaplaincy and mental health
  - Andrew Wilson and Rob Merchant

- Recovery and spirituality: aligning ourselves with ourselves
  - Tanya Kennard-Campbell

- Historical, spiritual and evolutionary approaches to suffering, compassion, caring and the caring professions
  - Paul Gilbert

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Vital information for:

- students and academics
- practitioners and service providers
- service users and carers.

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