



Mental Health in Primary Care: A New Approach

By -

OUP Oxford. Paperback. Condition: New. 334 pages. Dimensions: 9.0in. x 6.1in. x 0.6in. Mental Health has finally come home to primary care, where 90 of all patients with psychological difficulties are diagnosed and treated, and where Governments increasingly see the bulk of mental health commissioning and practice as belonging. This book, whose contributors uniquely include leading figures from the world of both primary care and psychiatry, brings together the best of contemporary psychiatry with a deep understanding of the realities, challenges, and opportunities of general practice. The book is divided into four parts. The reader is taken from the first-hand experience of the encounter with the psychiatric patient in the GP consulting room; through the stresses and strains of such work; to the wider primary care mental health team of counselling, family therapy and group dynamics; and finally to specific disorders such as psychosis, eating disorders, depression, suicide, and trauma as they present in the primary care setting. The book ends with practical guidance in the use of psychotropic drugs and psychological treatments in primary care. The tone throughout is influenced by the editors background- one a GP the other a psychiatrist--in psychotherapy and Balint group, which places the doctors own feelings...

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-- **Mr. Demario Trantow**

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