Narrative based medicine

A narrative approach to mental health in general practice

John Launer

There is a tension between the complex narrative that a patient brings into the consulting room and a doctor's understanding of what is really going on as formulated in a diagnosis or an idea about pathology. Which is a "truer" account of reality: the patient's or the doctor's? Can both be true? If so, how?

These questions are particularly relevant in mental health care for a number of reasons. Firstly, sociology and ethnography have identified psychiatry alone among the medical specialties as peculiarly culture bound.[1] [2] Secondly, psychiatry lies in an uncomfortable no man's land between conventional medical science and the search for meaning which may extend into political and religious domains.[3] Thirdly, mental health professionals often use confusing and contradictory language to describe their observations. When compared with the babel of explanatory models which often seem to disqualify each other or which may simply be a way of asserting the therapist's power, the patient's own story may gain in authority and seem saner than the professional's version.[4] Finally, psychiatry is the only area of specialist medicine in which talking and listening are explicitly understood to be therapeutic.[5]

The narrative approach in mental health

In a book on the use of narrative in family therapy, Papadopoulos and Byng-Hall point out an important change in the understanding of what the "talking cure" actually involves: clinicians from many different therapeutic schools are moving away from the search for a normative explanation of someone's problems and towards the search for an appropriate new story for each patient. This change has its origins in modern and "postmodern" intellectual movements, including cybernetics and structuralism. For example, the influential American therapists Anderson and Goolishian argue for the need to abandon paradigmatic models that test the patient's experience against some predetermined view of normality. They propose using an approach that acknowledges the client as an expert and which can facilitate any possible account of reality, provided that it makes sense in the client's eyes. Similarly, Burck refers to selfhood as something to be produced rather than discovered. What all these ideas have in common is that the conversation between clinician and client can no longer be regarded as a tool for seeking out hidden truths. Instead, it should be seen as a means of creating previously unformulated truths.

Is there any place in this anarchic, postmodern universe for facts or professional expertise? Are we not in danger of alienating our psychiatric patients, who surely come to us looking for certainties rather than deconstructions? Many mental health professionals share the dilemma which has been exposed as being at the heart of our work: how do we hold on to our theories and beliefs while allowing the patient's story its full

Summary points

The success of "talking cures" depends on their ability to give coherence to the client's experience of physical or mental illness and to enable the construction of a narrative of healing or coping

The narrative approach to mental health is concerned with the question of how a patient and clinician working together can construct a story that makes sense

In general practice doctors may make useful contributions to patients' stories although these contributions should not be seen as a superior "truth"

opportunity to evolve, even if it does so in directions we might neither expect nor wish.[6] [7]

Using narrative in general practice

I am mainly a general practitioner but I have a special interest in opportunities for mental health work in general practice and teaching.[8] [9] In my clinical work I am aware of narrative in three of its aspects:

- In the familiar role of taking a traditional medical history[10];
- In counselling, as something that needs to be listened to, to allow patients to give coherence to their own history[11]; and
- As a therapeutic stance which involves questioning the patient in a way that explores new meanings which may make a difference to the patient.[12]

I will address this last aspect in discussing the cases that follow. These cases were selected somewhat at random: they are the stories of the first three patients

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Textbook For Mental Health A Narrative Approach

Martha Raile Alligood,Sonya R. Hardin

Textbook For Mental Health A Narrative Approach:

Textbook for Mental Health Pearson Custom Publishing,1999-09-01 **Textbook for Mental Health** Pearson Custom Publishing,2002 Textbook of Mental Health Nursing, Vol- I - E-Book Dorothy Deena Theodore,2014-07-15 Textbook of Mental Health Nursing Vol I E Book Narrative and Mental Health Jarmila Mildorf,Elisabeth Punzi,Christoph Singer,2023 This book foregrounds the importance of narrative as a conceptual paradigm for understanding mental health issues presenting stories as an alternative source of knowledge and expression At the same time the volume acknowledges potential limitations of narrative paradigms especially when these are coupled with normative expectations of truthfulness coherence and comprehensiveness Psychiatric & Mental Health Nursing - E-Book Ruth Elder,Debra Nizette,Katie Evans,2011-06-02 The new edition of Psychiatric and Mental Health Nursing focuses on practice in mental health and psychiatric care integrating theory and the realities of practice Mental wellness is featured as a concept and the consideration of a range of psychosocial factors helps students contextualise mental illness and psychiatric disorders The holistic approach helps the student and the beginning practitioner understand the complex causation of mental illness its diagnosis effective interventions and treatments and the client s experience of mental illness **Psychiatric & Mental Health Nursing - E-Book** Katie Evans,Debra Nizette,2012-09-29 The new edition of Psychiatric and Mental Health Nursing focuses on practice in mental health and psychiatric care integrating theory and the realities of practice Mental wellness is featured as a concept and the consideration of a range of psychosocial factors helps students contextualise mental illness and psychiatric disorders The holistic approach helps the student and the beginning practitioner understand the complex causation of mental illness its diagnosis effective interventions and treatments and the client s experience of mental illness A new chapter on forensic mental health nursing An increased focus on preventative mental health strategies and current and emerging interventions Case studies critical thinking challenges and nurses stories provide contextual reinforcement for students An evidence based framework and up to date research integrated throughout Client focused with a clear holistic approach Chapters link to the Stories in Mental Health workbook and videos Elsevier s Evolve platform offers students additional online resources **Mental Health User Narratives** Bruce M.Z. Cohen,2008-01-22 Following extensive research in the UK Bruce Cohen allows mental health users to tell their own stories or narratives of illness and recovery Institutional and home treatment care is covered alongside controversial self coping techniques such as drug taking spiritualism alternative healing sleep and watching television *Mental Health* Nicholas Procter,Helen P. Hamer,Denise McGarry,Terry Froggatt,Rhonda L. Wilson,2013-12-20 Mental Health A Person centred Approach aligns leading research with the human connections that can be made in mental health care **Recovery from Depression Using the Narrative Approach** Damien Ridge,2008-11-15 The book explores people s experiences of depression recovery and available treatments Ridge explains how by selecting a variety of narrative tools such as talking therapies people can take control of their condition By choosing more helpful

narratives they can gain a greater insight into depression self management and long term recovery **Narratives of Recovery from Mental Illness** Mike Watts,Agnes Higgins,2016-07-15 Narratives of Recovery from Mental Illness presents research that challenges the prevailing view that recovery from mental illness must take place within the boundaries of traditional mental health services While Watts and Higgins accept that medical treatment may be a vital start to some people s recovery they argue that mental health problems can also be resolved through everyday social interactions and through peer and community support Using a narrative approach this book presents detailed recovery stories of 26 people who received various diagnoses of mental illness and were involved in a mutual help group known as GROW Drawing on an in depth analysis of each story chapters offer new understandings of the journey into mental distress and a progressive entrapment through a combination of events feelings thoughts and relationships The book also discusses the process of ongoing personal liberation and healing which assists recovery and suggests that friendship social involvement compassion and nurturing processes of change all play key factors in improved mental well being This book provides an alternative way of looking at mental illness and demonstrates many unexplored avenues and paths to recovery that need to be considered As such it will be of interest to researchers academics and postgraduate students in the fields of psychiatry psychology nursing social work and occupational therapy as well as to service providers policymakers and peer support organisations The narratives of recovery within the book should also be a source of hope to people struggling with mental illness and emotional distress **Nursing Theorists and Their Work - E-Book** Martha Raile Alligood,Sonya R. Hardin,2025-06-10 Understand the thinking of 39 leading nursing theorists in one comprehensive text Nursing Theorists and Their Work Eleventh Edition provides a clear in depth look at nursing theories of historical and international significance Each chapter presents a key nursing theory or philosophy showing how systematic theoretical evidence enhances decision making professionalism and quality of care Lead author Martha Raile Alligood is known nationally and internationally for her expertise in nursing theory A classic in the field of nursing theory this text uses objective critiques case studies and critical thinking activities to bridge the gap between nursing theory and application in the practice of nursing NEW Information on the state of nursing in health care after COVID 19 illustrates how nursing knowledge development continues to evolve with new theories that address current health care needs for quality nursing care Theorist chapters written by scholars specializing in that theorist s work often having worked closely with the theorists provide the most accurate and complete information possible Case studies at the end of each theorist chapter present the theory in a larger perspective demonstrating how it can be applied in practice Critical thinking activities at the end of each theorist chapter help you to process the theory presented and apply it to personal and hypothetical nursing practice situations Theory specific diagrams help you visualize and better understand inherently abstract concepts and their relationships Major Concepts and Definitions boxes outline a theory s most significant ideas and clarifies vocabulary Brief summary sections offer valuable review for tests and validate comprehension Points for

Further Study sections direct you to sources of additional information A diagram in each unit illustrates the level of abstraction of the theoretical knowledge presented New information on international theorists will be included New information the topic of clinical reasoning and judgment and how it relates to the various theories presented will be included The new AACN Essentials will be addressed and included where appropriate throughout the text **The Narrative Therapy Workbook** Jneé Hill,2025-06-17 Create a new story that will lead the way to change The stories you tell yourself and the ones others tell you influence the way you see yourself and the world Using this Narrative Therapy workbook you ll learn to examine those stories and rewrite them to reflect the life you want to live An empowering tool Learn about Narrative Therapy its origins and how your narratives can shape who you are Flip your story Match your narrative to who and what you want to be with a wide range of strategies exercises and practices Inspire positive change Build your new stories through reflective prompts and uplifting affirmations The pen is in your hand and you can write the next chapter Enhance your sense of self worth and take control of your own story with Narrative Therapy **Frameworks for Practice in Educational Psychology** Barbara Kelly,James Boyle,Lisa Woolfson,2008-08-15 This textbook assesses existing and emerging practice frameworks in educational psychology and their relation to theory Covering current frameworks such as the Monsen et al Problem Solving Framework the Integrated Problem Solving Framework for Practitioners and the Constructionist Model as well as emerging approaches such as Systemic Solution Focussed Models and Positive Psychology Frameworks contributors explore how they support educational psychology The editors consider how existing and emerging frameworks help address current demands for professional accountability transparency and effectiveness They conclude with an exploration of the complex methodology and highly integrated approach required by contemporary educational psychologists This textbook will be an invaluable resource for all practising educational psychologists students trainers and educators Applying Strengths-Based Approaches in Social Work Deanna Edwards,Kate Parkinson,2023-05-30 This textbook offers students and practitioners an accessible introduction to strengths based approaches in Social Work and Social Care practice Covering the theory and research in support of these approaches and packed full of case studies the book will allow readers to develop a critical understanding of how strengths based approaches work and how they can be successfully applied in order to improve outcomes for people with lived experience Covering the five main models of strengths based practice the text presents international research and evidence on the efficacy of each approach enabling students and practitioners to apply the benefits in their own social work practice The guide features the perspectives of people with lived experience throughout and includes the following key learning features case studies of best practice points for practice succinct tips for practitioners and students on practice placement further reading list and resources glossary **Stories Matter** Rita Charon,Martha Montello,2004-04-16 First published in 2002 Routledge is an imprint of Taylor Francis an informa company **The Massachusetts General Hospital Textbook on Diversity and Cultural Sensitivity in Mental Health** Ranna

Parekh,2013-11-22 Long considered important for professionals working with minority and under represented populations cross cultural competency has become a requisite for all health care providers As society in the US increasingly diversifies there is a crucial need to prepare health care professionals to effectively treat this changing population The Massachusetts General Hospital Textbook on Diversity and Cultural Sensitivity in Mental Health addresses the importance and relevance of cultural sensitivity in US mental health Prominent researchers and clinicians examine the cultural and cross cultural mental health issues of Native American Latino Asian African American Middle Eastern Refugee and LGBQT communities The discussion includes understanding the complexities in making mental health diagnoses and the various meanings it has for the socio cultural group described as well as biopsychosocial treatment options and challenges In understanding the specific populations the analysis delves into overarching concepts that may apply to specific populations and to those at the intersection of multiple cultures An invaluable resource for mental health professionals including clinicians researchers educators leaders and advocates in the United States The Massachusetts General Hospital Textbook on Diversity and Cultural Sensitivity in Mental Health provides the necessary understanding and insights for research and clinical practice in specific cultural and multicultural groups *A Textbook of General Practice Second Edition* Patrick White,Ann Wylie,2004-04-30 Aimed at medical students and junior doctors A Textbook of General Practice 2e incorporates the essential information that a student needs to know and understand about general practice and being a general practitioner The learning style of the book is based on experiential and reflective principles in keeping with modern educative theory and practice It addresses changes in the curriculum and provides guidance on practical skills the theory of providing good medicine and the larger considerations of encouraging life long learning and professional development This is a relatively new approach in line with the GMCs recommendations and the MRCGP exams The new edition builds on the successful formula of the first by thoroughly reviewing and revising all content Self assessment sections have been added to all chapters and a glossary of terms is included at the end of the book Thinking discussion points have been extended and additional student quotes included *Ethics in Participatory Research on Counselling and Psychotherapy* John McLeod,Julia McLeod,2025-02-25 Increasingly therapy practitioners and researchers position themselves within a pluralistic perspective that draws on the value of multiple sources of knowledge The aim of this book is to highlight the distinctive ethical challenges and opportunities associated with a pluralistic research orientation The book begins by succinctly summarising ethical concepts and strategies such as informed consent confidentiality and avoidance of harm that form the foundations of ethically sound research An overview of distinctive ethical features of pluralistic research is then provided followed by a series of chapters that address specific strands of ethics work The closing chapter discusses approaches to training and ethical inquiry the establishment of communities of research practice and the provision of forms of counselling and psychotherapy that promote social justice Each chapter will open with a concise chapter outline and close with a summary of

key learning points take home skills and follow up learning activities Case examples from published studies will be used to illustrate how theory and concepts have been implemented in real life investigative contexts Written in plain English that is accessible to a wide range of readers with recommended reading signposted in respect of advanced topics this book will be an essential resource for practicing and trainee professionals and researchers in the psychological professions   Preparing for Doctoral Study in Nursing - E-Book Laura A. Taylor,Mary F. Terhaar,2023-08-03 Are you ready to take your nursing career to the next level Preparing for Doctoral Study in Nursing Making the Most of the Year Before You Begin helps you make an informed decision about entering doctoral studies and choosing the nursing credential that helps you reach your career goals Noted educators and doctoral mentors Laura A Taylor and Mary F Terhaar along with a team of nursing leaders and scholars describe the big picture for nurses educated at the highest level of scholarship including the rising demand for advanced practice nurses and the future of nursing The first and only comprehensive guide to preparing for a doctorate in nursing this book helps you choose your path make your decision and develop a plan for success in doctoral study Grounded in more than a decade of experience in preparing nurses for doctoral study this one of a kind text is the first comprehensive guide to the year before you apply Fifteen chapters provide practical information and guidance to help you navigate the challenges on your journey Historical overview of doctoral education in nursing creates a clear picture of present and future demand Clear explanation of the different degrees and the careers they support helps to build confidence in your decision about which to pursue Sixteen personal narratives describe a broad range of career paths open to nurses who earn doctoral degrees and introduce the nurse leaders who have walked them Online Evolve Resources include podcasts that bring the experiences of contributing authors to life Additional Evolve Resources include practical forms worksheets planners and representations of models referenced in the text Illustrations clarify complex content helping to make it more memorable and useful and links to additional online resources serve as a springboard for additional learning The diversity of the contributors backgrounds interests and accomplishments gives you a sense that you belong and that your authentic self will add value to our discipline and to global health At once scholarly and warm the style of this book makes it a must read for nurses who aspire to careers of importance and leadership   **Intellectual Disabilities - E-Book** Helen Atherton,Debbie Crickmore,2022-03-13 This leading textbook previously known as Learning Disabilities aims to further the practice of professionals and agencies who support people with intellectual disabilities It emphasizes the strengths rather than deficits of people with intellectual disabilities highlights the crucial role of family and friends and places individuals firmly at the heart of everything that impacts them Intellectual Disabilities Toward Inclusion centres on the concepts of respecting the personhood of people with intellectual disabilities and their rights to holistic health and to live their best lives Most of the 27 chapters are co authored by respected international authors and the content has been fully updated to reflect contemporary policy legislation and service configuration This unique text will challenge and reframe typically held views and provides an

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