

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.¹⁻³ 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.⁴ 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 rather than the professional's version.⁵ Finally, psychiatry is the only area of specialist medicine in which talking and listening are explicitly understood to be therapeutic.⁶

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.⁷ For example, the influential American therapists Anderson and Gendishman argue for the need to abandon paradigmatic models that test the patient's experience against some predetermined view of normality.⁸ 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, Barck refers to selfhood as something to be produced rather than discovered.⁹ 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".

This is the second in a series of five articles on narrative based medicine

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opportunity to evolve, even if it does so in directions we might neither expect nor wish.¹⁰⁻¹²

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.¹³⁻¹⁵ In my clinical work I am aware of narrative in three of its aspects:

- In the familiar role of taking a traditional medical history¹⁶;
- In counselling, as something that needs to be listened to, to allow patients to give coherence to their own history¹⁷; 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.¹⁸

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



Textbook For Mental Health A Narrative Approach

Emilie Sanchez



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 **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 **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 **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 *Textbook of Mental Health Nursing, Vol- I - E-Book* Dorothy Deena Theodore,2014-07-15 *Textbook of Mental Health Nursing Vol I E Book 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

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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

The Art of Narrative Psychiatry SuEllen Hamkins,2013-10-03 The Art of Narrative Psychiatry is the first book to comprehensively show narrative psychiatry in action Lively and engaging it offers psychiatrists and psychotherapists detailed guidance in collaborative narrative approaches to healing

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

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