

UNDERSTANDING MENTAL ILLNESS
CONTENTS

Introduction	PP
Ch1. Drawing the Line: Sanity - Insanity	9
Ch 2. Mental Health and Communities	23
Ch 3. A History of Mental Illness to the 17th century	33
Ch 4. Mental Illness to the 20 th Century	47
Ch 5. The Mental Health Act 1983	67
Ch 6. From Detection to Diagnosis	75
Ch 7. Talking Cures	81
Ch 8. Modern Medical Treatments	88
Ch 9. Pen Portraits of Therapists	109
Ch 10. Institutional Care and Support Groups	135
Ch 11. Case Histories	141
Ch 12. Social and Complementary Approaches	177
Ch 13. Reflections	189
Further Information	
Glossary	
Index	

Introduction

This book is a broad ranging introduction to mental illness for beginners. In jargon free language it answers typical questions about the nature of mental illness, its symptoms, and an overview of the experience of mental illness with its often bizarre symptoms.

This is a journey through detection, diagnosis and treatment explaining why mental illness is difficult to diagnose and offering a brief historic overview. Also covered are the process of new drug trials, how medication works and an overview of some complementary treatments.

To make the experience realistic and lighten the text I have written fictional 'day in the life of' mental health professionals and case histories based on my clinical and personal experience and symptom clusters from DSMIV. It is good to remember though, that everyone's experience of mental illness is different and people respond differently to treatment.

This book is not for self-diagnosis. Readers or family worried about symptoms are advised to seek psychiatric help. There are many reasons for changes in mood or behavior not attributable to mental illness.

If readers have specific interests they would like to see in future editions they are welcome to contact me via the Publisher. This field is constantly changing and it is impossible to iron out all errors or include every bit of information. My aim is to be broad reaching and set the scene for your further exploration of this fascinating field. I hope you enjoy reading this book.

Marianne Richards
May 2012