

Chapter 1

Introduction

ADDITIONAL RESOURCES

Not all study has to be book bound, and there are a number of alternative ways of exploring mental health issues, including films such as:

***One flew over the cuckoo's nest* (1975):** an excellent adaptation of Ken Kesey's powerful novel, which looks at the human side of mental illness, the power of institutions and the control they had over hospital patients. It also shows the experience of ECT as it used to be given with no sedative or muscle relaxant: not a pleasant experience. The film was criticised for potentially putting people off seeking treatment, but it was also credited with changing attitudes to psychiatry and encouraging more focus on individual patients' needs.

***A beautiful mind* (2001):** the cinematic portrayal of real-life Nobel prize winning economist, diagnosed with schizophrenia, John Nash. According to IMDB, Nash, a mathematical genius, made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a painful and harrowing journey of self-discovery. After many years of struggle, he eventually triumphed over his tragedy, and finally - late in life - received the Nobel Prize.

***Girl, interrupted* (1999),** set in the changing world of the late 1960s, is the searing true story of Susanna Kaysen (played by Winona Ryder), a young woman who found herself at a renowned mental institution for troubled young women where she had to choose between the world of people who belong on the inside—like the seductive and dangerous Lisa (Angelina Jolie)—or the often difficult world of reality on the outside. Susanna's prescribed "short rest" by a psychiatrist who she had met only once becomes a strange, unknown journey into Alice's Wonderland, where she spends nearly a year on the ward.

For those preferring a shorter, more varied, experience, **TED Talks on Mental Health** cover a wide range of mental health issues which are of relevance to discussions about mental health. People with disorders talk about their experiences in some instances and mental health professionals discuss key topics in others. The series can be found at: <https://www.ted.com/talks?topics%5B%5D=mental+health>. The **MentalHealthChannel** also provides a wide range of videos covering numerous topics in mental health. This can be found at <http://mentalhealthchannel.tv/>.

Nonfiction Titles of Note

Bentall, R. (2004) *Madness Explained: Psychosis and Human Nature*. Harmondsworth: Penguin. This important text from one of the UK's leading clinical psychologists provides an in-depth challenge to the medical model of mental illness and provides a more human perspective on both normal and apparently 'abnormal' behaviour.

Johnstone, L. and Dallos, R. (2014) *Formulation in Psychology and Psychotherapy*. London: Routledge. Much of the book focuses on psychological treatment and formulation. This important text provides an introduction to formulation and addresses the issue from a range of psychotherapeutic perspectives.

Frances, A. (2013). *Saving Normal: an Insider's Revolt Against out-of-control Psychiatric Diagnosis, DSM 5, Big Pharma and the Medicalization of Ordinary Life*. New York: William Morrow. Revealing insights and critical commentary, based on interviews from those involved with DSM into how the diagnostic criteria are established. A must read!

Other useful texts linked to the chapter:

Fernando, S. (2010) *Mental health race and culture*. London: Red Globe Press.

Page, A. and Stritzke, W. (2015) *Clinical Psychology for Trainees: Foundations of Science-informed Practice*. Cambridge: Cambridge University Press.

Ansari, A. and Osse, D. (2015) *Psychopharmacology: a concise overview for students and clinicians*. North Charleston: Create Space

Classic websites you can trust....

'Scientific/academic' sites

1. National Institute of Mental Health: <https://www.nimh.nih.gov/index.shtml>
2. National Alliance on Mental Illness: <https://www.nami.org>
3. MentalHealth.gov: <https://www.mentalhealth.gov/>
4. The British Psychological Society: <https://www.bps.org.uk/>
5. Psychology Today: <https://www.psychologytoday.com/us>

'Lay' sites of interest

Mental Health UK: <https://mentalhealth-uk.org/about-us/>

UK Government's Public Mental Health collection:

<https://www.gov.uk/government/collections/public-mental-health>

Mind: www.mind.org.uk