

Chapter 5

The individual and beyond

ADDITIONAL RESOURCES

PsychotherapyNet on YouTube (<https://www.youtube.com/user/PsychotherapyNet>) has a host of world leading therapists talking about and showing a range of therapies in action, usually in relatively small clips, including structural family therapy.

Finding videos showing the process of strategic family therapy is not easy (I tried!). However, a wider range of interesting lectures from someone working directly in this field can be found on Diane Gehart's lively and in-depth YouTube channel. This includes a lecture on strategic (identified as MRI: Mental Research Institute) and Minuchin family therapy, as well as many videos showing skills particularly related to mindfulness (chocolate meditation... yum!) and lectures on a whole range of therapeutic topics (see <https://www.youtube.com/watch?v=QRBjvCxeBeg>).

Try also reading...

There are many 'how to' books on therapy, and it's difficult to recommend one book over another. In some ways, it's best to look at a few and decide whose writing style and content you most prefer. However, the books below are a good sample of those available (including some on mental health inequalities and promotion), most of which get consistently good consumer ratings on a certain retail website which will remain nameless.

Dallos, R. and Draper, R. (2015) *An Introduction to Family Therapy: Systemic Theory and Practice*. Buckingham: Open University Press. The book provides a synthesis of various systemic therapies so is a good 'how to' text, but more specific texts may be necessary to learn more about the specific therapies considered in the chapter. These more detailed texts include:

Watzlawick, P. et al. (2011) *Change: principles of problem formation and problem resolution*. New York: W.W. Norton.

Minuchin, S. (2012) *Families and family therapy*. Cambridge, Mass: Harvard University Press.

More general texts relating to the wider aspects of the book include:

Fernando, S. (2014) *Mental Health Worldwide: Culture, Globalization and Development*. Basingstoke: Palgrave Macmillan.

Walker, R. (2020) *The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve*. New harbinger: Oakland, CA.

Wilkinson, R. and Pickett, K. (2018) *The Inner Level: How More Equal Societies Reduce Stress, Restore Sanity and Improve Everyone's Well-being*. London: Allen Lane.

World Health Organisation. (undated document) *Gender Disparities in Mental Health*. Geneva: WHO. Free download from https://www.who.int/mental_health/media/en/242.pdf

Bhugra, D. & Bhui, K. (eds) (2018) *Textbook of cultural psychiatry*. Cambridge: Cambridge University Press.