



Spirituality and Psychiatry

Chris Cook

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Spirituality is a crucial but sometimes overlooked aspect of mental well-being and psychiatric care. This book explores the nature of spirituality, its relationship to religion, and the reasons for its importance in clinical practice. In this evidence-based text, the authors discuss the prevention and management of illness, as well as the maintenance of recovery. Different chapters focus on the key subspecialties of psychiatry, including psychotherapy, child and adolescent psychiatry, intellectual disability psychiatry, substance misuse psychiatry and old age psychiatry. It contains references to up-to-date research and provides a comprehensive review of the relevant academic literature. The book is, at least in part, a response to the questions posed by researchers, service users and clinicians, concerning the importance of spirituality in mental healthcare. Contributors include psychiatrists, psychotherapists, mental healthcare chaplains and a social worker. They discuss aspects of experience often omitted from psychiatry and present both clinician and service user perspectives.

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