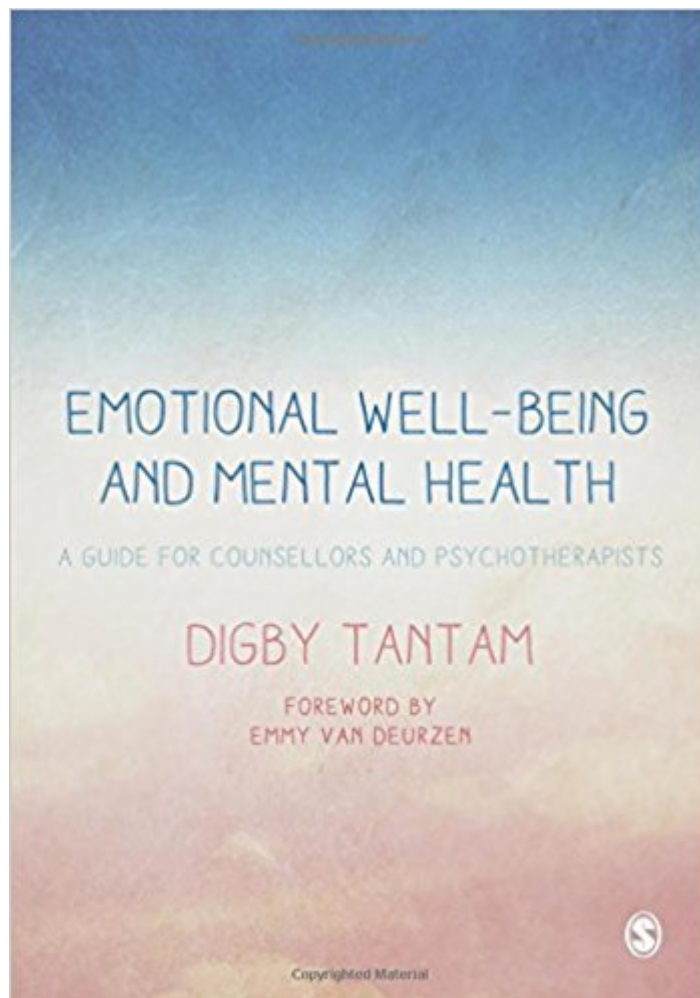




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Emotional Well-being And Mental Health: A Guide For Counsellors & Psychotherapists



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Well-being is an important topic for many different professions. From health professionals to politicians, a number of fields seek to research, understand and promote wellbeing. As a concept at the heart of psychotherapeutic practice, it is essential that trainee and practising therapists understand the distinctive contribution to our understanding of well-being that each of these professions have made. In this unique text, author Digby Tantam explores the philosophical, political, economical, psychological, medical and spiritual perspectives on well-being through a psychotherapeutic lens, explaining current research data and summarising findings. Theoretical approaches are balanced with an insight into their practical applications, showing therapists how each approach can inform their practice and make a real difference to the life satisfaction and health of their clients.

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"Emotional Well-being and Mental Health " a thought provoking discussion of the concepts of health, happiness and wellbeing and their interconnected meanings. Digby presents a fascinating appraisal of these subjective and highly contested terms from different theoretical perspectives, showing how each discipline has attempted to understand and explain their relevance to the human experience.

--Dr Robin Gutteridge
This book draws on a wide range of perspectives to provide a comprehensive and illuminating discussion relating to the concepts and experience of happiness, emotional wellbeing and mental health... The author provides some thought provoking and engaging insights

and the breadth of knowledge he brings to his discussion is impressive. --Sharon Kirby, Counsellor and Psychotherapist

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The book is a wide ranging, complex and erudite examination of the elements that make up emotional wellbeing - a condition that Tantam considers must integrate both health and happiness. The book summarises the findings of philosophers, health economists and health workers, positive psychologists, politicians, faith leaders and psychotherapists, enabling us to compare and contrast what they consider to be emotional wellbeing.--Val Simanowitz, Counsellor and Supervisor "Therapy Today "

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