

## Mental Health Care Resource Book: Concepts and Praxis for Social Workers and Mental Health Professionals

**Editor:** Meenu Anand

**Publication:** Springer Nature 2024

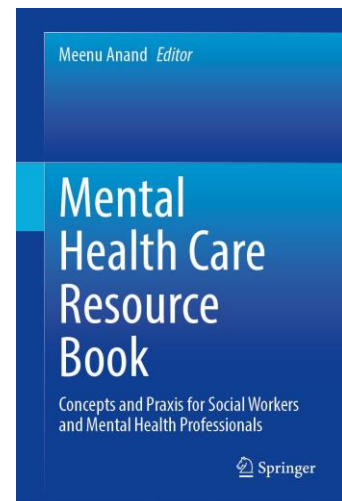
**Hardcover Pages:** 316 **Price:** INR 14,463

**Language:** English

**ISBN:** 978-9819712021

**Reviewers:** Kamlesh Kumar Sahu

Associate Professor of Psychiatric Social Work  
Department of Psychiatry, Govt. Medical College and Hospital,  
Chandigarh, India Email: withkamlesh@gmail.com



Mental Health Care Resource Book: Concepts and Praxis for Social Workers and Mental Health Professionals edited by Meenu Anand is a meticulously crafted guide tailored for social workers and mental health professionals, blending theoretical foundations with practical applications. The book opens with a comprehensive overview of mental health, elucidating its significance, the spectrum of disorders, and the influence of socio-economic and cultural factors. This foundational knowledge sets the stage for a deeper exploration of various theoretical approaches and models, such as cognitive-behavioural therapy, psychoanalysis, and humanistic approaches, underscoring their integration into real-world practice.

### Part I: Overarching Conceptual Foundations

The basic concepts of mental health and wellbeing, including definitions, the significance of mental health, and the broad spectrum of mental disorders. It also explores historical and contemporary frameworks that shape the understanding and practice of mental health care, emphasizing the influence of socio-economic and cultural factors and contextualizing law and policy framework. This part have seven chapters:

**Chapter 1: Introduction** written by Meenu Anand introduces the book, outlining its objectives and the importance of integrating theoretical foundations with practical skills for mental health professionals.

**Chapter 2: Understanding Mental Disorders, Mental Health, and Well-Being** written by R. Srinivasa Murthy provides a comprehensive overview of mental disorders and the concepts of mental health and well-being, setting a foundational understanding for the reader.

**Chapter 3: Social and Cultural Determinants of Mental Health** written by Vibhuti Patel explores how social and cultural factors influence mental health, emphasizing the need for culturally sensitive approaches in mental health care.

**Chapter 4: Women's Mental Health: The Uncharted Terrain** written by Meenu Anand discusses the unique challenges faced by women in mental health, highlighting gender-specific issues and the need for targeted interventions.

**Chapter 5: Biopsychosocial Approach to Mental Health** written by Ananya Mahapatra and Prerna Sharma examine the biopsychosocial model, integrating biological, psychological, and social factors in understanding and treating mental health issues.

**Chapter 6: Community Mental Health: Evolution, Current Status, and Future Perspectives** written by K. R. Anish and P. Ginu George review the development of community mental health services, discussing current practices and future directions.

**Chapter 7: Contextualizing Law and Policy Framework on Mental Health** written by Saumya Uma analyzes the legal and policy frameworks governing mental health care, highlighting the implications for practice and advocacy.

### Part II: Practice Skills in Mental Health

**Chapter 8: Skill Sets and Novel Approaches for Rehabilitation of Persons with Mental Disorders** written by Smita N. Deshpande, Mary E. Hawk, and Vishwajit L. Nimgaonkar detail the essential skills and innovative approaches necessary for the rehabilitation of individuals with mental disorders.

**Chapter 9: Therapeutic Alliance in Psychotherapy: Clinical Significance and Skills Training** written by M. Manjula and Reshma Antony discuss the importance of the therapeutic alliance in psychotherapy, offering insights into building and maintaining effective therapeutic relationships.

**Chapter 10: Motivational Interviewing: Walking towards Change** written by Purna Srivastava and Kannappa V. Shetty present motivational interviewing techniques, focusing on their application in facilitating behavior change in clients.

**Chapter 11: Practicing Social Skills Training in Mental Health** written by Pravin B. Yannawar covers the principles and methods of social skills training, emphasizing its role in enhancing the social functioning of individuals with mental health issues.

**Chapter 12: Group Therapy: Basic Concepts and Skills** written by Sangeetha Reddy Duvvur provides an overview of group therapy, including basic concepts, skills, and the dynamics involved in conducting effective group sessions.

**Chapter 13: Integrating 'Spirituality' in Social Work - Challenges and Opportunities** written by R. Srinivasa Murthy explores the role of spirituality in social work, discussing both the challenges and opportunities of incorporating spiritual practices into mental health care.

### **Part III: Experiential Insights from Praxis**

**Chapter 14: The Banyan Journey: A Continuum in Community Mental Health Care** written by M. Namrata Rao and colleagues describe the Banyan initiative, highlighting its comprehensive approach to community mental health care.

**Chapter 15: The Indian Family Caregivers of Persons with Mental Illness—PwMI: Large Canvas, Beyond Family** written by Amrit Bakhshy discusses the experiences and challenges faced by Indian family caregivers of persons with mental illness, extending the discussion beyond the family unit.

**Chapter 16: Three Decades of a Journey towards Mental Health for All: The Story of IPH** written by Anuradha Sovani chronicles the Institute for Psychological Health's (IPH) three-decade journey towards promoting mental health for all, sharing insights and lessons learned.

**Chapter 17: Destitution, Mental Illness and Law: Issues, Challenges and Possibilities** written by Mohd. Tarique examines the intersection of destitution, mental illness, and law, discussing the challenges and potential solutions in addressing these complex issues.

**Chapter 18: Embrace All... No Labels Attached: Reflections by OYA Foundation** written by Raheen Jummani reflects on the OYA Foundation's philosophy of inclusive mental health care, emphasizing the importance of a no-label approach to treatment.

**Chapter 19: Conclusion** written by Meenu Anand concludes the book by summarizing the key points discussed and reinforcing the importance of integrating theoretical knowledge with practical skills in mental health care.

This structured approach ensures that readers gain a holistic understanding of mental health care, from foundational concepts to practical skills and real-world applications.

A significant strength of this resource is its detailed focus on clinical skills and techniques. Anand provides an array of practical tools for assessment, diagnosis, and intervention, enriched with case studies and examples that bring these concepts to life. These practical elements are crucial for professionals who need to navigate the complexities of mental health care with confidence and competence.

Interdisciplinary collaboration is another key theme, highlighting the necessity of teamwork among different health professionals. This section is particularly valuable for understanding the dynamics of effective communication and collaboration in mental health settings. Ethical considerations are also thoroughly addressed, covering essential topics like confidentiality, informed consent, and professional boundaries.

Finally, the book's focus on policy and advocacy underscores the broader context in which mental health professionals operate. Anand discusses the role of social workers in shaping mental health policy, advocating for clients, and promoting awareness within communities. This section empowers professionals to engage with systemic issues and contribute to broader societal changes.

Overall, "Mental Health Care Resource Book: Concepts and Praxis for Social Workers and Mental Health Professionals" is an essential resource that bridges the gap between theory and

practice. It equips professionals with the knowledge and skills needed to deliver effective, compassionate, and ethical mental health care. Whether you're a novice or an experienced practitioner, this book offers valuable insights and practical tools to enhance your practice and improve client outcomes.

Meenu Anand is an Associate Professor of Social Work at the University of Delhi, with extensive expertise in mental health, gender studies, and social work education. She is well known for her contributions to mental health, gender studies, and social work education. In 2020, she published "Gender and Mental Health: Combining Theory and Practice," a pivotal work that explores the intersection of gender and mental health. This book integrates theoretical perspectives with practical applications, addressing the unique mental health challenges faced by women and advocating for gender-sensitive mental health practices. Anand's work is influential in shaping policies and improving mental health services.

## REFERENCE

Anand M. Gender and mental health: Combining theory and practice. Singapore: Springer; 2020. Available from: <https://link.springer.com/book/10.1007/978-981-15-5393-6>

**Source of Funding:** Nil

**Conflict of Interest:** None

**Received on:** 13-07-2023

**Published on:** 19-07-2023

### **How to Cite the Article:**

Sahu KK. Gender and mental health: Combining theory and practice. Indian J Psychiatr Soc Work. 2024,15(1):52-4. doi:10.29120/ijpsw.2024.v15.i1.201

