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Spirituality, Values and Mental Health

Jewels for the Journey

Edited by Mary Ellen Coyte, Peter Gilbert and Vicky Nicholls

Foreword by John Swinton, Professor in Practical Theology and Pastoral Care, University of Aberdeen

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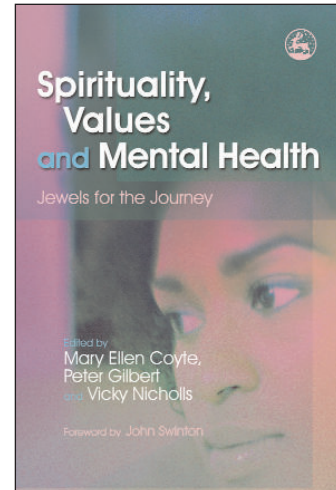
Spirituality, religious belief and inclusive faith communities are important for mental well being but mental health practitioners have few guidelines for acknowledging these issues when working with service users.

Spirituality, Values and Mental Health gathers together personal and professional contributions from mental health professionals, carers and mental health service users and survivors. It addresses the stigma that can surround both mental health and spirituality and explores the place of the spiritual in mental health care, teasing out its implications for research, education, training and good practice.

This book is a welcome source of ideas and common-sense that is essential reading for mental health practitioners, carers and service users, chaplains, faith leaders, faith communities, as well as students and professionals working in the field of spirituality and mental health.

Mary Ellen Coyte has been a consultant researcher and trainer in health and mental health for 9 years, specialising in service development and spirituality. She is a lay mental health chaplain and community dance leader. Peter Gilbert is Professor of Social Work and Spirituality, Staffordshire University. He has been a social work practitioner for 13 years, and was Director of Social Services for Worcestershire Council. He is the NIMHE Lead on Spirituality and Mental Health. Vicky Nicholls is the joint coordinator of the Social Perspectives Network for Mental Health and a freelance trainer and researcher in health and social care, specialising in spirituality and mental health. She was previously Spirituality and Mental Health Project Coordinator for the Mental Health Foundation where she coordinated a series of user-led research projects. All are survivors of mental distress.

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