Working with psychosis
Reading list - Books
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This course has been influenced by the movement to humanise the understanding and skills of working with psychosis. One of the key texts has been the work of Richard Bentall, *Madness Explained* (Bentall, 2003).

Bentall provides a normalizing approach to understanding psychosis as a part of the continuum of human experiences rather than an isolated and distinct disease. This human approach is supported by the work of Garry Prouty with what he calls 'contact work' or 'pre-therapy' (Prouty, 2008). Prouty emphasizes the importance of making a psychological connection with persons who are dis-connected from the social world by the depth of their psychosis. When the connection to the person is made then a similar, 'person centred' understanding of psychosis is developed by Paul Chadwick (P. Chadwick, 2006).

Both of these approaches are closely linked to the work of Carl Rogers, who in turn was influenced by existential philosophy and the work of Martin Buber (Friedman, 2003) in what it takes for a human being to connect to others in meaningful relationships of dialogue. Carl Rogers and Eugene Gendlin are well known as leading the person centred approach in therapy and were able to demonstrate therapy with schizophrenia (Rogers & Gendlin, 1967).

Psychiatrists such as Loren Mosher and Luc Ciompi have kept their faith in the importance of psychosocial interventions even during the bleak decades when medication and physical interventions were thought the only way of treating psychosis (Mosher, Hendrix, & Fort, 2004; Read, Mosher, & Bentall, 2004).

Aaron (Tim) Beck, the founding father of Cognitive Behavioural Therapy (CBT) had started working with people with psychosis from a psychological stance from the late 1940s and his excellent paper on working with a patient with delusions (A. T. Beck, 1952) is an example of good practice that is hard to improve on. This paper is reproduced in full with a commentary on the following pages in Morrison’s excellent edited book (A. T. Beck, 2002).

We have sought to understand psychosis from all perspectives. From the medical perspective a brief and clear approach is provided by
Oliver Freudenreich (Freudenreich, 2008). An important aspect of the medical perspective on psychosis is the understanding of the serious physical health consequences of serious mental illness (Leucht, Bukard, Henderson, Maj, & Sartorius, 2007).

Using medication wisely is the sub title of John Watkins excellent and balanced book about treating schizophrenia (J. Watkins, 2006). Watkins has also written a book on helping voice hearers and another on the negative symptoms of schizophrenia, both of which are also excellent (J. Watkins, 1996, 1998).

A phenomenological understanding of descriptive psychopathology is given in the excellent book by Sims, which was updated to a fourth edition after Sims' death by Femi Oyebode (Oyebode, 2008). Sims was always keen to show the purpose of psychopathology as giving us a better understanding and empathy for the person rather than just classifying some disease process.

A wide psycho-social perspective is given in the excellent chapters of Society and Psychosis (Morgan, McKenzie, & Fearon, 2008). The cultural context is also explored in the book edited by Janis Jenkins and Robert Barrett (Jenkins & Barrett, 2004).

The powerful stigmatizing effect of serious mental illness is explored in Shunned, edited by Thornicroft (Thornicroft, 2006).

More distinctly Cognitive Behavioural Therapy (CBT) approaches are outlined in two excellent books, one very practical (Wright, Turkington, Kingdon, & Basco, 2009) and the other giving very thorough theoretical underpinnings (Aaron T Beck, Rector, Stolar, & Grant, 2009).

CBT can be used in inpatient settings too, and Clarke and Wilson edit an array of inspiring individual and group approaches to psychosis and other distressing conditions (Clarke & Wilson, 2009).

To show the growing diversity of understandings of psychosis from a CBT perspective we recommend the narrative approaches of Rhodes and Jakes with its many practical exercises (Rhodes & Jakes, 2009).

There are many useful books on working with 'voices'. In addition to those mentioned above there are two seminal works on the subject, the first, Accepting Voices (Romme & Escher, 1993) brought the normalization of voice hearing to general acceptance. The second is a very useful guide for
A drama therapy approach to voices, including a very useful way of understanding the three dimensional structure of the person's voices is described by John Casson (Casson, 2004). Although superseded by later accounts the early treatise on working with voices by Chadwick and colleagues opened our eyes to helpful therapy (P. D. J. Chadwick, Birchwood, & Trower, 1996).

CBT specifically for command hallucinations is outlined by Byrne and colleagues (Byrne, 2006).

A helpful guide to casework in CBT for psychosis and how to train, supervise and implement the approaches is provide by two psychiatrists, David Kingdon and Doug Turkington (Kingdon & Turkington, 2002) who also wrote one of the most important CBT guides (Kingdon & Turkington, 2005).

Ways of trying to conceptualise and plan therapy for the problems faced by persons experiencing psychosis can be found in many of the books mentioned previously; specifically in the book on psychological formulation edited by Lucy Johnstone and Rudi Dallos (Johnstone & Dallos, 2006).

Practical books that service users, practitioners and carers can access are

- *Know your mind* (Freeman & Freeman, 2009)
- *Think you are crazy, think again!* (Morrison, Renton, French, & Bentall, 2008)

A book that specifically targets first episode psychosis from a multidisciplinary view is *The recognition and management of early psychosis* (Jackson & McGorry, 2009) and from a CBT approach (French & Morrison, 2004).

There are now many books that make the many links between stress, trauma and psychosis (Larkin & Morrison, 2006; Moskowitz, Schafer, & Dorahy, 2008; Ross, 2007). The psychiatrist Colin Ross has had a very long history of researching the links between trauma and mental illnesses including psychosis (Ross, 2004, 2007).

Recovery approaches in a variety of settings are described by practitioners, service users and carers in the book edited by Velleman.
Further recovery approaches from many different perspectives are also explored in books by service users, psychiatrists and other practitioners

- Brown, 2007; D’Ombraine Hewitt, 2007
- Davidson, Harding, & Spaniol, 2005
- Gray, 2006; Gumley & Schwannauer, 2006
- Ralph & Corrigan, 2005
- Roberts, Davenport, Holloway, & Tatton, 2006
- Warner, 2003
- P. Watkins, 2007
- Whitwell, 2005

A very helpful collation of research evidence about recovery from psychosis is provided in work from the Center for Psychiatric Rehabilitation in Boston (Davidson, Harding, & Spaniol, 2005).

There is a whole range of excellent books from the International Society for the Psychological treatments of the Schizophrenias and other psychoses (ISPS) see separate list in appendix.
ISPS Books (all published by Routledge: London)
(2011) CBT for Psychosis: A Symptom-based Approach (International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses)
Roger Hagen (Editor), Douglas Turkington (Editor), Torkil Berge (Editor), Rolf W Gråwe (Editor)
(2009) Making Sense of Madness (International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses) by Jim Geekie and John Read
(2008) Beyond Medication (International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses) by David Garfield and Daniel Mackler
(2008) Therapeutic Communities for Psychosis: Philosophy, History and Clinical Practice (International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses) by John Gale, Alba Realpe, and Enrico Pedriali
(2007) Experiences of Mental Health In-patient Care: Narratives from Service Users, Carers and Professionals: 2 (International Society for the Psychological Treatment of Schizophrenias and Other Psychoses) by Mark Hardcastle, David Kennard, Sheila Grandison, and Leonard Fagin


Association Books.