



Interpersonal Nursing for Mental Health

Jan Horsfall, Cynthia Stuhmiller, Simon Champ

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This brief, but thorough, textbook on mental health nursing is written from Peplau's interpersonal perspective. The authors cover basic mental health nursing principles while stressing the importance of placing the patient in social context, making a personal connection with the patient, using holistic nursing assessment principles, and avoiding negative stereotyping. The consumer point of view is interwoven throughout with the comments of Simon Champ, a mental health activist who was diagnosed with schizophrenia as a young man. Reflective questions and journal exercises are also interspersed throughout.

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