



London School of Economics and Political Science  
Centre for Economic Performance, Mental Health  
Policy Group.

Led by Professor Lord Richard Layard

**The depression report : a new deal for depression  
and anxiety disorders**

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# Layard The Depression Report

**Richard Butler**



## **Layard The Depression Report:**

**The Social and Interpersonal Origins of Depression Today** Jeremy Clarke, Paul Cundy, Jessica Yakeley, 2020-06-29  
Originally published as a special issue of Psychoanalytic Psychotherapy this collection was timed to coincide with the publication of the new NICE guideline for the treatment of depression which will shape the context of NHS talking therapy services for the next decade In 2005 Professor Lord Layard demonstrated for the first time that mental health should matter to the UK Treasury Layard showed that the cost of untreated depression was huge due to welfare spending on invalidity benefits and that this was a social problem rising across the OECD but more so in the UK NICE had already published a clinical guideline recommending several talking therapies that were cost effective Why could no one still get them In 2007 under New Labour the world's first universal free at the point of need service was launched to remedy this IAPT Improving Access to Psychological Therapies Thus began a race against depression predicted by the World Health Organisation to become the leading cause of disability worldwide by 2020 But on the eve of NICE's new guideline for depression due in 2021 it is now clear that across large parts of the UK we are set to lose this race Badly Why What went wrong Clarke Cundy and Yakeley have brought together a group of researchers and experts in this collection who address some of the fundamental flaws in the policy design for IAPT By drawing attention to neglected social and interpersonal origins of depression pointing us towards more effective approaches and seeking to pinpoint some of the gaps in thinking during IAPT's first decade this book offers alternative answers to what still remains Britain's biggest social problem **Psychoanalytic Insights into**

**Fundamentalism and Conviction** Lesley Murdin, 2020-06-01 Psychoanalytic Insights into Fundamentalism and Conviction The Certainty Principle examines the role of and need for certainty in mental life addressing questions raised by fundamentalism and extremism and exploring its relation to human nature Murdin proposes a new synthesis in which certainty itself can be a cause of suffering and part of a defensive manoeuvre and considers how the need for certainty can be managed in a positive way rather than creating fear and extreme emotional responses Illustrated throughout with examples from psychotherapy practice literature and international politics this book considers how the quest for certainty dominates much of human thinking Murdin examines personal relationships including politics and religion where assumptions are taken for granted but function to hide fears and doubts and argues that fundamentalist elements can generate harm in anyone but can be mitigated with understanding and work in therapy Psychoanalytic Insights into Fundamentalism and Conviction helps to identify the underlying convictions that are causing mental harm It is essential reading for psychotherapists psychoanalysts and counsellors in practice and in training and will be of interest to readers interested in fundamentalist states of mind **Mental Health Nursing** Steven Prymachuk, 2011-03-28 This book

introduces students to the core skills and essential knowledge needed to deliver high quality mental health care *Putting Psychology in its Place* Graham Richards, Paul Stenner, 2022-07-19 1 Four new chapters key influencers in psychology from a

non scientific background the interaction of psychology the visual arts and music the social life of psychological knowledge and an examination of the internationalization of psychology 2 Addition of a new co author Paul Stenner who has a great international reputation and has written extensively in the field 3 Contains a new list of recommended web resources

**CBT: The Cognitive Behavioural Tsunami** Farhad Dalal, 2018-09-25 Is CBT all it claims to be The Cognitive Behavioural Tsunami Managerialism Politics and the Corruptions of Science provides a powerful critique of CBT's understanding of human suffering as well as the apparent scientific basis underlying it The book argues that CBT psychology has fetishized measurement to such a degree that it has come to believe that only the countable counts It suggests that the so called science of CBT is not just bad science but corrupt science The rise of CBT has been fostered by neoliberalism and the phenomenon of New Public Management The book not only critiques the science psychology and philosophy of CBT but also challenges the managerialist mentality and its hyper rational understanding of efficiency both of which are commonplace in organizational life today The book suggests that these are perverse forms of thought which have been institutionalised by NICE and IAPT and used by them to generate narratives of CBT's prowess It claims that CBT is an exercise in symptom reduction which vastly exaggerates the degree to which symptoms are reduced the durability of the improvement as well as the numbers of people it helps Arguing that CBT is neither the cure nor the scientific treatment it claims to be the book also serves as a broader cultural critique of the times we live in a critique which draws on philosophy and politics on economics and psychology on sociology and history and ultimately on the idea of science itself It will be of immense interest to psychotherapists policymakers and those concerned about the excesses of managerialism [Handbook of Counseling and Psychotherapy in an International Context](#) Roy Moodley, Uwe P. Gielen, Rosa Wu, 2013-05-07 Many factors in the world today such as globalization and a rise in immigration are increasing the need for mental health practitioners to acquire the ability to interact effectively with people of different cultures This text will be the most comprehensive volume to address this need to date exploring the history philosophy processes and trends in counseling and psychotherapy in countries from all regions of the globe Organized by continent and country each chapter is written by esteemed scholars drawing on intimate knowledge of their homelands They explore such topics as their countries demographics counselor education programs current counseling theories and trends and significant traditional and indigenous treatment and healing methods This consistent structure facilitates quick and easy comparisons and contrasts across cultures offering an enhanced understanding of diversity and multicultural competencies Overall this text is an invaluable resource for practitioners researchers students and faculty showing them how to look beyond their own borders and cultures to enhance their counseling practices *Reclaiming Social Work* Iain Ferguson, 2007-12-12 Reclaiming Social Work is a thought provoking and innovative book which examines how social work's commitment to social justice has been deepened and enriched by its contact with wider social movements It explores the tensions between social work values and a market driven agenda and

locates new resources of hope for the social work profession in the developing resistance to managerialism The book discusses pertinent social work issues such as inequality and risk the voluntary sector and service user involvement examines values such as democracy solidarity accountability participation justice equality liberty and diversity is written in an accessible style drawing on diverse examples to illustrate theoretical concepts Reclaiming Social Work is an accessible yet challenging book and will be essential reading for all social work students and practitioners wanting to think outside the boundaries of their profession The book will be particularly helpful to students taking courses in anti oppressive practice social work values social work theories and concepts and international social work Iain Ferguson is a Senior Lecturer in Social Work at the University of Stirling Previous publications include Rethinking Welfare A Critical Perspective SAGE 2002 co authored with Michael Lavalette and Gerry Mooney Globalisation Global Justice and Social Work Routledge 2004 co edited with Michael Lavalette and Elizabeth Whitmore and International Social Work and the Radical Tradition Venture Press 2007 co edited with Michael Lavalette

**Childhood, Well-Being and a Therapeutic Ethos** Richard House, Del Loewenthal, 2018-04-17 A key theme of this book is that we urgently need a therapeutic ethos in order to bring both educational and therapeutic sensibilities to bear on the issue of children s wellbeing if truly effective and appropriate policy responses to the current malaise are to be fashioned Not least we must pay particular attention to childhood experience showing that scientific and technical developments are always secondary to the resources of the human soul if we are to minimize the extent to which today s children will need therapy as adults This will entail moving beyond narrowly mechanistic definitions of and ways of thinking about well being and the psychological therapies This book offers pointers to the kinds of arguments that can inform what is rapidly becoming a central concern of politicians and policy makers

**What is Counselling and Psychotherapy?** Norman Claringbull, 2010-01-06 Written specifically for students on counselling and psychotherapy courses this book gives an overview of the profession from its early beginnings in psychotherapy and psychoanalysis through the development of the different schools and approaches of talking therapies including psychodynamic cognitive behavioural and person centred approaches Working within various sectors such as the commercial educational and public is also considered and discussed The author concludes the book by looking at where counselling and psychotherapy is heading in the future

**London After Recession** Iain MacRury, 2016-05-06 The City has long been the main generator of London s wealth and needless to say the impact of the Economic Crisis in the recent years on the City has greatly affected the wider urban and surrounding region not to say country as a whole This book examines the impact of the recession and discusses London s future trajectory as an entrepreneurial city and capital of the United Kingdom While recognising the enduring capacity of London to reinvent itself from being the centre of a vast Empire to becoming a global centre for financial and business services contributors evaluate different dimensions of the city s current and future development through analyses derived from sociological economic cultural and urban studies perspectives

*Preventing*

*Mental Ill-Health* Jennifer Newton, 2013-05-07 Is there any evidence that we can reduce the incidence of mental ill health Is it possible to prevent recurrence of mental ill health Aspirations to achieve both these goals have featured in mental health policy and practice for over 100 years This comprehensive and accessible book draws on research on the development and persistence of behavioural problems in childhood adult depression and schizophrenia The association between social disadvantage and mental ill health as well as the need for preventive care to start from conception and the crucial importance of maternal mental health are discussed A variety of prominent programmes which have good evidence of efficacy are described These include Targeted approaches with individuals and families Macro policies affecting housing and employment Lifestyle contributions such as diet and exercise However some attempts to achieve preventive benefits have not succeeded and reflecting on these problems is an important feature of this review Jennifer Newton has written extensively on these issues for over twenty years and her careful examination of the research literature provides a succinct overview of the state of current knowledge which will benefit mental health professionals and students of health psychology and public health It also takes a life course perspective and considers how when and why vulnerability persists through childhood into adult life so will interest those whose work focuses on child well being

**The Future Public Health** Phil Hanlon, Sandra Carlisle, Andrew Lyon, Margaret Hannah, 2012-03-16 Obesity depression addiction loss of wellbeing these are issues which sap the resources and spirit of modern practitioners Public health is being challenged by the existence of an ingenuity gap the gap between an interacting kaleidoscope of problems and our capacity to respond effectively This innovative text bridges the gap between current public health values and skills and those required to tackle future challenges The authors introduce the key models and theories of public health as well as the factors that have shaped its history and development The book also Establishes the links between current public health problems and emerging threats like global warming and resource depletion Explores the true nature of modern and emerging threats to health Creates a new model for the future public health Explores what these changes will mean for the future public health practitioner This is a book which sets out the reasons why we need a fundamentally new approach to public health and explores how this might be achieved The Future Public Health is informed by a six year research project commissioned by the Scottish Government to trace the development of our current situation and look for solutions to the challenges facing public health Visit the AfterNow website [www.afternow.co.uk](http://www.afternow.co.uk) to access an array of resources including Introductory videos 12 Audio podcasts Over 30 short papers and essays

*Theoretical Alternatives to the Psychiatric Model of Mental Disorder Labeling* Arnaldo Cantú, Eric Maisel, Chuck Ruby, 24-02-05 Theoretical Alternatives to the Psychiatric Model of Mental Disorder Labeling is the fourth Volume of the Ethics International Press Critical Psychology and Critical Psychiatry Series Understanding the current systems of psychology and psychiatry is profoundly important So is exploring alternatives The Critical Psychology and Critical Psychiatry Series presents solicited chapters from international experts on a wide variety of underexplored subjects This is a

series for mental health researchers teachers and practitioners for parents and interested lay readers and for anyone trying to make sense of anxiety depression and other emotional difficulties Theoretical Alternatives recognizes and appreciates those who have contributed to the abundance of literature critiquing the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders DSM the biomedical model of mental health and the practice of psychiatric diagnosing It intends to move past that discourse and present macro and system level alternatives to DSM and the ICD diagnosing the World Health Organization's International Statistical Classification of Diseases and Related Health Problems in the form of conceptually developed frameworks taxonomies and models to guide clinical work and theory

*Brief Person-Centred Therapies* Keith Tudor, 2008-06-24 This is a book that the person centered psychotherapy community has been waiting for this book opens a creative space in which the ongoing conversation about therapeutic efficacy in times of shrinking resources can be successfully engaged Professor Maureen O'Hara Chair Department of Psychology National University La Jolla California A wide ranging and scholarly book which shows that person centred therapy is fully alive to the challenges of the twenty first century and is breaking new ground both clinically and theoretically Professor Brian Thorne Emeritus Professor of Counselling University of East Anglia Likely to be of interest to anyone involved in counselling Times Higher Education Magazine May 2009 Can the person centred approach work in time limited psychotherapy and counselling This is a question that many practitioners grapple with as demand for brief therapy increases particularly in the public sector *Brief Person Centred Therapies* is the first book to tackle the subject bringing together the experience and insights of a leading international team of person centred therapists The book examines the philosophical and theoretical fit between the person centred approach and brief therapy It also explores the issues which arise when working briefly in a range of different settings including primary care higher education business and prison with couples and groups *Brief Person Centred Therapies* is essential reading for all person centred trainees and for practitioners who want to work in services where brief or time limited work is required or favoured Keith Tudor is a UKCP registered psychotherapist and has a private independent practice in Sheffield offering therapy supervision and consultancy

**Relational Psychotherapy, Psychoanalysis and Counselling** Del Loewenthal, Andrew Samuels, 2014-05-09 Is therapy's relational turn only something to celebrate It is a major worldwide trend taking place in all the therapy traditions But up to now appreciation of these developments has not been twinned with well informed and constructive critique Hence practitioners and students have not been able to engage as fully as they might with the complex questions and issues that relational working presents *Relational Psychotherapy Psychoanalysis and Counselling Appraisals and reappraisals* seeks to redress this balance In this unique book Del Loewenthal and Andrew Samuels bring together the contributions of writers from several countries and many therapy modalities all of whom have engaged with what relational means whether to espouse the idea to urge caution or to engage in sceptical reflection *Relational Psychotherapy Psychoanalysis and Counselling Appraisals and reappraisals* presents clinical work of the

highest standard in a way that is moving and draws the reader in The more intellectual contributions are accessible and respectful avoiding the polarising tendencies of the profession At a time when there has been a decline in the provision and standing of the depth therapies across the globe this book shows that whatever the criticisms there is still creative energy in the field It is hoped that practitioners and students in psychoanalysis psychotherapy counselling and counselling psychology will welcome this book for its cutting edge content and compassionate tone

**Motivational Career Counselling & Coaching** Steve Sheward,Rhena Branch,2012-05-15 This thoroughly practical book combines cognitive and behavioural approaches with vocational counselling and coaching providing clear practical strategies and a wealth of materials that can be used with clients in one to one or group settings

**Reflections in Personal Construct Theory** Richard Butler,2009-03-18 Internationally renowned practitioners discuss the impact of reflexivity on their work giving those new to personal construct psychology valuable insights and guidance on managing the therapeutic relationship Reflexivity is a key methodological issue in psychological theory and practice and is an area of growing interest International contributors include prominent constructivist psychologists such as Richard Bell and David Winter Will help constructivist therapists to gain a better understanding of the nature of personal constructs from the perspective of both client and therapist

*Working on the Frontline of Mental Health* Steve Sheward,2022-09-02 Working on the Frontline of Mental Health is an account of the day to day work in psychological therapies highlighting not only the complexities clients present but also their remarkable and moving stories of recovery after many years of adversity Steve Sheward a CBT therapist working on the frontline in the NHS and private practice presents an overview of different psychological presentations including depression anxiety PTSD OCD and panic disorder amongst others Each chapter provides a detailed description of the latest cognitive behavioural therapy approaches used to help clients overcome psychological challenges which is paired with compelling case studies that demonstrate their application The book also outlines the challenges of continuing to deliver therapy during the COVID pandemic as well as the demands placed upon the profession and the psychological challenges experienced by therapists This book will be of interest to a variety of mental health professionals especially those trained in CBT along with those who have personal experience with mental health problems and the general reader

**Critical Issues in Human Resource Management** Ian Roper,Rea Prouska,Uracha Chatrakul Na Ayudhya,2019-09-21 By problematising core HR topics and presenting significant new developments in the field this engaging textbook will enable students to develop a nuanced and critical approach to HRM It integrates students understanding of the key operational aspects of HRM with the wider institutional social political and economic contexts in which they occur covering important and emerging topics such as intersectionality wellbeing international migration globalisation and corporate governance Theoretically rigorous and rich in pedagogy this textbook will hone students critical thinking skills allowing them to confront higher level problems faced in HR and deal with complex real world HR situations A range of topical international case studies ranging from iPhone factories in



China to contemporary US politics places HR issues in a comparative global context This is an essential textbook for upper undergraduate postgraduate and MBA students studying contemporary or critical issues in HRM It can also be used as a supplementary text by those wanting to deepen their knowledge of HRM and by practitioners keen to understand how core HRM topics intersect with wider contemporary and global issues

### **Roles and Contexts in Counselling Psychology**

Daisy Best, Helen Nicholas, Mark Bradley, 2022-05-01 Roles and Contexts in Counselling Psychology looks at the different contexts that counselling psychologists typically work within offering a snapshot of the day job The book provides insights into roles that reflect the human lifespan from birth to death focusing upon specific mental health experiences and considering roles external to healthcare settings such as expert witness and independent practice Each chapter is written by a counselling psychologist and offers an overview of their particular specialism and their experiences within it bringing a unique transparency and personal insight The book describes the skills that are required for the different roles and their challenges and rewards It also discusses how the philosophy of counselling psychology is maintained and explores the associated ethical and legal considerations Further it takes note of the issues relating to leadership and diversity The book is an essential resource for undergraduate psychology and counselling students and trainee clinical or counselling psychologists as well as qualified practitioners

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ad litem has filed a report with the court recommending a different custody arrangement than the one

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