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\*\* SOTERIA NETWORK AGM - Why do we need Soteria Houses more than ever in the UK now? \*\*

***This page has been set up to show titles recommended by those involved in the AGM event and to offer them at specially reduced prices.***You may also be interested in our range of titles published by ‘The International Society for Psychological and Social Approaches to Psychosis’  which are all sold at 20% off the retail price and can be found here: [**ISPS book series**](https://www.psychologicaltherapybooks.co.uk/product-category/isps-book-series/)

**[NEW!](https://www.psychologicaltherapybooks.co.uk/product/a-straight-talking-introduction-to-psychiatric-drugs-the-truth-about-how-they-work-and-how-to-come-off-them/)**

[A Straight Talking Introduction to Psychiatric Drugs: The truth about how they work and how to come off them](https://www.psychologicaltherapybooks.co.uk/product/a-straight-talking-introduction-to-psychiatric-drugs-the-truth-about-how-they-work-and-how-to-come-off-them/)

Retail Price: £14.99

Our Price: **£12.99**(with free UK delivery)

You Save: £2.00 (13%)

In an era when more people are taking psychiatric drugs than ever before, Joanna Moncrieff’s explosive book challenges the claims for their mythical powers.

**[NEW!](https://www.psychologicaltherapybooks.co.uk/product/he-died-waiting-learning-the-lessons-a-bereaved-mothers-view-of-mental-health-services/)**

[He Died Waiting: Learning the lessons – a bereaved mother’s view of mental health services](https://www.psychologicaltherapybooks.co.uk/product/he-died-waiting-learning-the-lessons-a-bereaved-mothers-view-of-mental-health-services/)

Retail Price: £16.99

Our Price: **£15.99**(with free UK delivery)

You Save: £1.00 (6%)

Caroline’s eldest son, Tim, had bipolar disorder. The mental health services he encountered were chaotic, inaccessible, and unsafe. Tim never seemed to be the right kind of ill to get the help he needed. Like many other people with mental illness, he joined an endless waiting list. He died waiting for an appointment.

**[NEW!](https://www.psychologicaltherapybooks.co.uk/product/the-compassionate-mind-workbook-a-step-by-step-guide-to-developing-your-compassionate-self/)**

[The Compassionate Mind Workbook: A step-by-step guide to developing your compassionate self](https://www.psychologicaltherapybooks.co.uk/product/the-compassionate-mind-workbook-a-step-by-step-guide-to-developing-your-compassionate-self/)

Retail Price: £18.99

Our Price: **£14.15**(with free UK delivery)

You Save: £4.84 (25%)

This workbook is a step-by-step guide to CFT, in which the chapters build your understanding of yourself, the skills that give rise to a compassionate mind, and ways to work with whatever difficulties you’re struggling with in life. The exercises, prompts and case stories in this book provide an understandable and practical way to develop compassion.

Recommended Titles

Recommended titles by experts in the field.

**[](https://www.psychologicaltherapybooks.co.uk/product/art-therapy-psychosis/)**

[Art Therapy for Psychosis](https://www.psychologicaltherapybooks.co.uk/product/art-therapy-psychosis/)

Retail Price: £36.99

Our Price: **£29.50**(with free UK delivery)

You Save: £7.49 (20%)

*Art Therapy for Psychosis* presents innovative theoretical and clinical approaches to psychosis that have developed in the work of expert clinicians from around the world. It draws on insights that have emerged from decades of clinical practice to explain why and how specialised forms of art therapy constitute a particularly appropriate psychotherapeutic approach to psychosis.

**[](https://www.psychologicaltherapybooks.co.uk/product/innovations-in-psychosocial-interventions-for-psychosis-working-with-the-hard-to-reach/)**

[Innovations in Psychosocial Interventions for Psychosis: Working with the Hard to Reach](https://www.psychologicaltherapybooks.co.uk/product/innovations-in-psychosocial-interventions-for-psychosis-working-with-the-hard-to-reach/)

Retail Price: £38.99

Our Price: **£29.99**(with free UK delivery)

You Save: £9.00 (23%)

Innovations in Psychosocial Interventions for Psychosis positions psychological formulation as a key organising principle for the delivery of care within multidisciplinary teams. The interventions described all have the common theme of supporting recovery and achieving goals that are of primary importance to the service user which targets interventions on broader obstacles to recovery.

**[](https://www.psychologicaltherapybooks.co.uk/product/straight-talking-introduction-psychiatric-diagnosis/)**

[A Straight Talking Introduction to Psychiatric Diagnosis](https://www.psychologicaltherapybooks.co.uk/product/straight-talking-introduction-psychiatric-diagnosis/)

Retail Price: £9.99

Our Price: **£8.99**(with free UK delivery)

You Save: £1.00 (10%)

Do you still need your psychiatric diagnosis? This book will help you to decide. A revolution is underway in mental health.

**[](https://www.psychologicaltherapybooks.co.uk/product/psychiatry-context-experience-meaning-communities/)**

[Psychiatry in Context: Experience, Meaning & Communities](https://www.psychologicaltherapybooks.co.uk/product/psychiatry-context-experience-meaning-communities/)

Retail Price: £26.99

Our Price: **£23.99**(with free UK delivery)

You Save: £3.00 (11%)

This book examines the central role of contexts in understanding psychosis and distress. The contexts in which we all exist, historical, cultural, social, political, economic and interpersonal, shape and give meaning to our lives for good or for bad.

**[](https://www.psychologicaltherapybooks.co.uk/product/cracked-why-psychiatry-is-doing-more-harm-than-good/)**

[Cracked: Why psychiatry is doing more harm than good](https://www.psychologicaltherapybooks.co.uk/product/cracked-why-psychiatry-is-doing-more-harm-than-good/)

Retail Price: £9.99

Our Price: **£8.49**(with free UK delivery)

You Save: £1.50 (15%)

Controversial, powerful and shocking indictment of the pseudo-science at the heart of modern psychiatry.

**[](https://www.psychologicaltherapybooks.co.uk/product/young-people-hearing-voices-need-know-can/)**

[Young People Hearing Voices: What You Need to Know and What You Can Do](https://www.psychologicaltherapybooks.co.uk/product/young-people-hearing-voices-need-know-can/)

Retail Price: £22.00

Our Price: **£18.99**(with free UK delivery)

You Save: £3.01 (14%)

Young People Hearing Voices is a unique, innovative book providing support and practical solutions for the experience of hearing voices.

**[](https://www.psychologicaltherapybooks.co.uk/product/models-madness/)**

[Models of Madness: Psychological, Social and Biological Approaches to Psychosis (2nd Edition)](https://www.psychologicaltherapybooks.co.uk/product/models-madness/)

Retail Price: £37.99

Our Price: **£29.99**(with free UK delivery)

You Save: £8.00 (21%)

This book brings together thirty-seven contributors from ten countries and a wide range of scientific disciplines. It provides an evidence-based, optimistic antidote to the pessimism of biological psychiatry. *Models of Madness* will be essential reading for all involved in mental health, including service users, family members, service managers, policy makers, nurses, clinical psychologists, psychiatrists, psychotherapists, counsellors, psychoanalysts, social workers, occupational therapists, art therapists.

**[](https://www.psychologicaltherapybooks.co.uk/product/madness-contested-power-and-practice/)**

[Madness Contested, power and practice](https://www.psychologicaltherapybooks.co.uk/product/madness-contested-power-and-practice/)

Retail Price: £24.00

Our Price: **£21.99**(with free UK delivery)

You Save: £2.01 (8%)

This book contests how both society and Mental Health Services conceptualise and respond to madness.

**[](https://www.psychologicaltherapybooks.co.uk/product/anatomy-of-an-epidemic-magic-bullets-psychiatric-drugs-and-the-astonishing-rise-of-mental-illness-in-america/)**

[Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America](https://www.psychologicaltherapybooks.co.uk/product/anatomy-of-an-epidemic-magic-bullets-psychiatric-drugs-and-the-astonishing-rise-of-mental-illness-in-america/)

Retail Price: £13.99

Our Price: **£10.50**(with free UK delivery)

You Save: £3.49 (25%)

*Anatomy of an Epidemic*challenges readers to think through that question themselves. First, Whitaker investigates what is known today about the biological causes of mental disorders. Do psychiatric medications fix “chemical imbalances” in the brain, or do they, in fact, *create*them? Researchers spent decades studying that question, and by the late 1980s, they had their answer. Readers will be startled—and dismayed—to discover what was reported in the scientific journals.

**[](https://www.psychologicaltherapybooks.co.uk/product/straight-talking-introduction-causes-mental-health-problems/)**

[A Straight-Talking Introduction to the Causes of Mental Health Problems](https://www.psychologicaltherapybooks.co.uk/product/straight-talking-introduction-causes-mental-health-problems/)

Retail Price: £9.99

Our Price: **£8.99**(with free UK delivery)

You Save: £1.00 (10%)

A pocket sized, good value series of succinct, thought provoking introductions ideal for students in all mental health disciplines, psychiatric service users, carers and indeed everyone with an interest in mental health.

**[](https://www.psychologicaltherapybooks.co.uk/product/psychology-in-the-real-world-community-based-groupwork/)**

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“Psychology in the Real World” describes groups, courses and projects that psychologist Guy Holmes has been involved in over the past decade.

**[](https://www.psychologicaltherapybooks.co.uk/product/the-compassionate-mind/)**

[The Compassionate Mind](https://www.psychologicaltherapybooks.co.uk/product/the-compassionate-mind/)

Retail Price: £11.99

Our Price: **£9.99**(with free UK delivery)

You Save: £2.00 (17%)

Professor Paul Gilbert explores how our minds have developed to be highly sensitive and quick to react to perceived threats and how this fast-acting threat-response system can be a source of anxiety, depression and aggression.

**[](https://www.psychologicaltherapybooks.co.uk/product/living-voices-50-stories-recovery/)**

[Living with Voices: 50 Stories of Recovery](https://www.psychologicaltherapybooks.co.uk/product/living-voices-50-stories-recovery/)

Retail Price: £23.99

Our Price: **£21.59**(with free UK delivery)

You Save: £2.40 (10%)

This book is a groundbreaking development in modern mental health because it recognises the importance of the first hand experience and argues that hearing voices is not a sign of madness but a reaction to serious problems in life.

**[](https://www.psychologicaltherapybooks.co.uk/product/a-straight-talking-introduction-to-caring-for-someone-with-mental-health-problems/)**

[A Straight talking introduction to Caring for someone with mental health problems](https://www.psychologicaltherapybooks.co.uk/product/a-straight-talking-introduction-to-caring-for-someone-with-mental-health-problems/)

Retail Price: £9.99

Our Price: **£8.99**(with free UK delivery)

You Save: £1.00 (10%)

This book tells how family and friends of people with complex mental health needs frequently have to battle for, and often with, mental health services, whilst they themselves can be stigmatised.

**[](https://www.psychologicaltherapybooks.co.uk/product/soteria-through-madness-to-deliverance/)**

[Soteria: Through Madness to Deliverance](https://www.psychologicaltherapybooks.co.uk/product/soteria-through-madness-to-deliverance/)

Retail Price: £14.00

Our Price: **£13.75**(with free UK delivery)

You Save: £0.25 (2%)

This is the story of a special time, space, and place where young people diagnosed as “schizophrenic” found a social environment where they were related to, listened to, and understood during their altered states of consciousness.

**This title needs to be imported from the USA so may take a while to arrive.**

**[](https://www.psychologicaltherapybooks.co.uk/product/recovering-sanity-a-compassionate-approach-to-understanding-and-treating-psychosis-a-compassionate-approach-to-understanding-and-treating-pyschosis/)**

[Recovering Sanity: A Compassionate Approach to Understanding and Treating Psychosis: A Compassionate Approach to Understanding and Treating Pyschosis](https://www.psychologicaltherapybooks.co.uk/product/recovering-sanity-a-compassionate-approach-to-understanding-and-treating-psychosis-a-compassionate-approach-to-understanding-and-treating-pyschosis/)

Retail Price: £23.35

Our Price: **£21.95**(with free UK delivery)

You Save: £1.40 (6%)

Recovering Sanity is a compassionately written examination of the experience of psychosis and related mental illnesses.

**This title needs to be imported from the USA.**

**[](https://www.psychologicaltherapybooks.co.uk/product/staying-alive-real-poems-for-unreal-times/)**

[Staying Alive: Real Poems for Unreal Times](https://www.psychologicaltherapybooks.co.uk/product/staying-alive-real-poems-for-unreal-times/)

Retail Price: £12.00

Our Price: **£9.99**(with free UK delivery)

You Save: £2.01 (17%)

Staying Alive is an international anthology of 500 life-affirming poems fired by belief in the human and the spiritual at a time when much in the world feels unreal, inhuman and hollow.

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[This is Madness Too: A critical look at psychiatry and the future of mental health services](https://www.psychologicaltherapybooks.co.uk/product/this-is-madness-a-critical-look-at-psychiatry-and-the-future-of-mental-health-services/)

Retail Price: £16.00

Our Price: **£14.50**(with free UK delivery)

You Save: £1.50 (9%)

This is Madness examines the past, present and possible future of the British mental health system. In this volume, users of services, professionals and academics come together to explore the roles and practices of the mental health service, its place within society and the experiences of those in the system.

**[](https://www.psychologicaltherapybooks.co.uk/product/this-is-madness-a-critical-look-at-psychiatry-and-the-future-of-mental-health-services-2/)**

[This Is Madness: A Critical Look At Psychiatry And The Future Of Mental Health Services](https://www.psychologicaltherapybooks.co.uk/product/this-is-madness-a-critical-look-at-psychiatry-and-the-future-of-mental-health-services-2/)

Retail Price: £18.00

Our Price: **£16.50**(with free UK delivery)

You Save: £1.50 (8%)

A comprehensive critique of the contemporary British psychiatric system, This is Madness is a breath of fresh air. In turn critical, strident, scholarly, personal, moving and ultimately hopeful, it brings together the views of professionals and users. It is an attempt to develop a more effective, respectful and humane mental health system.

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