



# Communication Skills in Mental Health Care: An Introduction

*Xavier Coll, Alexia Papageorgiou, Ann Stanley, Andrew Tarbuck*

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Communicating effectively when addressing psychiatric and psychological problems in everyday practice can be difficult. This book provides a clear and concise guide on how to run consultations, using the Calgary-Cambridge Model. The model is applied to an extensive variety of mental health conditions, ranging from taking a good psychiatric history to specialist scenarios such as working with families and young people or breaking bad news in mental health. There are also practical and comprehensive chapters on anxiety, depression, psychosis, risk to self, mental capacity, dealing with emotions and mental health consultations in primary care. An accompanying DVD enhances knowledge and promotes greater understanding through a series of simulated consultations which explore and answer the OSCE questions posed in the text. The practical, accessible and comprehensive approach helps clinicians increase their confidence in mental health consultations. It is also of great benefit to students wishing to improve their clinical skills and ultimately to pass their exams.

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