



Psychoeducation in Mental Health

Joseph Walsh

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Psychoeducation involves educating participants about a significant challenge in living, helping participants develop social and resource supports to manage the challenge, and to develop coping skills, and ultimately, to deal with the challenge. In *Psychoeducation in Mental Health*, Joseph Walsh offers a clear guide to human services practitioners looking to expand their professional toolkit with psychoeducational methods.

In this book, Walsh incorporates the theories and fundamental curative factors of all psychoeducational interventions, as well as tips for professionals to effectively educate clients and those they rely on for support. He contends that psychoeducation is about lifestyle regularity and healthy habits, early detection of warning signs, and treatment adherence. Here, Walsh focuses on alleviating the suffering of those with mental, emotional, and behavioral problems; people with physical health disadvantages; and people experiencing bereavement.

Through his decades of experience in direct services in the field of mental health, the author is able to outline practical theories of psychoeducation for professionals in the fields of psychotherapy, counseling, and case management to help practitioners make a lasting difference in the lives of clients and their families.

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