



# Models for Mental Disorder

*Peter Tyrer*

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*Models for Mental Disorder*, first published in 1987, anticipated the move towards integration of psychiatric services into multidisciplinary teams (doctor, psychologist, nurse, social worker, etc) and the need to bring together the different philosophies of mental illness. Peter Tyrer has identified four different models of mental disorder that are relevant to clinical practice: the disease, psychodynamic, cognitive-behavioural and social models. Each model is described and reviewed, with reference to case studies and illustrations, to show how it relates to mental health disorders and can be used to interpret and manage these disorders.

The book has been widely read and is often used for training purposes so that each professional can understand and appreciate that differences in viewpoint are often a consequence of one or more models being used in a different way rather than a fundamental schism in approach.

Since the fourth edition was published in 2005, the disciplines of mental health have moved even closer together with the growth of assertive outreach and more integrated community teams. This, combined with the greater awareness of mental health among users of services, which leads to more penetrating and informed questions at interviews with professionals, has emphasized the need for a wider understanding of these models.

- The only book to describe the models framing mental health diagnosis and management
- A great review for those wanting a better grasp of psychiatric disorders and for integration of concepts for treatment planning
- New information on formal classifications of mental disorder
- New information on mindfulness and mentalization regarding the dynamic model
- Clearly written in a style which includes some humour and a conversational presentation – a joy to read for the beginner and more experienced practitioner alike
- Features a teaching exercise for use when training students in the various models

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