

Understanding Mental Health

A relational approach

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“The urgent need for a shift in approach should prioritize policy innovation at the population level,” he writes, “targeting social determinants and abandon the predominant medical model that seeks to cure individuals by targeting ‘disorders.’”



Dainius Pūras, a medical doctor with notable expertise on mental health and child's health serves as Special Rapporteur on the right of everyone to the enjoyment of the highest attainable standard of physical and mental health for the United Nations

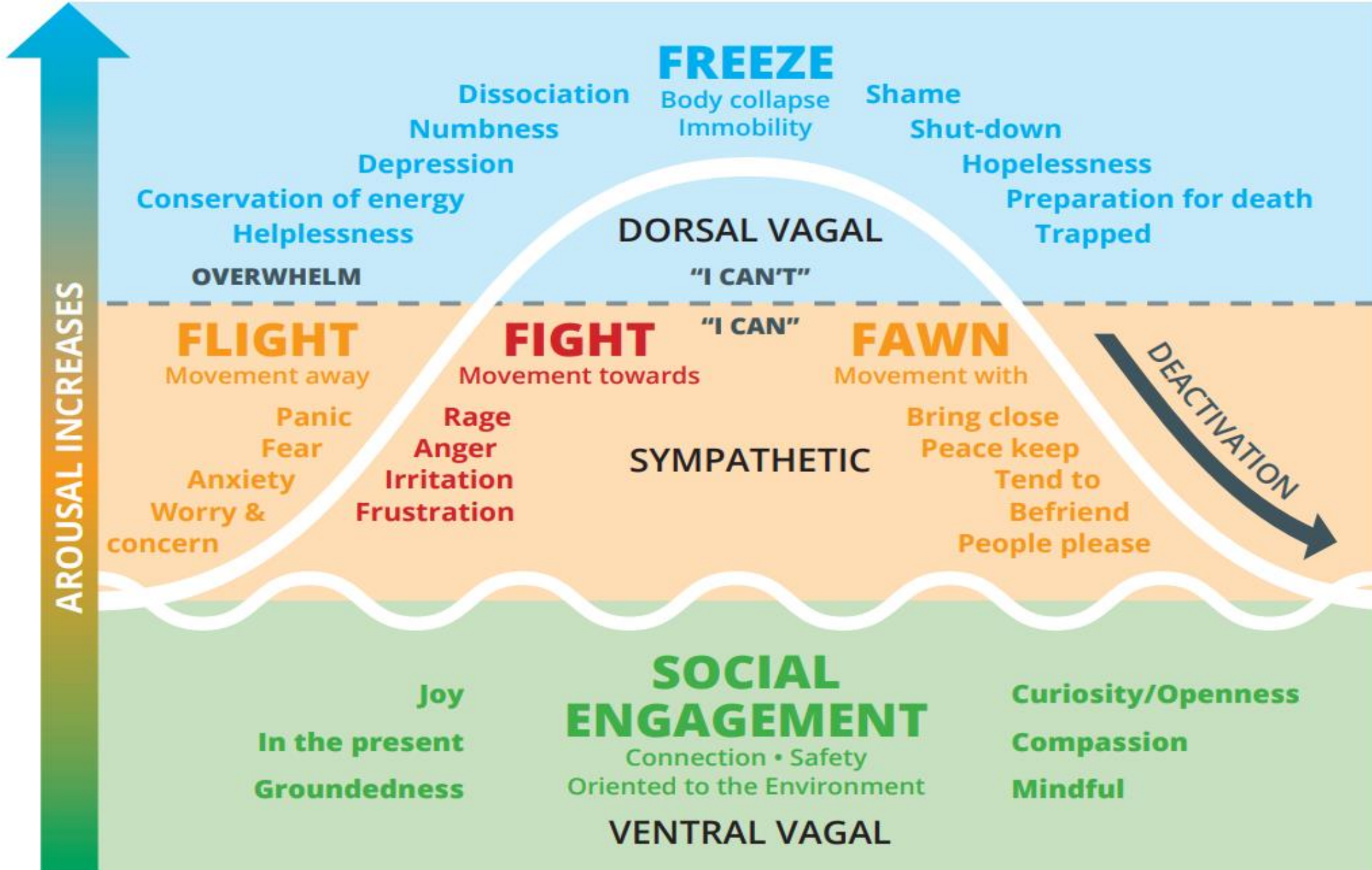


UNITED NATIONS REPORT OF MENTAL HEALTH, 2017

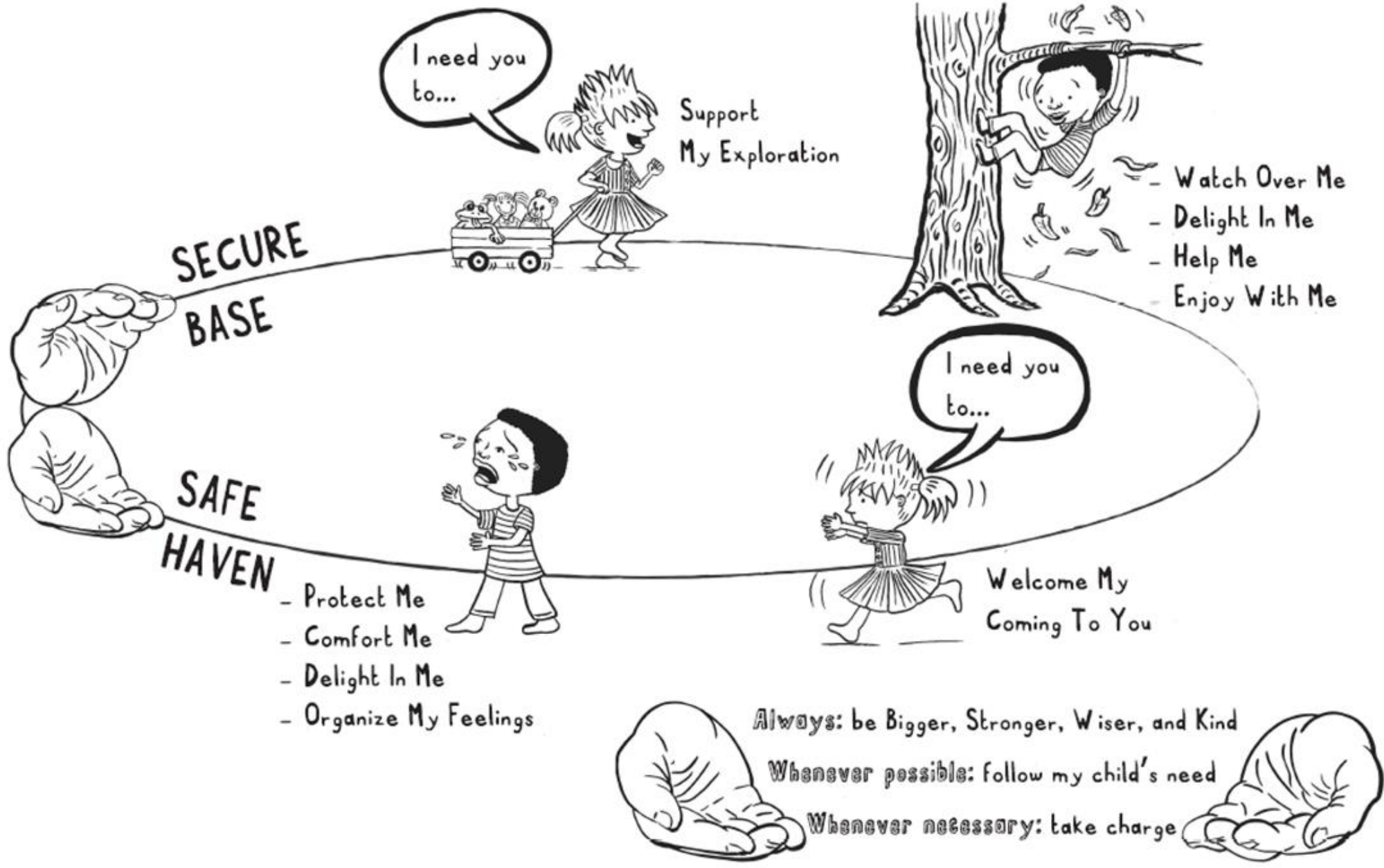
“....We have been sold a myth that the best solutions for addressing mental health challenges are medications and other biomedical interventions.”

*“It’s not about chemical imbalance but **POWER
IMBALANCE**”*

At its simplest mental health is....
Nervous system regulation +
connection with the self, others +
the world.



Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine



I need you to...

Support My Exploration

I need you to...

Welcome My Coming To You

Think of the window of tolerance as a river and you're floating down it. When the river narrows, it's fast and unsafe. When it widens, it slows down and you:














- are at a balanced and calm state of mind
- feel relaxed and in control
- are able to function most effectively
- are able to take on any challenge life throws at you



What might narrow someone's window of tolerance?

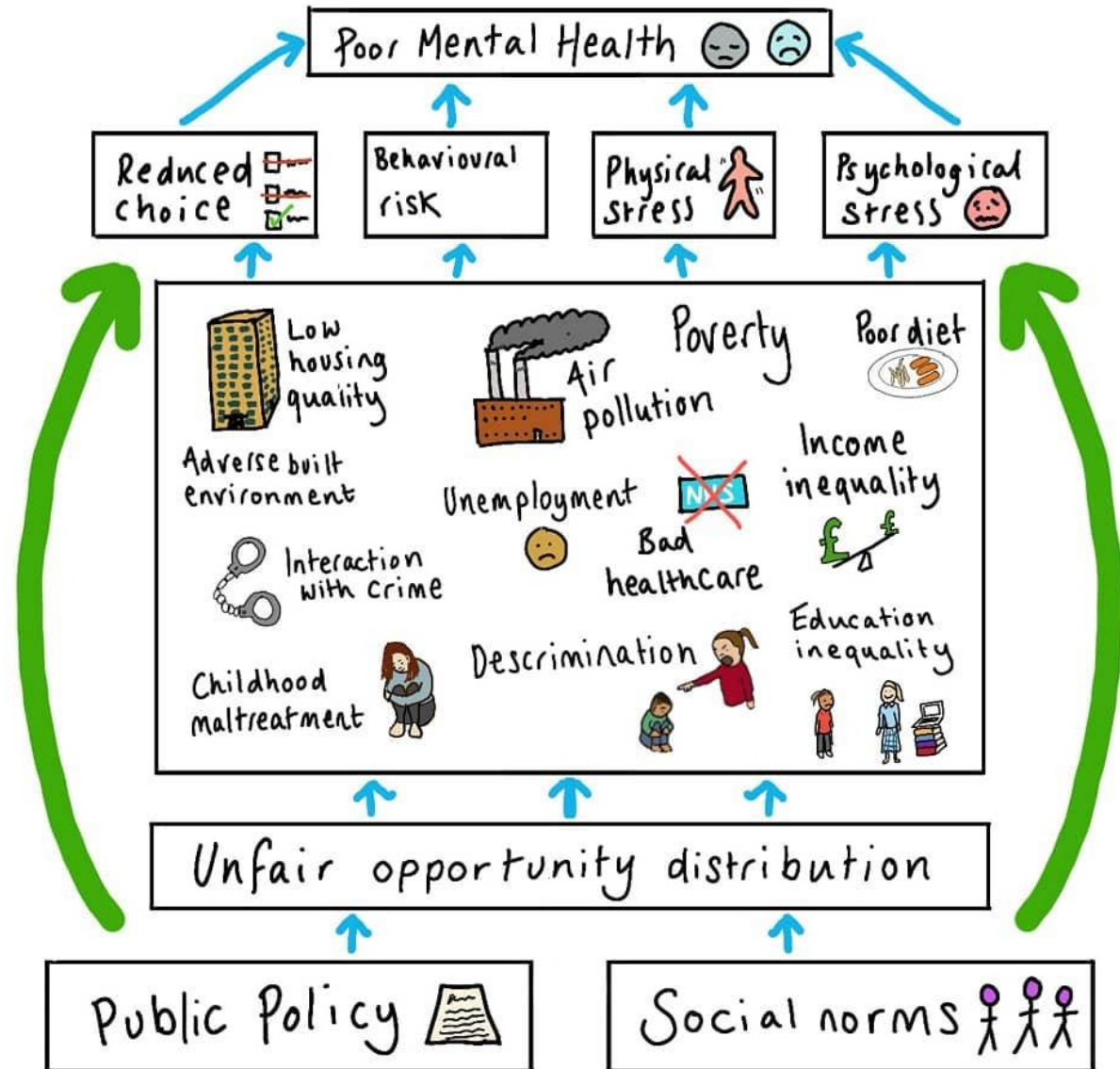
Adverse Childhood Experiences

3 - 18 year olds with experience of:

Abuse & neglect at home	Living in care or being homeless	Parent & carer problems
 <p>Sexual abuse</p>  <p>Verbal abuse</p>  <p>Physical abuse</p>  <p>Neglect</p>	 <p>Living in care</p>  <p>Homeless</p>	 <p>Domestic violence</p>  <p>Incarceration</p>  <p>Alcohol abuse</p>  <p>Drug use</p>  <p>Mental illness</p>  <p>Parental separation</p>  <p>Death</p>

Social Determinants of Mental Health

(Compton & Shim, 2019)



@creative.clinical.psychologist

**Your postcode is more
important to your mental
health than your genetic
code.**


It is as much about what you did **not** get.

PLATF **FORM**

**How does this fit with your practice
and strength-based working?**

The Power of Relationships + Seeing People as People



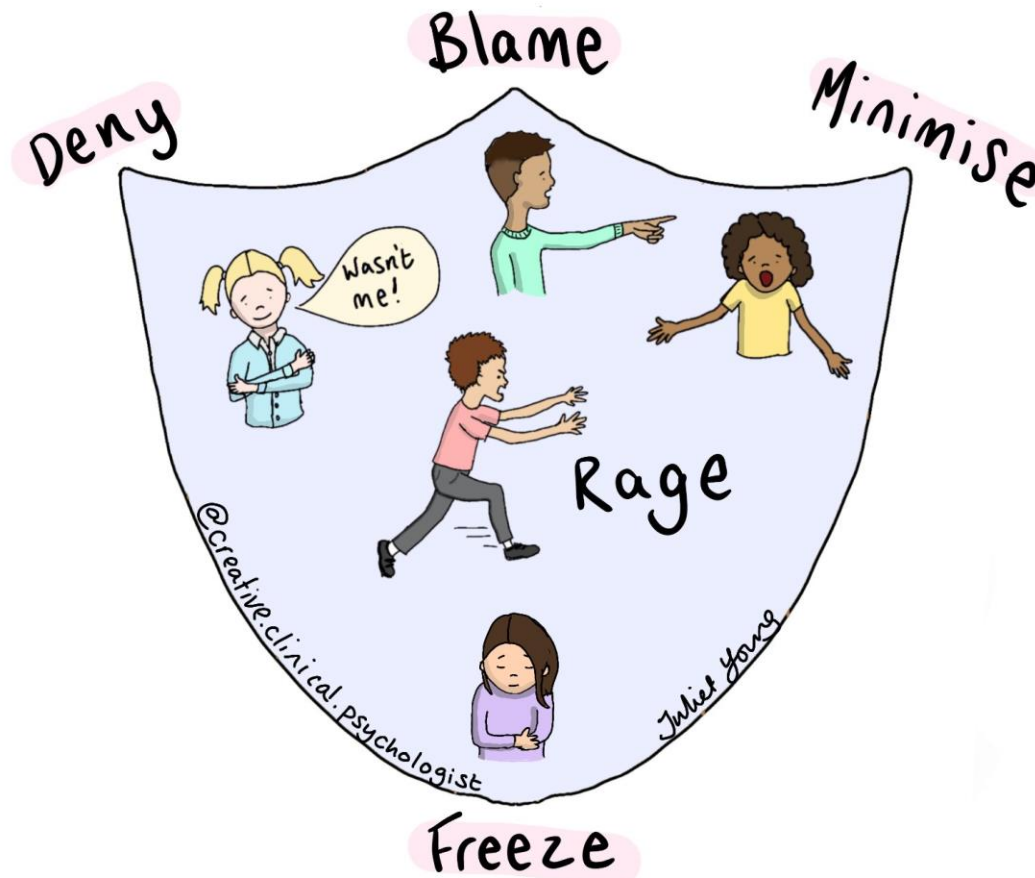


'well I'm very much alive Ian', something like that, and then he said how proud he is of me.

The Shield of Shame

(adapted from Golding and Hughes, 2012)

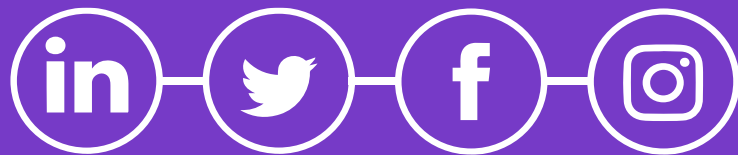
Shame can be such a painful emotion to feel that we often respond in ways that end pushing people away (at a time when connection is really needed)



Get in touch

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