

Tamasin Knight

Beyond Belief

Alternative Ways of Working with Delusions,
Obsessions and Unusual Experiences

Foreword by Rufus May / Closing word by Eliane Hewis

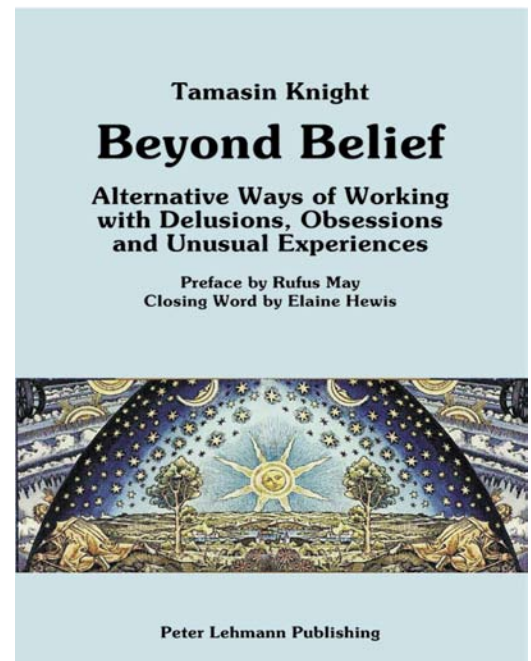
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Beyond Belief explores ways of helping people who have unusual beliefs. These are beliefs that may be called delusions, obsessions, or another kind of psychopathology.

- Psychiatric treatment attempts to remove these beliefs by medication and other methods. The new approach described in *Beyond Belief* is different. It is about accepting the individual's own reality and assisting them to cope and live with their beliefs.
- *Beyond Belief* explains the new approach in a very readable format.
- Many psychological techniques to cope with unusual beliefs are described. These include strategies to reduce fear, strategies to increase coping and problem solving techniques.
- Ideal for mental health professionals, service users/survivors and carers.

“*Beyond Belief* offers us a ground-breaking way of helping people deal with unusual beliefs. In Bradford we have found this publication to be extremely helpful to service users, workers and as the inspiration for a new self help group. I am sure that this publication will enable more people to benefit from this knowledge and approach and help us change the way we as a society approach beliefs we find unusual.”

(Rufus May; Clinical Psychologist, Centre for Citizenship & Community Mental Health, Bradford University, England)



Dr Tamasin Knight (photo) is a public health doctor from England

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