

RECOMMENDED READING ON ALTERNATIVE APPROACHES TO MENTAL HEALTH CARE.

An alternative approach to mental health care that emphasizes the interrelationship between mind, body and spirit can play an important role in recovery and healing.

Please note this is not intended to be a comprehensive list of research available on this topic. The majority of these resources can be accessed through our Resource Centre or online. In some cases, you may need to contact your local or tertiary library.

Exercise

Grant, Trudi. (2006). [The Mind Guide to physical activity](#). London: Mind Publications.

Kirkwood, G., Tuffrey, V., Rampes, H., Richardson, J., Pilkington, K. (2005). [Yoga for anxiety: a systematic review of the research evidence](#). *British Journal of Sports Medicine*, 39(12), 884-891.

Mental Health Foundation UK. (2005). [Up and running: exercise therapy and the treatment of mild or moderate depression in primary care](#). London & Glasgow: Mental Health Foundation UK.

Mental Health Foundation of New Zealand & SPARC. (2004). [Being active when you live with a mental illness](#). New Zealand: Mental Health Foundation of New Zealand & SPARC.

Mental Health Foundation of New Zealand & SPARC. (2004). [Being active when you live with a mental illness \(in Te Reo\)](#). New Zealand: Mental Health Foundation of New Zealand & SPARC.

SPARC [Green Prescription](#) Website.

Food and Mood

Associate Parliamentary Food and Health Forum. (2008, January). [The links between diet and behaviour: the influence of nutrition on mental health](#). London: Associate Parliamentary Food and Health Forum.

Parker, G., Gibson, N.A., Brotchie, H., Heruc, G., Rees, A., Hadzi-Pavlovic, D. (2006). [Omega-3 Fatty Acids and Mood Disorders](#). *American Journal of Psychiatry*, 163, 969-978.

Cornah, Deborah. (2006). [Feeding minds: the impact of food on mental health](#). London: Mental Health Foundation UK.

Geary, Amanda. (2006). [The Mind Guide to food and mood](#). London: Mind Publications.

Massey News. (2006). [Adapting to Western life a health challenge](#). Palmerston North: Massey University.

Van de Weyer, Courtney. (2005). [Changing diets, changing minds: how food affects mental wellbeing and behaviour](#). London: Sustain.

Geary, Amanda. (2001). *Food and mood handbook*. London: Thorsons.

[Food and Mood](#) Website.

Culture

Multicultural Mental Health Australia. (2002). [Cultural awareness tool: understanding cultural diversity in mental health](#). Parramatta: Multicultural Mental Health Australia.

Fernando, Suman. (2002). *Mental Health, Race and Culture*. Houndman: Palgrave Publishers.

Complementary Therapies

Royal College of Psychiatrists. (2006). [Complementary and alternative therapies](#). [Pamphlet]. London: Royal College of Psychiatrists.

Werneke, U., Turner, T., & Priebe, S. (2006). [Complementary therapies in psychiatry: review of effectiveness and safety](#). *The British Journal of Psychiatry*, 188, 109–121.

SANE Australia. (2005). [Complementary Therapies and mental illness](#). [Fact sheet]. Melbourne: SANE Australia.

Norris, Trudi. (2004). [Mind's Making Sense of Herbal Remedies](#). London: Mind Publications.

Douglas-Gooden, T., Salmon, S., & Claus, I. (2004). [Mind's Making Sense of Homeotherapy](#). London: Mind Publications.

Au, S., & Li, Y. (2004). [Mind's Making Sense of Traditional Chinese Medicine](#). London: Mind Publications.

Hoare, Sophy. (2004). [Mind's Guide to yoga](#). London: Mind Publications.

Jorm, A.F., Christensen, H., Griffiths, K.M., Parslow, R.A., Rodgers, B., & Blewitt, K.A. (2004). [Effectiveness of complementary and self-help treatments for anxiety disorders](#). *Medical Journal of Australia*, 181(7).

Elson, Jan. (2003). [Mind's Guide to Massage](#). London: Mind Publications

Mental Health Foundation of New Zealand. (2003). *Complementary and alternative therapies and mental health*. Auckland: Mental Health Foundation of New Zealand.

Rethink. (2003). [Complementary Therapies Factsheet](#). Surrey: Rethink.

Russinova, Z., Wewiorski, N. J., & Cash, D. (2002). [Use of alternative health care practices by persons with serious mental illness: perceived benefits](#). *American Journal of Public Health*, 92(10),1600-1603.

Mental Health Foundation UK. (2000). [Complementary Therapies](#). U.K: Mental Health Foundation UK.

Wallcraft, Jan. (1998). [Healing minds: a report on current research, policy and practice concerning the use of complementary and alternative therapies for a wide range of mental health problems](#). London: Mental Health Foundation UK.

[Complementary and Alternative Medicine](#) Website.

Therapies

Read, Jim. (2005). [Understanding talking treatments](#). London: Mind Publications.

DeRubeis, R. J., Hollon, S.D., Amsterdam, J.D., Shelton, R.C., Young, P.R., Saloman, R.M., et al. (2005). [Cognitive Therapy vs Medications in the Treatment of Moderate to Severe Depression](#). *Archives of General Psychiatry*, 62(4), 409-416.

Williams, Ruth. (2004). [Making sense of Cognitive Behavioral Therapy](#). London: Mind Publications.

Expressive Therapies (Art/Sound/Dance)

Gold, C., Heldal, T.O., Dahle, T., & Wigram, T. (2005, April 18). [Music therapy for schizophrenia or schizophrenia-like illnesses](#). *Cochrane Database Systematic Review*, (2): CD004025

Spirit

Mental Health Foundation UK. (2007, November). [Making space for spirituality: how to support service users](#). [Booklet]. London: Mental Health Foundation

Mental Health Foundation UK. (2007, November). [Keeping the faith: spirituality and recovery from mental health problems](#). London: Mental Health Foundation

Galanter, M. (2006). [Innovations; drug & alcohol abuse: spirituality in Alcoholic Anonymous: a valuable adjunct to psychiatric services](#). *Psychiatric Services*, 57(3), 307-309.

Tse, S., Lloyd, C., Petchkovsky, L., & Manaia, W. (2005). Exploration of Australian and New Zealand indigenous people's spirituality and mental health. *Australian Occupational Therapy Journal*, 52(3), 181-187.

Schwass, Margot. (2005). *Last words: approaches to death in New Zealand's cultures and faiths*. Wellington: Bridget Williams Books Limited.

Culliford, L., & Powell, A. (2005). [Spirituality and Mental Health](#). [Fact sheet]. London: The Royal College of Psychiatrists.

Maitland, Sara. (2004). [The MIND Guide to spiritual practices](#). [Booklet]. London: Mind Publications.

Mentality & The Church of England Archbishop's Council. (2004). [Promoting mental health: a resource for spiritual and pastoral care](#). London: Mentality & The Church of England Archbishop's Council.

Bluck, John. (1998). *Long, white and cloudy: in search of a Kiwi spirituality*. Christchurch: Hazard Press.

Relaxation and Stress Reduction Techniques

Maller C, Townsend M, Pryor A, Brown P & St Leger L (2005) [Healthy nature healthy people: 'contact with nature' as an upstream health promotion intervention for populations](#). *Health Promotion International*, 21(1): 45–54.

Kirkwood, G., Rampes, H., Tuffrey, V., Richardson, J., & Pilkington, K. (2005). [Yoga for anxiety: a systematic review of the research evidence](#). *British Journal of Sports Medicine*, 39(12), 884–891.

Gorman, Janet. (2005). [How to cope with sleep problems](#). [Booklet]. London: Mind Publications.

Atherton, Michael. (2004). [The Mind Guide to relaxation](#). [Booklet]. London: Mind Publications.

Technology Based

Andersson, G., Bergstrom, J., Hollnadare, F., Carlbring, P., Kaldø, V., & Ekselius, L. (2005). [Internet-based self-help for depression: randomized controlled trial](#). *British Journal of Psychiatry*, 187, 456-461.

Christensen, H., Griffiths, K.M., & Jorm, A.F. (2004). [Delivering depression interventions using the Internet: positive results from a large randomised controlled trial](#). *British Medical Journal*, 328, 265, doi:10.1136/bmj.37945.566632.EE.

Proudfoot, J., Ryden, C., Everitt, E., Shapiro, D.A., Goldberg, D., Mann, A., et al. (2004). [Clinical efficacy of computerised cognitive-behavioural therapy for anxiety and depression in primary care: randomised controlled trial](#). *British Journal of Psychiatry*, 185(1), 46-54.

[Changetactics](#) - A new recovery tool for service users and others, the CD Rom changetactics, uses drama to help people into a better state of mind.

Self Help / Peer Support

Papworth, Mark. (2006, August). Issues and outcomes associated with adult mental health self-help materials. A "second order" review of "qualitative meta-review". *Journal of Mental Health*, 15(4), 387-409.

- Jorm, A.F., Allen, N.B., O'Donnell, C.P., Parslow, R.A., Purcell, R., & Morgan, A.J. (2006). [Effectiveness of complementary and self-help treatments for depression in children and adolescents](#). *Medical Journal of Australia*, 185(7), 368-372.
- Orwin, D., Briscoe, J., Ashton, L., & Burdett, J. (2006). [Reflections on a pilot peer support service](#). Auckland: Mind and Body Consultants Ltd.
- Woolacott, Dr, N., Orton, L., Beynon, S., Myers, L. & Forbes, C. (2006). [Systematic review of the clinical effectiveness of self care support networks in health and social care](#). York: Centre for Reviews and Dissemination, University of York.
- Orwin, D., Briscoe, J., Ashton, L., & Burdett J. (2006). [Reflections on a pilot peer support service](#). Auckland: Mind and Body Consultants Ltd.
- Briscoe, Jane., Orwin, David., Ashton, Laura., & Burdett, Jim. (2005). [Being there: a peer support service for older adults with mental illness ~ rev. edition](#). Auckland: Health Research Council of New Zealand.
- Copeland, M.E., & Mead, Cheryl. (2004). *Wellness recovery action plan & peer support: personal group and program development*. Dummerston: Peach Press.
- Doughty, Carolyn. (2002). [Peer support for bipolar disorder: a Winston Churchill Fellowship report](#). Christchurch: Winston Churchill Memorial Trust.
- Lapsley, H., Nikora, L.W., & Black, R. (2002). [Kia Mauri Tau: narratives of recovery from disabling mental health problems: report of the University of Waikato Mental Health Narratives Project](#). Wellington: Mental Health Commission.
- Mental Health Foundation UK. (2002). *Peer support: someone to turn to. An evaluation report of the Mental Health Foundation peer support program*. London: Mental Health Foundation.
- Mental Health Foundation UK. (2001). *Something inside so strong: strategies for overcoming mental distress*. London: Mental Health Foundation UK.
- Goslyn, Annie. (2001). *Self help for mental health: starting a mental health support group*. Auckland: Mental Health Foundation of New Zealand.
- Faulkner, Alison. (2000). [Strategies for living update: a report of user lead research into people's strategies for living with mental distress](#). London: Mental Health Foundation UK.
- Faulkner, Alison. (1997). [Knowing our own minds: a survey of how people in emotional distress take control of their own lives](#). London: Mental Health Foundation UK.

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