



A Prescription for Psychiatry: Why We Need a Whole New Approach to Mental Health and Wellbeing

Peter Kinderman

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A Prescription for Psychiatry lays bare the flaws and failings of traditional mental health care and offers a radical alternative. Exposing the old-fashioned biological 'disease model' of psychiatry as unscientific and unhelpful, it calls for a revolution in the way we plan and deliver care. Kinderman challenges the way we think about mental health problems, arguing that the origins of distress are largely social, and urges a change from a 'disease model' to a 'psychosocial model'. The book persuasively argues that we should significantly reduce our use of psychiatric medication, and help should be tailored to each person's unique needs. This is a manifesto for an entirely new approach to psychiatric care; one that truly offers care rather than coercion, therapy rather than medication, and a return to the common sense appreciation that distress is usually an understandable reaction to life's challenges.

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