



Physiotherapy in Mental Health: A Practical Approach

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Physiotherapy in Mental Health: A Practical Approach provides a concise discussion of the concept of abnormal behavior. The title also covers the role of physiotherapy in dealing with mental problems.

The first part of the text covers the basic aspects of physiotherapy in mental health setting; this part covers psychiatric illness; communication in the clinical mental health setting; and the evaluation of physiotherapy services in the mental health field. Next, the book covers the concerns of the practice of physiotherapy in mental health, such as challenging behaviors, stress management, and relaxation training. The last part covers the various aspects of psychiatric treatment, including child psychiatry, eating disorders, and substance abuse.

The text will be of great use to physiotherapists in the mental health care setting. The book will also be interesting to readers who want to know how physiotherapy can be applied to improve the mental and social health of individuals.

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