



## METADATA

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### Abstract

This monograph contributes to the literature on the development of a community and socially oriented mental health care system. Decades of psychiatric reform in Greece have significantly contributed to the promotion and protection of human rights of persons with mental disorders and to their quality of life. Recently, the community care model has been strengthened by new approaches, such as the recovery model, that places emphasis on the empowerment of persons with extreme mental experiences while acknowledging their personal experiences as sources of knowledge and meaning. This book serves these contemporary approaches, through applying this cutting-edge literature in the specific field of psychosis. The first part consists of a scientifically grounded review of contemporary literature regarding understanding and treating psychosis. The second part presents findings of an innovative research

study that utilized a narrative biographical approach to bring forth the testimonies of persons with psychosis. Through the participant testimonies, we trace the life experiences before the emergence of psychosis and the social factors that possibly contributed to it. We also present the ways in which participants experienced, understood and managed their psychotic experiences. Given the dynamic integration of new scientific fields, such as community clinical psychology and the sociology of health and illness, in Undergraduate and Postgraduate Programs of study, this book provides a useful resource for students, researchers and professionals who wish to work in a person-centered direction of understanding and dealing with mental distress and to develop professional practices that support recovery, something that is the declared goal for contemporary mental health professionals.

