

ISABEL CLARKE

## MEETING MENTAL BREAKDOWN MINDFULLY

How to Help the Comprehend,  
Cope and Connect Way

September 2021: 6.14 x 9.21: 190pp  
8 illustrations

Hb: 978-0-367-53367-0 | £120.00

Pb: 978-0-367-53366-3 | £24.99

eBook: 978-1-003-08161-6

### TABLE OF CONTENTS:

Section I. Foundations; 1. Being human and why it is difficult – a rethink; 2. Why the conventional wisdom about mental health needs challenging; 3. Turning therapy inside out; 4. Falling between the cracks: Self, relationship, spirituality and mental health; 5. Trauma and mental breakdown; Section II. Opportunity, emotions and the elusive self; 6. Emotion as problem, emotion as solution; 7. The elusive self: Compassion and potential; 8. Beyond consensual reality; 9 Reconfiguring mental health; Section III. How to help: Comprehend and Cope; 10. Meeting someone from the inside and getting the mind in gear; 11. Comprehend: Introducing the spikey diagram; 12. Coping skills: The basics; 13. Harnessing motivation and a new role for emotions: From problem to solution; IV. Forging new relationships: Connect; 14. Healing the relationship with the self; 15. Relationships with other people: Unravelling the tangles; 16. Aspects of self and putting the past in the past; 17. Beyond the self, beyond the consensus; Section V. Wrapping up and wider horizons; 18. The end is the beginning: Therapy as toolkit; 19. CCC in the wider world; 20. Conclusion and further implications.

**20% Discount with this Flyer**

## Meeting Mental Breakdown Mindfully

How to Help the Comprehend, Cope and  
Connect Way

**Isabel Clarke**, Isabel Clarke is a Consultant clinical psychologist, with 25 years experience in the NHS, both in outpatient and inpatient.

*Meeting Mental Breakdown Mindfully* introduces the *Comprehend, Cope and Connect* (CCC) approach, developed and evaluated within mental health services, to a wider audience who need to understand mental health issues, whether for themselves or to support others. Meeting Mental Breakdown Mindfully will help mental health professionals and those in related fields identify more accurately what people in their organization or under their care are going through.

**20% Discount Available - enter the code FLY21 at checkout\***

Hb: 978-0-367-53367-0 | £96.00

Pb: 978-0-367-53366-3 | £19.99

*\* Offer cannot be used in conjunction with any other offer or discount and only applies to books purchased directly via our website.*

*For more details, or to request a copy for review, please contact: <http://bit.ly/tandreview>*



Taylor & Francis Group  
an informa business

## Taylor & Francis eBooks

A single platform containing 90,000+ eBooks of award-winning academic content spanning humanities, social science, science, technology, engineering, and medical.

A streamlined experience for library customers

A single point of discovery for our eBook content

Access books & book chapters  
PDFs available for download

A dashboard with data visualization of usage, denials, and much more

Request a **FREE Trial:**  
[support@taylorfrancis.com](mailto:support@taylorfrancis.com)

Learn More by visiting [www.taylorfrancis.com](http://www.taylorfrancis.com)

## Routledge Paperbacks Direct

Responding to the changing needs of academics and students, we have now made a selection of our hardback publishing available in paperback format. Available directly from Routledge only and priced for individual purchase, titles are added to the selection on a regular basis.

For a full list of available titles, visit:  
[www.routledgepaperbacksdirect.com](http://www.routledgepaperbacksdirect.com)



## Routledge Revivals

Discover Past Brilliance...

[www.routledge.com/books/series/Routledge\\_Revivals](http://www.routledge.com/books/series/Routledge_Revivals)

## Order your books today...

All of our books are available to order direct.  
Alternatively, contact your regular supplier.

### IF YOU ARE IN THE US/CANADA/LATIN AMERICA:

Telephone: Toll Free 1-800-634-7064  
(M-F: 8am-5:30pm)  
E-mail: [orders@taylorandfrancis.com](mailto:orders@taylorandfrancis.com)  
Online: [www.routledge.com](http://www.routledge.com)

#### Sales Tax/GST:

Please add local sales tax if applicable in your state.

Canadian residents please add 5% GST.

#### Postage: US:

Ground: \$5.99 1st book;  
\$1.99 for each additional book  
2-Day: \$9.99 1st book;  
\$1.99 for each additional book  
Next Day: \$29.99 1st book;  
\$1.99 for each additional book

#### Canada:

Ground: \$7.99 1st book;  
\$1.99 for each additional book  
Expedited: \$15.99 1st book;  
\$1.99 for each additional book

#### Latin America:

Airmail: \$44.00 1st book;  
\$7.00 for each additional book  
Surface: \$17.00 1st book;  
\$2.99 for each additional book

### IF YOU ARE IN THE UK/REST OF WORLD:

Telephone: +44 (0) 1235 400524  
Fax: +44 (0) 1235 400525  
E-mail: [tandf@bookpoint.co.uk](mailto:tandf@bookpoint.co.uk)  
Online: [www.routledge.com](http://www.routledge.com)

#### Postage:

**UK:** **5% of total order**  
(£1 min charge, £10 max charge).  
Next day delivery +£6.50\*

**Europe:** **10% of total order**  
(£2.95 min charge, £20 max charge).  
Next day delivery +£6.50\*

**Rest of World:** **15% of total order**  
(£6.50 min charge, £30 max charge).

\*We only guarantee next day delivery for orders received before noon.

### Library Recommendation

Ensure your library has access to the latest publications. Contact your librarian with details of the books you need and ask them to order a copy for your library.

### Complimentary Exam Copy Request

To order a complimentary exam copy, please visit:  
[www.routledge.com/info/compcopy](http://www.routledge.com/info/compcopy)

*Prices and publication dates are correct at time of going to press, but may be subject to change without notice.*

Our publishing program continues to expand so please visit our website to stay up-to-date.

[www.routledge.com](http://www.routledge.com)



**FREE STANDARD SHIPPING**  
on all orders placed on [www.routledge.com](http://www.routledge.com).