

Person Centred Approaches

Person Centred approaches that acknowledge and value individuals as people and give proper recognition to the therapeutic potential of these interactions and relationships.

Putting the patient at the heart of diagnosis and treatment is central to providing real quality in mental health. Patient centred care explores the main reason for the consultation, seeks an integrated vision of the patient's world, finds common ground and creates a mutually agreed management plan, enhancing health promotion, and providing a solid basis for the long term doctor patient relationship. It is this relationship based on trust and respect that is at the core of primary care mental health, ensuring that the "ultra short, ultra long therapy" that characterises primary care interactions is empathetic, therapeutic and restorative for the patient.