



# The Tidal Model: A Guide for Mental Health Professionals

*Prof Philip J Barker, Poppy Buchanan-Barker*

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**The Tidal Model: A Guide for Mental Health Professionals** Prof Philip J Barker, Poppy Buchanan-Barker  
*The Tidal Model* represents a significant alternative to mainstream mental health theories, emphasising how those suffering from mental health problems can benefit from taking a more active role in their own treatment.

Based on extensive research, *The Tidal Model* charts the development of this approach, outlining the theoretical basis of the model to illustrate the benefits of a holistic model of care which promotes self-management and recovery. Clinical examples are also employed to show how, by exploring rather than ignoring a client's narrative, practitioners can encourage the individual's greater involvement in the decisions affecting their assessment and treatment. The appendices guide the reader in developing their own assessment and care plans.

*The Tidal Model's* comprehensive coverage of the theory and practice of this model will be of great use to a range of mental health professionals and those in training in the fields of mental health nursing, social work, psychotherapy, clinical psychology and occupational therapy.

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