



Person-Environment Psychology and Mental Health: Assessment and Intervention

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In recent years, mental health professionals who have traditionally focused on the emotional state of the individual have come to realize that problems arise from the unique interactions between particular individuals and environments. From necessity, they are beginning to look at *context*; no longer can they place the responsibility for mental health on the shoulders of the person alone. Most attention has been paid to the impact of educational and work settings, but it is clear that all life settings contribute meaningfully to positive psychological adaptation and must be considered in any attempt to understand a person's difficulties.

This book explores the crucial ramifications of new theory and research in person-environment psychology for assessment and intervention. All practitioners seeking to deliver effective mental health services to adolescents and adults will learn from it.

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