

HUMILIATION

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Mental Health and Public Shame

BY

MARIT F. SVINDSETH

*Norwegian University of Science and
Technology, Norway*

and

PAUL CRAWFORD

University of Nottingham, UK



United Kingdom – North America – Japan
India – Malaysia – China

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INVESTOR IN PEOPLE

I dedicate this book to my grandson, Fredrik. I will do my best to see you, listen to what you tell me, and show you empathy. I will help you reflect upon your emotions, interact generously with others and love mother earth. Just now, we are going to play a lot! (Marit)

For two courageous men (Paul).

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ABOUT THE AUTHORS

Marit F. Svindseth is Professor of Mental Health at the Norwegian University of Science and Technology (NTNU), teaching this subject at all levels of higher education. She also has 15 years of clinical experience of working in both secure in-patient and community mental health settings. Her research has focused on mental health, especially on how patients or users of mental health facilities perceive the care and thus acknowledged the presence of humiliation in different settings.

Paul Crawford is the world's first Professor of Health Humanities, pioneering the field and launching multiple new research, educational, and practice initiatives worldwide. He directs the Centre for Social Futures at the Institute of Mental Health, UK, and co-directs the Health Humanities Research Priority Area at The University of Nottingham. He is also an Adjunct Professor at NTNU. His recent publications include *Health Humanities* (Palgrave, 2015), which is being translated into Mandarin by Springer Beijing. He is also the editor of the *Emerald Arts for Health* Series (forthcoming, 2020) for the general reader.

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