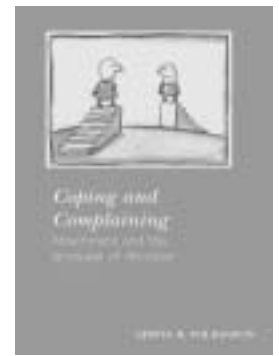


Coping and Complaining

Attachment and the Language of Dis-ease

Simon R. Wilkinson

(Sogn Centre for Child
and Adolescent Psychiatry, University Hospital, Oslo, Norway)



Is disease what you think it is?

Good clinical practice is impossible without an understanding of the ways in which patients present their complaints. Children learn to express their complaints effectively in order to maximize care from their parents, and as adult patients will adapt this model to get help from health care professionals. Every patient has their own style of expressing their concerns, and it is not easy to know when a complaint can be helpfully overlooked.

Coping and Complaining provides essential guidance for clinicians on how to identify diverse coping styles, and how to improve the quality of discourse with people of different backgrounds and ages. Various strategies for effective complaining are identified and related to coping strategies — suggestions for associations with vulnerability for specific diseases are presented.

Drawing on a diverse range of evidence from areas such as brain development and memory function, developmental and social psychology, and systems theory, *Coping and Complaining* focuses on:

- symptoms as part of a language of disease
- new developments in attachment theory
- the neurobiology of emotional development
- the connections between early development and adult functioning, including gender differences
- consequences for preventative medicine.

This book presents stimulating new approaches to consultations with patients and creative new ways of looking at health promotion that will be indispensable for doctors, nurses, psychologists and academics alike. *Coping and Complaining* will change how people conceptualise disease and the nature of treatment.

Simon Wilkinson leads the adolescent services at the Sogn Centre for Child and Adolescent Psychiatry, University Hospital, Oslo, Norway. A Yorkshireman by birth and inclination, educated and trained in Cambridge, London and Edinburgh, he now lives in Oslo.

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