

Abstract

This study explores how professionals working within the Mental Health Service view psychotherapy. Based on interviews with representatives from within a Community Mental Health team and a General Practitioner working in Leicestershire, Grounded Theory is used to analyse the data. The findings are presented using an organisation / individual framework and show that in spite of the official view that psychotherapy is an integral part of mental health services, this is not necessarily the picture 'on the ground'. There are considerable differences in the level of understanding about what therapy is, and in views about its usefulness. The study shows that whilst psychotherapy must continue to promote a professional image, with proper training, accreditation and professional status, better communication between different professional groups is also essential.