



# Stress and Emotional Health: Applications of Clinical Anthropology

*John Rush*

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## **Stress and Emotional Health: Applications of Clinical Anthropology** John Rush

Western medicine, including psychiatry and psychology, has had a virtual monopoly of the health industry. This has led to economic incentives that literally keep people sick. Anthropologists, because of their holistic and comparative base, are in a unique position to apply their knowledge within clinical settings. Written for anthropologists, but useful to all clinicians, Rush's book offers a new model for understanding health and illness, provides a review of techniques found in many cultures for reducing individual and system stress, and offers processes for recovering health and individual and social balance.

Rush establishes a model outlining the development of emotional problems and then offers the clinical tools and techniques for helping individuals, families, and groups reduce stress and retranslate traumatic or distressing events. The reader will discover a very different view of emotional and physical stress; the approach taken is informational and anthropological in nature. From this approach arise numerous techniques designed to help clients achieve stress reduction and enhanced healing.

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