

Introduction

This CD contains the Readings that go with the exercises (except Readings 2.1, 6.4, 13.14, 26.3, and 27.2 which for copyright reasons are reproduced in the text at the end of the book) in each of the chapters in the *Oxford Textbook of Philosophy and Psychiatry*.

Most of the Readings are short extracts from papers, articles and chapters but there are also a number of longer extracts, and a few complete texts.

Using the CD

The readings are grouped together by chapters and a list of readings is given at the start of each chapter.

Not all the exercises in the book have Readings attached to them (some just ask you to think about a particular question, for example).

Thus, Reading 2.1 is the first reading in Chapter 2. But this Reading goes with Exercise 6 because the earlier exercises in Chapter 2 do not have Readings attached to them.

You can print out the text if you find it easier to use in hard copy. You can also search within each extract.

Do the exercises!

The Readings are mostly original texts, drawn from both philosophers and from mental health practitioners (including users of services as well as professionals), often working at the cutting edge of their disciplines.

The use of original materials, rather than of summaries or other secondary sources, lies at the heart of the skills development that is the main aim of this book. As we emphasise in our Preface, this is a 'proactive textbook', inviting you to engage actively with a number of emerging issues rather than responding passively to a magisterial overview of the field. And active engagement is best achieved by reading what the authors themselves actually wrote, whether as philosophers or practitioners, and by seeking to understand the issues with which they were concerned in their own words (albeit sometimes in translation), rather than as they have subsequently been interpreted by others.

This is why, as we emphasise in the book, it is important to do the exercises for real and to give yourself sufficient time. Philosophical and analytic skills need practice and it is only by studying the readings, and thinking carefully about the questions in the exercises, that you can develop the skills of clear thinking and critical judgement that lie at the heart of the new discipline of philosophy and psychiatry.