

Recovery in mental health

Implemented in many Anglo-Saxons countries in the field of psychosocial care, the recovery approach is gaining ground in Switzerland. In practice, the recovery-oriented way of working is based on traditional models of care, support and therapy for people who wish to test a meaningful new lifestyle in difficult situations and often after severe psychological shock. Recovery is not intended to eliminate so-called symptoms, but emphasizes that people learn to manage and accept stressful situations in order to allow for new developments. In this regard, this approach requires a paradigm shift when it comes to developing one's own path of recovery as well as shaping social participation in the most possible self-determined and participatory way. The term recovery was originally found in psychiatric care, in which different working instruments have now been developed, implemented and evaluated. Recovery teaches us that stabilization and recovery are always possible and shows that hope and meeting on an equal footing are a prerequisite for the best possible strength and ability in terms of the goals and wishes of our clients as well as our loved ones.

What does it look like in your environment, where you, as experts and family members, would like to support people significantly and sustainably in a wide variety of difficult life situations and with individual development wishes and opportunities? What about their hope and confidence in day-to-day cooperation? How can you accompany people in such a way that they take control of their lives and take their own new, meaningful and satisfying paths?

The main objective of this seminar is to give an understanding of mental health recovery and to provide a practical space for reflection of one's own actions in the respective context. Values and attitudes in professional and family work and the feasibility of the recovery approach are of paramount importance.

Content:

- Origin, concept and socio-political relevance of recovery
- Recovery model, an attempt at multi-perspective definition
- Recovery, a paradigm shift
- Evidence-based knowledge
- Recovery and empowerment, resilience
- Recovery and peer support
- Methodological approaches to recovery action
- Tidal model and assessment
- Application based on practical examples introduced
- Reflection on future action and behaviour options
- Reflection on predictable implementation in practice
- Evaluation

Objectives:

- Participants understand the key elements of the recovery approach and reflect on their own professional actions.
- The participants recognize the difference between traditional and recovery-oriented action.
- Participants use a variety of recovery-oriented working tools and evaluate their experience.

- Participants identify development potentials in terms of recovery-oriented work and demonstrate them on the basis of a concrete practical example.
- Participants plan a recovery - oriented intervention for their practice and present it briefly.

Methodology:

- Literature-based seminar preparation assignment
- Teaching conference
- Group and partner work
- Individual work
- Role-play
- Examination of practical examples
- Perception and body exercises (ad hoc)
- Plenary discussion and exchange

Media:

- PowerPoint Presentation
- Video footage
- Flipcharts and screens
- Working with special tools