CAMBRIDGE

Cambridge University Press 978-0-521-74658-8 - Personal Recovery and Mental Illness: A Guide for Mental Health Professionals Mike Slade Table of Contents More information

Contents

List of case studies x Acknowledgements xi

Section 1—Mental illness and recovery

Chapter 1 Overview of the book 1

What's the problem? 1
Aims of the book 2
New goals, values, knowledge and working practices 3
Structure of the book 4
Collective nouns 5
Author perspective 6

Chapter 2 The nature of mental illness 8

What is mental illness? 8
Clinical models 8
Disability models 28
Diversity models 30
Adjudicating between models 33

Chapter 3 What is recovery? 35

One word, two meanings 35
Are clinical recovery and personal recovery incompatible? 40
Personal recovery and mental health services 43

Section 2—The primacy of personal recovery

Chapter 4 **Epistemological** rationale 45

What is knowledge? 45
The development of a science of mental illness 46

Problems with evidence-based medicine 48
The dominance of nomothetic knowledge 50
The epistemological tension 51
Epistemology and personal recovery 53
Constructivism – a more helpful epistemological basis 54

Chapter 5 Ethical rationale 57

Working with the consumer 57
Compulsion justification 1:
benefit to society 58
Compulsion justification 2:
best interests 58
Balancing ethical imperatives 60

Chapter 6 Effectiveness rationale 63

Creating markets 63
The 'science' of commercially funded drug trials 64
The actual effectiveness of pharmacotherapy 65
An empirically supported view of medication 66

Chapter 7 Empowerment rationale 69

The changing treatment of mental illness 69
The empowerment rationale for personal recovery 72

Chapter 8 Policy rationale 74

Policy in the United States of
America 74
Policy in Australia 75
Policy in New Zealand 75
Policy in Scotland 75
Policy in England and Wales 76
Summary of the policy rationale 76

vii

Cambridge University Press 978-0-521-74658-8 - Personal Recovery and Mental Illness: A Guide for Mental Health Professionals Mike Slade Table of Contents More information

Contents

Section 3—Recovery-focussed mental health services

Chapter 9 **The Personal Recovery Framework** 77

Empirical foundations 77
Identity 81
The four tasks of recovery 83
Identity and relationships 87
The Personal Recovery Framework 90
The job of mental health
professionals 92

Chapter 10 Fostering relationships with a higher being 94

Healing 94
Spirituality 95
Mental health services can support spiritual development 95

Chapter 11 **Fostering close** relationships 99

Chapter 12 Peer relationships 103

Mutual self-help groups 103 Peer support specialists 104 Peer-run programmes 110

Chapter 13 **Professional** relationships 114

Types of clinician–consumer relationships 114
Detached and partnership relationships 115
Real relationships 119
Reconstructing professionalism 121
A professional relationship 122

Chapter 14 **Promoting well-being** 125

What is positive psychology? 125 Interventions to promote well-being 132

Chapter 15 The foundations of a recovery-focussed mental health service 135

Values 135 Evidence-based practice as a contributor to recovery 139 Narrative-based practice as a contributor to recovery 139
Values-based practice as a contributor to recovery 140
Rehabilitation as a contributor to recovery 141
Differences between traditional and recovery-focussed services 143

Chapter 16 Assessment 144

Using assessment to develop and validate personal meaning 144
Using assessment to amplify strengths 149
Using assessment to foster personal responsibility 154
Using assessment to support a positive identity 155
Using assessment to develop hope 157
Messages to communicate through assessment 158

Chapter 17 Action planning 160

Chapter 18 Supporting the development of self-management skills 165

The offering of treatment 165
Supporting self-management 165
Supporting the development of agency 166
Supporting the development of empowerment 167
Supporting the development of motivation 170

Chapter 19 The contribution of medication to recovery 172

Medication and choice 172 Medication and recovery 173

Chapter 20 **The contribution of** risk-taking to recovery 176

Two types of risk 176 A recovery-supporting approach to risk 178

Chapter 21 Recovery through crisis 182

Compulsion 182

viii



Cambridge University Press
978-0-521-74658-8 - Personal Recovery and Mental Illness: A Guide for Mental Health Professionals
Mike Slade
Table of Contents
More information

Contents

Preventing unnecessary crises 184
Minimising the loss of personal
responsibility during crisis 184
Maintaining hope during crisis 186
Supporting identity in and through
crisis 188

Chapter 22 Recognising a recovery focus in mental health services 191

Quality standards 191
Belief markers 192
Discourse markers 193
Evaluating success 194

Chapter 23 Improving social inclusion 197

Mental health professionals can improve social inclusion 198
The role of consumers in improving social inclusion 206
The role of governments in improving social inclusion 207

Section 4—Challenges

Chapter 24 Concerns held by clinicians 211

Chapter 25 Concerns held by consumers 217

Chapter 26 **Organisational transformation** 221

Action one: lead the process 221
Action two: articulate and use values 223
Action three: maximise pro-recovery orientation among workers 224
Action four: develop specific pro-recovery skills in the workforce 228
Action five: make role models visible 230
Action six: evaluate success in relation to social roles and goal attainment 231
Action seven: amplify the power of consumers 233
The future 234

Appendix: Electronic resources to support recovery 237 Reference list 239 Index 266