

Workshop outline

This workshop will consider how the core principles and practices promoted by the recovery movement might influence the practice of psychotherapy with persons with serious mental illnesses. In particular, participants will be asked to consider and discuss first, how psychotherapy can be useful in helping people to regain a sense of themselves as effective and autonomous social agents and, second, how psychotherapy can be useful as a launching pad for explorations into community life. Psychotherapy will be considered as one form of intervention among others that may offer complementary benefits for persons with serious and/or prolonged conditions, and particular attention will be paid to the interface between psychotherapy and peer support. Participants will be asked to draw examples from their own clinical practice and to consider examples presented by the workshop leader.