Resilience

Recovery

A personal process of changing one's attitudes, values, goals, skills and/or roles. It involves the development of new meaning and purpose and a satisfying, hopeful and contributing life as the person grows beyond the effects of psychiatric disability.

- Consumer is seen as the expert in their own lived experience of mental illness.
- Involves moving from sense of powerlessness to self-determination.
- Recovery does not mean absence of illness.

Recovery-oriented practice 6 principles:

- Uniqueness of individual.
- Real choices.
- Attitudes and rights.
- Dignity and respect.
- Partnership and communication.
- Evaluating recovery.

The recovery star and the ladder of change:

1. Managing yourself and symptoms.
2. Self care - looking after yourself.
3. Living skills - practical side of living independently.
4. Social networks - being part of the community.
5. Work - knowing what you would like to do.
6. Relationships - choose one relationship you would like to be different.
7. Addictive behaviour - being aware of these problems.
8. Responsibilities - meeting same.
10. Trust and hope - developing a sense of who you can trust and that there is hope for the future.

Self-efficacy

A person's belief about their ability or capacity to accomplish a goal/change behaviour/make less mistakes next time/become more resilient/utilise support services.

Trans-theoretical model of change:

- Pre-contemplation.
  - Build therapeutic alliance.
  - Raising awareness of issue.
  - Reinforce change is possible.
- Contemplation.
  - Considering change.
- Preparation.
  - Assist.
  - Explore most difficult issues.
- Action.
  - Some behaviour change.
  - Strategies that have been useful.
- Maintenance.
  - Less effort to maintain new behaviour.

Types of resistance:

- Revelling - those having too good a time to change.
- Reluctant - unwilling to consider change.
- Resigned - those who feel hopeless and helpless, do not feel they can change.
- Rebellious - actively resist attempts to encourage change.
- Rationalising - behaviour does not pose a problem.