

Recovery supportive care



Key concepts

Speaker: Jeroen van Eijk

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Summary presentation

- Introduction
- My recovery story
- What is recovery?
- A recovery process
- Related concepts (Recovery, empowerment, experience expertise)
- Important prerequisites
- What is recovery supportive care?



What is recovery?

Personal and unique process

- Recovery is a **personal and unique process** whereby someones beliefs, feelings, aims and/or roles change.

More satisfaction despite restrictions

- It leads up to a **more satisfactory** life with a central spot for **hope** despite limitations of the condition.

New meaning and purpose

- Recovery means finding a new meaning and **purpose of life.**

A recovery process



Regaining a
positive self-
image

Get a handle
on life

Regaining a
meaningful life
outside
psychiatry



Regaining a positive
self-image

Get a handle on life

Regaining a
meaningful life
outside psychiatry



Overwhelmed
by condition

Struggling
with condition

Living with
condition

Living beyond
the condition



Related concepts

- Recovery
- Empowerment
- Experience expertise



Empowerment

- Discovering own strength and controlling your existence.
- Capacity to fight hopelessness of the situation and create a twist in life.
- What challenges and support do I want?
- Make own choices and follow them up.

Experience expertise



Personal experience: what is helping you and what is hampering your recovery. Everyone with a mental disorder has his/her own story.



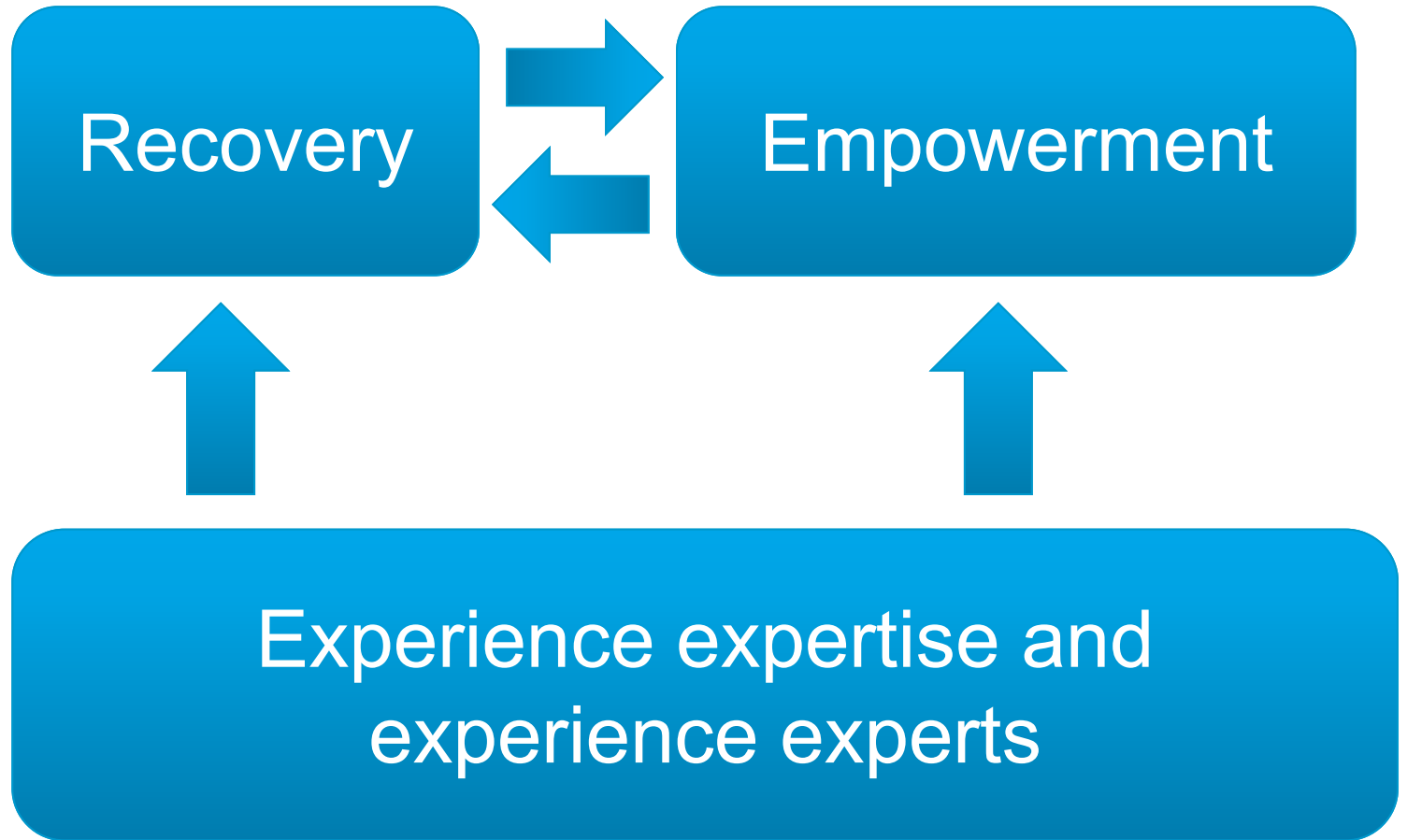
All stories combined form a **collective experience expertise:** knowledge on how to live with a mental fragility and its implications.



Are you capable to share your story, you develop **experience expertise.**



Correlation



You enforce your recovery

- Thus:



- NO!

- Create opportunities

- Create space for clients

Important information

- Supportive environment
- Involvement and attachment
- Respectful treatment





What is recovery supportive care?

- The counsellor is **present** (attentive presence)
- Uses a professional bench-mark in a detached and **discrete** manner
- Responds **personally** regarding feelings and emotions
- Creates space for, supports the creation of and connects to the **personal story** of the client
- Recognises and stimulates the utilisation of the client's strength (**empowerment**) on an individual and collective level



When do you work recovery supportive?

- Acknowledges, utilizes and stimulates **experience expertise** of the client
- Acknowledges, utilizes and stimulates the support of the client via **significant others (friends/family)**
- Aimed to **decrease suffering and to increase self-direction and self-government**



Thanks for your attention!!!

Your speaker:

Jeroen van Eijk

Counsellor autism at LET office

(Levanto Experience expertise Team)

Present on Tuesdays, Wednesdays and Thursdays

Levantogroup

Akerstraat 8

6221 CL Maastricht

+31 43 329 15 26

www.levantogroep.nl