

Personal Recovery and Mental Illness

A Guide for Mental Health Professionals

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Illustrated by twenty-six case studies from around the world, this book sets an agenda for mental health services internationally by converting ideas of recovery into an action plan for professionals.

Supporting recovery involves helping the person with mental illness as they create their own goals and take responsibility for their own life, rather than focussing on traditional clinical priorities of risk management and avoiding relapse.

The author explores the underlying principles, and outlines why promoting recovery needs to be the primary goal for mental health workers. A new conceptual basis – the Personal Recovery Framework – is described, which gives primacy to the person rather than the illness. The contribution of personal and social identity to recovery is also considered, with the aim of fully answering the question, “How can my work support this person’s recovery?”

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“The author knows science and services through and through, and you will emerge with new motivation and excitement for transformation towards what really matters in mental health work.”

Professor Michaela Amering, Medical University of Vienna and author of *Recovery in Mental Health – Reshaping Scientific and Clinical Responsibilities*

“...provoking, thoughtful and eminently readable. The author has done a real service to the field...”

Professor Dinesh Bhugra, President of the Royal College of Psychiatrists

“A comprehensive overview of recovery experiences, theory and practice that has seldom been achieved in one publication.”

Mary O'Hagan, former New Zealand Mental Health Commissioner, International Recovery Consultant

“...a highly readable introduction to this topic... A great resource for students and practitioners alike.”

Professor Larry Davidson, Yale University and author of *A Practical Guide to Recovery-Oriented Practice*.

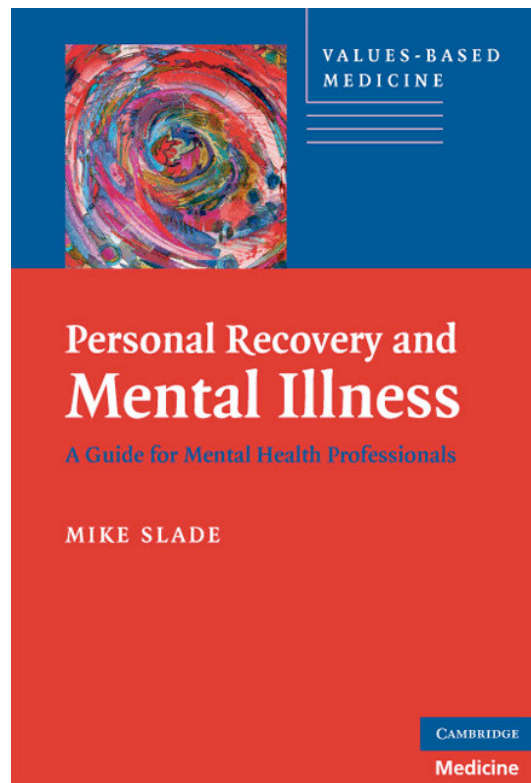
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