



PSYCHOSOCIAL REHABILITATION COMMUNITY PSYCHIATRY

Judit Harangozó MD

Semmelweis Univ. of Medicine

Centre for Community Psychiatry

VALUES

- Human rights of patients
- Personal dignity
- Information and competent decisions:
concordance, not compliance
- (Re)integration into the community - full life
- Low stigma



PSYCHIATRIST OUT OF HER OFFICE: SCREENING, LOWERING STIGMA



WHAT DOES IT MEAN FOR US IN THERAPY?

- We have to:
 - Reinforcement
 - Empowerment
 - providing information
 - improving decision-making and responsibility of patients
 - accepting them as partners in therapy and in professional decision-making
- Values of recovery



THE WORLD OF ASYLUM



THE WORLD OF RECOVERY



THE WORLD OF RECOVERY: CONCORDANCE

- ‘I could hardly find a psychiatrist who is compliance with my needs...’
- ‘Doctor is interested in my illness, but I am interested in my health...’
 - Karinthy Frigyes



CONCORDANCE



- „Concordance does not refer to a patient's medicine-taking behaviour, but rather the nature of the interaction between clinician and patient. It is based on the notion that consultations between clinicians and patients are a negotiation between equals.”
 - J Simon Bell, Marja S Airaksinen, Alan Lyles, Timothy F Chen, Parisa Aslani: Br J Clin Pharmacol. 2007 November; 64(5): 710–711.



CONTEXT

- Team-work
- Family based
- Community based
 - (intensive) home care, follow-up
 - crisis services
 - case management: continuous, available
 - day clubs
 - residential and vocational facilities
 - natural community resources



RECOVERY IN PRACTICE

A Venn diagram with three overlapping circles. The left circle is labeled 'symptoms control'. The right circle is labeled 'Life goals of the patient'. The top-right circle is labeled 'Life goals of the family' and is highlighted with an orange border. The intersection of all three circles is also highlighted with an orange border.

symptoms
control'

Life goals of the family

Life goals of the patient



PLAN FOR REHABILITATION STEPS

- To assess personal goals and problems of clients and family members
- Long term and short term goals/problems



STEPS...

- Setting up goals
- Problem analysis
- Assess skills
- Rehab plan:
 - to reach personal goals
 - small steps
 - cause pleasure
 - with the family



INTERVENTIONS

- Long term „optimal” drug treatment
- Psychoeducation
- Stress management
 - communication
 - problem solving
 - crisis management
- Living skills training
- Other cognitive behavioral interventions



SKILLS TRAINING



VOCATIONAL REHABILITATION

- Supported employment on an individual basis
 - Needs, goals, skills: assessment
 - The optimal job(s)
 - The good job(s)
 - Finding the best one
 - Skills training
 - Long-term support



SUPPORTED EMPLOYMENT...



REHAB FACILITIES

- Day clubs
- Self-help groups
 - AA groups, Hearing voices groups, etc.
- Residential facilities
- Community care
- Supported employment
- Day hospitals
- Rehab wards- therapeutic communities





THERAPEUTIC COMMUNITY IN SZIGETVÁR

- A community of patients and staff based on the values of recovery
 - Listening and improving human dignity and hope for recovery
 - Fighting against stigma
 - Frequent contacts with the local community
 - Art
 - Life skills
 - Individual rehab program towards personal goals
 - Reaching family
 - Inviting recovered users

