

# Contents

<b>Foreword</b>	xi
<b>1 Introduction</b>	1
<b>2 Recovery – Developments and Significance</b>	5
<b>3 Recovery – Basics and Concepts</b>	9
Definition	9
Political Strategies	15
Collaboration with Users of Psychiatric Services	21
Resilience – a Dynamic Recovery-Factor	25
Recovery, Prevention and Health Promotion	40
Recovery and Quality of Life	52
Recovery and Empowerment	54
Recovery and Evidence-Based Medicine	56
Recovery and Remission	57
<b>4 Personal Experience as Evidence and as a Basis for Model Development</b>	61
‘Recovery – an Alien Concept’ – Ron Coleman/UK	61
‘Empowerment Model of Recovery’ – Dan Fisher and Laurie Ahern/USA	65
‘Conspiracy of Hope’ – Pat Deegan/USA	71
‘Holders of Hope’ – Helen Glover/Australia	78
‘Wellness Recovery Action Plan (WRAP)’ – Mary Ellen Copeland/USA	83
‘Two Sides of Recovery’ – Wilma Boevink/The Netherlands	89
‘No Empowerment Without Recovery’ – Christian Horvath/Austria	95
<b>5 Recovery – Why Not?</b>	99
The Slow Demise of Incurability	99
Incurability	99
Chronicity	100
Other misunderstandings	102
Is the glass half-full or half-empty?	103
A Diagnosis or a Verdict – the Example of Schizophrenia	103
Heterogeneity of Course Over Time	104
Prognosis – ‘from demoralizing pessimism to rational optimism’	108
Diagnosis – ‘a century is enough’	111
Scientific and clinical responsibility	112
Classic Dimensions of Madness	117
Insight	117

Compliance	120
Capacity	122
Coercion	122
Psychiatric Treatment and Services	126
State of the art	126
Shortcomings	129
Recent developments	131
Stigma and Discrimination	134
Attitude research	136
Iatrogenic stigma	138
Stigma – experiences and expectations	140
Internalized stigma and stigma resistance	141
Social inclusion	145
The hearing voices movement	148
<b>6 Recovery – Implications for Scientific Responsibilities</b>	<b>153</b>
New Directions	153
The Increasingly Active Role of UK Users in Clinical Research	156
Assessing Recovery	163
Ruth Ralph and the Recovery Advisory Group	163
Examples of published recovery instruments	165
Recovery as a Process	168
Turning points – living with contradictions	168
Findings from four countries	175
Identity and recovery in personal accounts of mental illness	179
Recovery as lived in everyday practice	182
Qualitative research as one royal road	187
<b>7 Recovery – Implications for Clinical Responsibilities</b>	<b>189</b>
Sharing	190
Alternatives	193
Recovery-Factors in Therapeutic Relationships and Psychiatric Services	195
Recovery-oriented professionals	195
Recovery Self Assessment (RSA)	201
Measuring recovery-orientation in a hospital setting	202
Recovery Knowledge Inventory (RKI)	204
Developing Recovery Enhancing Environments Measure (DREEM)	206
Initiatives of the World Psychiatric Association	206
Psychiatry for the Person	206
A Person-centred Integrative Diagnosis	208
Recovery and Psychopharmacology	209
New goals and new roles for psychopharmacologists	209
Pat Deegan's concept of 'Personal Medicine'	213
A programme to support shared decision-making	219
System Transformation	220
Recovery-oriented services	221
Recovery-oriented mental health programmes	222

---

<b>A Recovery-Process Model</b>	<b>225</b>
Practice guidelines for recovery-oriented behavioral health care	228
Peer support and consumer-driven transformation	230
<b>8 The Significance of Discovering Recovery for the Authors</b>	<b>235</b>
<b>References</b>	<b>239</b>
<b>Index</b>	<b>260</b>