

From hunting pathology to exploring recovery: Changing stories in a Step 4 Brief- Intervention service

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Observations

- ➔ Classification and quantification
- ➔ 'Professionalisation' of recovery?
- ➔ Individual models of psychological therapy



The question

- ➡ How to provide an appropriate and accessible brief intervention therapy model that is recovery focused?



What is recovery?

 Leamy *et al.* (2011):

- Connectedness
- Hope and optimism about the future
- Identity
- Meaning in life
- Empowerment



What is recovery (part 2)?

- Various definitions – whose agenda are we prioritising?
- Walker (2006) sensitivity to language, power and iatrogenic illness
- Shifting philosophical paradigms



The story begins...

“Often just one conversation can help a person tell a different story” Hedges (2005)

- Social constructionist assumptions (Jones et al., 1997; Partridge et al., 1995)
- Narrative and solution focused influence
- Use of reflection
- Therapeutic letter
- Limited number of sessions



Experiences as practitioners

➡ Non-expert position

➡ Reflection:

- Being able to say the ‘unspeakable’
- Noticing and validating overlooked areas
- Drawing on multiple ‘voices’



Service user experiences

➡ Session rating scale

➡ Feedback about:

- Approach
- Reflection
- Letters



Future directions

- Involving of other staff members
- Comparisons with other therapies
- Recovery measure
- Service user/community involvement

