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