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**Psychosis, Citizenship, and Recovery: Personal and Professional Perspectives**

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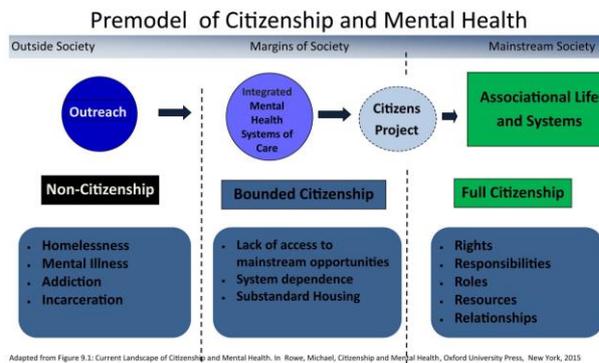
**Learning Goal:**

Participants will be able to apply their understanding of the role that presence or absence of Five “Rs” of Citizenship plays in creating the conditions that can lead to psychosis. This understanding will help in developing personal or professional understanding of what is needed to find and maintain recovery.

**Abstract Text:**

This workshop will combine my own lived experience with an introduction to Yale Professor of Psychiatry Michael Rowe’s Citizenship model. Dr. Rowe’s work holds that when people are denied full possession of the “5 R’s” of Citizenship: Rights, Responsibilities, Roles, Resources, and Relationships, combined with a sense of belonging and recognition for who they truly are, their ability to thrive in the world is significantly compromised.

Dr. Rowe’s Pre-model of Citizenship (see figure) will be used to discuss my own trajectory of trauma, distress, alienation, psychosis, and recovery. The discussion will draw upon what I have learned about how social, societal and environmental conditions can trigger and exacerbate voices, and how social and psychological supports, including family, friends, and community; Hearing Voices and other social support groups; and compassionate psychotherapy can provide hope. These supports can also foster understanding and insight into ourselves, others, and the world. When we understand ourselves and others better, we are more able to make peace with the world and can begin (again) to live more fully within it. Participants will then be invited to use the Pre-model of Citizenship as a framework for developing their own understanding of the need for each of the 5Rs, and the degree to which absence of any one “R” can create stress. Denial or profound loss of the 5Rs—individually or collectively—as with racism, displacement, immigration, and physical or psychological abuse, can lead to psychosis. Because every person’s experience, perception, understanding, and interpretation of what they experience in the world is different, no two frameworks will be exactly alike. But those differences in understanding can lead to conversations that will broaden understanding and can help with the healing process.



**ON THE HEALING POWER  
OF HUMAN RECONNECTION**