



Abstract Nr: 154
Internet ID: 393

Type of Presentation: Oral Presentation

'who do I allow to accompany me?' Perspective Matters in Recovery, a qualitative study

Thijs Burger¹, Marjolein Lachmeijer², Kimriek De Wilde², Robin van Eck³, Astrid Vellinga⁴, Martijn Kikkert², Jack Dekker², Lieuwe de Haan¹, Mariken de Koning⁴

¹Arkin / Amsterdam UMC, AMSTERDAM, The Netherlands

²Arkin, AMSTERDAM, The Netherlands

³Arkin, Mentrum / Amsterdam UMC, AMSTERDAM, The Netherlands

⁴Arkin, Mentrum, AMSTERDAM, The Netherlands

Learning Goal:

Distinguish the different perspectives on recovery that service users, relatives and healthcare professionals may have during the recovery process.

Exploration of the processes at play between service users, relatives and healthcare professionals during recovery.

Enable audience to identify with multiple perspectives.

Abstract Text:

Background

The concept of recovery has gained influence in care for persons with severe mental illness (SMI), including those with psychotic experiences. Recovery has been described as an intensely personal and unique process following severe mental illness, but it rarely is a journey undertaken without profound positive or negative influences of significant others (family, friends, health professionals). The perspectives on the recovery process conceivably diverge within the triad of persons with SMI, relatives and health professionals. They may be faced with conflicting views or internal conflicts when personal recovery needs, the perspective of friends/family and medical paradigms clash. Understanding the interface of recovery with these important others (i.e. the processes of recovery in a triad) may inform recovery supporting practices.

Methods

Our qualitative study "Perspectives on Recovery" has been designed triadically from the outset. We conducted semi-structured interviews with users with SMI of F-ACT (outreaching outpatient treatment teams) and long-term clinical services within a large mental healthcare institution in Amsterdam, their close relatives and health workers. Interviews were conducted by teams consisting of a researcher and an expert by experience from a personal or family perspective. We used thematic content analysis to identify processes of triadic recovery. We selected video fragments from follow-up interviews to voice participant's accounts of these processes, and illustrate our results.

Results

Preliminary results identify the following processes playing a part in triadic recovery. Alignment of perspective leading to (dis)agreement on interpretation of what is going on; the experience of connectedness; shared space and personal space in relationships within the triad; and agency to change. The role one takes on in the triad is informed by personal and/or professional background.

Discussion

Understanding each other's perspective may facilitate collaboration to recovery. Facilitating perspective-taking by all actors involved in the recovery triad may enhance the recovery process.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**