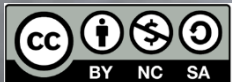


# HEALING PROCESS

## WORKSHOP FOR INFORMAL CARERS OF MH NEETS

PART I

90 minutes



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# AGENDA

1. Theory on how is the healing process defined and described in literature – 20 minutes
2. Discussion on the characteristics of MH NEET'S healing process. Additionally exchange of experiences and ways of coping – 50 minutes
3. Presentation of research based data on the healing process in MH people and the factors influencing it – 10 minutes
4. Presentation of ways to positively support and influence the MH NEET'S healing process and where to seek help coping with it. – 20 minutes
5. Summary of the first part, questions by the participants – 30 minutes



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# HEALING PROCESS

There is no widely accepted definition of recovery. Recovery means different things to different people. For some people recovery means aiming to be symptom free. For others it might mean managing your mental illness well to be able to live a meaningful life. Recovery can be a short-term or long-term thing. In recovery, there are usually things that people can do to help themselves. People need help from others too, such as mental health and social care professionals or loved ones.



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# TRANSTHEORETICAL MODEL OF CHANGE (Prochaska and DiClemente, 1970s)

- The TTM posits that individuals move through six stages of change: precontemplation, contemplation, preparation, action, maintenance, and termination.
- Termination was not part of the original model and is less often used in application of stages of change for health-related behaviors.
- For each stage of change, different intervention strategies are most effective at moving the person to the next stage of change and subsequently through the model to maintenance, the ideal stage of behavior.
- The TTM operates on the assumption that people do not change behaviors quickly and decisively. Rather, change in behavior, especially habitual behavior, occurs continuously through a cyclical process. The TTM is not a theory but a model; different behavioral theories and constructs can be applied to various stages of the model where they may be most effective.



## STAGES OF CHANGE:

- Precontemplation
- Contemplation
- Preparation (Determination)
- Action
- Maintenance
- Termination



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# CHARACTERISTICS OF MH NEET'S HEALING PROCESS



## DISCUSSION



# DATA ON THE HEALING PROCESS

- Most people who are diagnosed with a mental illness recover, but it can be difficult to predict when, or to what extent, you are going to get better.
- Recovery is not the same as a cure. Recovery means being able to create and live a meaningful life and contribute to your community, with or without mental health issues.
- According to Argentzell, E., Bäckström, M., Lund, K. *et al.* (2020) factors such as occupational engagement and mastery, activity satisfaction and reduction of symptoms are strongly correlated to change in recovery.
- In their research Salzer, Brusilovskiy and Townley (2018) show that recovery is possible and is associated with age. Recovery becomes more likely with age.



# HOW TO POSITIVELY SUPPORT THE MH NEET'S HEALING PROCESS?

- **Health:** Help MH NEET to stay informed, and to make healthy choices that support physical and emotional well-being.
- **Home:** Support MH NEET in having a stable and safe place to live. There are institutions like support shelters available.
- **Purpose:** Help MH NEET to engage in meaningful daily activities, such as a job or school, volunteering, caring for their family, or being creative. Let them work for independence, income, and resources to participate in society.
- **Community:** Support MH NEET in building relationships and social networks that provide support.





**SUMMARY**

**THANK YOU!**