

# Recovery and the Medical Model

What do we mean by ‘recovery’?

# What do we mean by recovery?

- Recovery from Illness?
- Recovery of something that was lost?
- Recovery in a legal sense – recovering something that rightly belongs to us?
- i.e. Justice

# Illness and personal identity

- I am a broken leg?
- I am a heart attack?
- I am the victim of a heart attack.
- I *am* schizophrenic / manic-depressive / depressive.

# ‘Schizophrenia’ and Stigma

- ‘Schizophrenia’ and the media
- Drug side effects and stigma
- Stigma – spoiled identity
- Discrimination in health, housing, employment, in *all areas of society*
- Schizophrenia, stigma and loss of citizenship

# The Medical Model: Schizophrenia and Recovery?

‘Poor prognosis’

‘Medication for life’

‘Lower your expectations’

Being done to rather than doing for yourself

The point we want to emphasise here is that the meaning of recovery in Britain (Coleman, 1999; Faulkner & Layzell, 2000; May, 2000) and America (Chamberlin, 1978; Deegan, 1996) is very closely tied to the struggle of survivors to have the right to tell their own stories in their own way.

(Bracken & Thomas 2005: 227)

# Diagnosis and the medical model

- By themselves are insufficient in psychiatry.
- They are too restricted.
- They offer no hope
- They tie people in to self-fulfilling prophecies of despair
- They take power away from the person

# Conclusions

- The single most important barrier to recovery is the medical model
- Doctors (and other mental health professionals) have to find more enabling ways of working with people who experience psychosis.