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Subjective aspects of the rehabilitation process

In the last years the subjective experience of people with severe mental health problems undergoing a process of rehabilitation and recovery has been increasingly recognized as an important factor in fostering excellence and recovery-oriented attitudes in mental healthcare. Perspectives and views of individuals who use mental health services are relevant drivers of change in the system by offering insights into unmet needs and factors that can impact on the course of disorders. A bottom up approach, in which service users draw on their own experiential knowledge is now a legitimate focus of research and practice.

In this presentation different aspects of subjective experience will be considered, in relations to the views of people of their personal distress, the interaction with other people both at individual and collective level, the relationship with the healthcare system and the formal and informal caregivers.

Concepts about relational issues embedded in subjectivity will be presented and some aspects of the challenge faced by services in relation to subjective-oriented practices will be discussed.