

CONCISE OUTLINE OF THE LECTURE SERIES:

DEINSTITUTIONALIZATION APPROACH AND USER ASSOCIATIONS AS MODELS FOR THERAPY AND HEALING

- **Day 1 - Introduction to the Social Model of Mental Health & Deinstitutionalization**

- (1) *Brief Overview Of The Social Model Forms The 1960s Onwards To Today - L*

- (a) Criticism of the classical medicine model; dispelling myths about antipsychiatry

- (b) Social determinates of mental health and consequences on mental health users.

- i. Role of Stigma in mental health

- ii. Discrimination and problems of and from society (workplace harassment, abuse of mental health patients, media portrayal etc)

- (c) Aspects of the social model:

- i. Outpatient care and Family psychoeducation

- ii. Stigma (societal and workplace) and Concept of Empowerment

- (2) *Social Elements Within Psychoanalysis: Treatment And Models - L*

- (a) Sullivan.

- (b) Adler

- (c) Modern social aspects of mental health and illness within Psychoanalytical theories

- (3) *The Social Model In Europe: Examples Of Italy & General Research. - L*

- (a) Italian deinstitutionalization: Consequences and research.

- (b) Bosnia and Herzegovina Examples

- i. “The Story of Jakeš”

- (4) *Quiz Style Game: How Much Do Future Psychologists And Therapists From IPU Know About The Germanys System Of Mental Health Aftercare? – W*

- (a) A brief overview of Integration help after using psychotherapeutic services.

- (b) What opportunities are available in private practice?

- **Day 2 - User Associations And NGO's Role In Mental Health Aftercare**

- (1) User Associations (UA): basics and examples - L***

- (a) Overview of basic ideas and theories around the User Association model and peer support.
 - (b) Overview of some German examples
 - i. Intergationfachdienst: Network, Reintegration to work, service for patients to slowly start working again.
 - ii. Selbsthilfegruppen: Peer support groups
 - iii. Ex-in: patients who have completed treatment successfully and who work in psychiatric hospitals.
 - iv. RECOVER Project: patients who go to the ER are offered a brief ambulatory treatment/plan.
 - (c) General research on the effectiveness of peer support groups and User Associations.

- (2) Case Study Of An User Association: TK "Feniks" - L***

- (a) About the UA Feniks and how it started.
 - (b) Approach to healing and notable projects and accomplishments
 - (c) Comparison with similar NGOs

- (3) Practical workshop: User testimonies from the members of Feniks - W***

- (a) Textual or video examples of how life and activities in Feniks affected its Users.
 - (b) The goal of students: listen/read the testimonies and try to understand and notice what factors are common among the users in what helped them and then give an interpretation on why it helped them.

- (4) Practical demonstration of a self-help group (overview of method; demonstration of activities; art, work-occupational therapy, empowering techniques) – W***

- **Day 3 - Practical Application Of The User Association Model – Self-help groups**
 - (1) *Problems and difficulties in working with UAs and the model in general. – L*
 - (a) Problem of Motivation
 - (b) Group problems in general.
 - (c) Research gaps in the field.
 - (2) *Solving problems within user groups. => W*
 - (a) A series of problems coming from real-life experiences working within this model is to be given to participants and then without the educators, their goal is to try and solve those problems.
 - (3) *Roleplay of user self-help groups: Educating Users => W*
 - (a) Participants are to be divided into groups then they will be given roles to perform within the groups (users, volunteers).
 - (b) The goal of volunteers is to lead a successful group; users will be given by educators a problem that they have to cause to test the volunteers.
 - (4) *Roleplay of user self-help groups: Solving problems => W*
 - (a) Participants try to solve the problem from the previous section.
- **Your competence will improve by:**
 - ✓ Knowing more about the aftercare of patients and the modern deinstitutionalization approach in Europe
 - ✓ Being more aware of society as both a risk and a protective factor in mental health
 - ✓ Knowing more about how you can help outside of clinical and therapeutic practice
 - ✓ Becoming more familiar with NGOs and other organisations that deal with reintegration
 - ✓ Learning about the ways you can fill in research gaps, and other ways you can contribute to this model through volunteer work.
- **Upon completion of the seminar, you will acquire the following:**
 - Full in-depth and detailed lecture materials with references for further study
 - Book on the hospital “Jakeš” as an early example of the model discussed in lectures
 - Other supplementary materials
 - All materials will be in physical and PDF formats.