

CHANGING TRENDS IN CONCEPTS & PRACTICE OF PSYCHOSOCIAL REHABILITATION

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The majority of persons with chronic & enduring mental illnesses, even those who benefit from medication, continue to have disabling residual symptoms and impaired social functioning. They are also likely to experience a relapse despite medication adherence, hence requiring integration of empirically validated psychosocial treatment programmes into the standard of care for this population.

Current evidence shows that psychosocial rehabilitation services play a crucial role in treating people living with major psychiatric disabilities. For most patients & service users, no single intervention or type of support is enough on its own, and psychosocial rehabilitation is bringing a growing

understanding and appreciation of the specific contributions made by rehabilitation services in the treatment and management of many disabling psychiatric conditions. Similarly rehabilitation programmes are fairly unique and specific in improving performance in people's living, learning, working or social environments thus bringing a hope in the outcomes of severe mental disorders.

Current use of the term 'recovery', as described by Anthony, draws its concept from patients' first-hand accounts, in which recovering is seen as a deeply personal process of adapting and overcoming the challenge of psychiatric disability to live a satisfying, and hopeful life. This paper presents a general overview of current trends in the concept & practice of Psychosocial Rehabilitation and describes contemporary approaches including Recovery principles & its practical implications in the management of recurrent & long standing mental disorders like schizophrenia and Bipolar Disorders. It will be argued that no one intervention or type of support is enough on its own, and psychosocial rehabilitation and psychosocial interventions are important aspects of a mix of services that help in meeting specific & distinctive needs of our patients suffering from schizophrenia and Bipolar Disorders.