

# The Psychiatrist's Role in the Recovery Movement

“What makes a good psychiatrist?” asks our recent editorial, and it goes on to propose that relationships, values and meanings are the primary elements of good ‘medicine of the mind’.

How can we deliver these elements in our various working environments where focus is placed more on delivering technical interventions and achieving standardised outcomes?

In this workshop we will explore how we can practice as psychiatrists and if the ‘Recovery’ model is a practical and useful concept for our every day work. I will use an example of one lady’s ongoing recovery from psychosis and how she experienced the various ways in which psychiatrists either facilitated or hindered her ‘journey of the heart’. We will look at how we can adapt traditional medical concepts like diagnosis, prognosis, aetiology, and treatment to help us achieve meaningful, collaborative and ‘recovery-focussed’ relationships. We will look at the influential psychiatrists whose work appears to embody Recovery values and question if this approach is really inconsistent with the ‘medical’ model.

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