

A.B.C

- Attitude
- Belief
- Choice

A simplified approach to rehabilitation.



Psychosocial Rehabilitation:

Psych:

The mind functioning as the center of thought, emotion, and behavior and consciously or unconsciously adjusting or mediating the body's responses to the social and physical environment.

Social:

living or preferring to live in a community rather than alone, relating to, or characteristic of the experience, behaviour, and interaction of persons forming groups, or having the purpose of promoting companionship, communal activities,

Rehab:

To restore to good health or useful life, as through therapy and education. To restore to good condition, operation, or capacity.





Posture, eye contact, expression, alertness hostile, withdrawn, bored, seductive agitation, retardation, mannerisms, gait, restless, tremors, bizarre. pressured, monotonous, poverty of thought, halting, blocking. loud, quiet, slurred, emotional, monotone. spontaneous speech. Euthymic, depressed, euphoric, suspicious, labile, elevated, anxious. Affect: restricted, Blunted, flattened. absence of emotional expression. inappropriate, irritable. Amount of thought and rate of production. hesitant thinking, vague, flight of ideas, Continuity of ideas. Goal directed, neologism delusions of persecution, poisoning, obsessions & compulsions, Suicidal TPI (thoughts, plans or intent) abnormal beliefs, grandeur, persecution or paranoia, hypochondriacal preoccupations. perceptual disturbances. derealisation, depersonalisation, heightened/dulled perception. abnormal drowsiness. delirium. clouding of consciousness. Memory: immediate, recent, remote. Orientation: time, place, person. Concentration. Recall. Compliance with treatment. Impaired



Recovery:

A return to a normal condition. Something gained or restored in recovering.

What do you need to make a 'life that works'.

Physical needs

- Wholesome diet, Regular exercise, Restorative sleep, Shelter/security.

Emotional needs

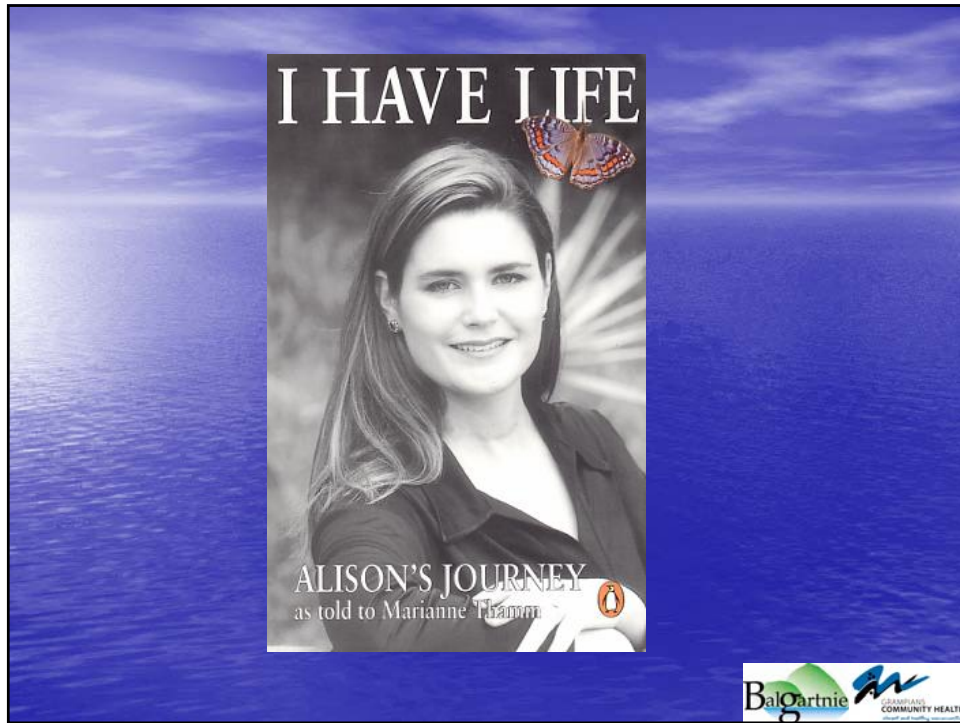
- Life/growth/survival, Love/intimacy/connection, Challenge/exploration, Meaning/significance, Control/autonomy.

Meaning

- Philosophy of life, optimistic interpretation of the human condition

Significance

- People depending on you, part of something bigger, positive self-image.



Attitude:

Feeling, mood, a manner of acting, feeling, or thinking that shows one's disposition, opinion, mental set, etc.

God she's boring!

Should have gone to hear someone else?

Or.

It's only 20 minutes.

The slides are informative!!!



Belief:

The mental act, condition, or habit of placing trust or confidence in another. Something believed or accepted as true.

If I say I can't – I won't

If I say I can – I just might



Choice:

The act of choosing or selection. The power, right, or liberty to choose. A number or variety from which to choose:



A "Life That Works"



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