

Honouring the X Factor of Personal Recovery:- both in our lives and our work

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Why is that for some people, given the same conditions, they can successfully reclaim a life beyond mental illness/ distress and for others they remain stuck. Is it a question of differences in people's internal capacity to overcome or the external support and treatment environments that are available to them. Perhaps it is a combination of both.

There are many aspects of ourselves, our relationships and the environs we interact within, that have the potential to enable or disable our ability to reclaim a life beyond mental illness/distress. The mental health recovery research literature, as informed by those with a lived experience, strongly articulates a number of personal and environmental processes that enable and disable personal recovery. These attributes of personal recovery are important to honour but sometimes difficult to create invitations for within highly structured support and treatment environments. In order to name our practice as recovery oriented, services need to ensure that platform they create has the opportunity for someone to exercise their sense of personal recovery.

This paper will draw upon the qualitative research that informs the essence of personal recovery and addresses the enabling environments that are required to foster such an X factor. Ultimately this invites not just personal transformation but also professional and systemic transformation.

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