

Notes from the Launch of Psychosis: Stories of Recovery and Hope.

Here are my notes on Glenn Robert's talk, taken during the Psychosis: Stories of Recovery and Hope conference. I hope they do justice to what he actually said.

Glenn Roberts talked about The Importance of Personal Narratives for the Story of Recovery emphasising the value and significance of stories in personal recovery.

Essentially stories make it possible for us to know what it is to be human. In his talk he referred to published studies based around narrative including that of Narrative Based Medicine edited by Trisha Greenalgh, and Healing Stories: Narrative in Psychiatry and Psychotherapy edited by Glenn Roberts and Jeremy Holmes referring as well to the work of Rufus May and Priscilla Ridgway in the field of recovery and different kinds of stories.

Glenn moved on to discuss what we learn and gain from stories and the storymaking process, namely a reawakening of hope, a breaking away from denial and active coping. He emphasised how a person's biography should be better integrated into part of his or her care; by taking into account a person's narrative the possibility to dehumanise a person is derailed. Glenn referred to the account of father and son, Henry's Demons by Patrick and Henry Cockburn as a particularly good narrative example of recovery and hope. He finished by discussing how we find stories to live by through peer support, companionship and fellow travelling and how through story making we move from becoming victim to victor.

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