



# CONCEPT OF PSYCHOSOCIAL REHABILITATION

BY

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# CONCEPT OF PSYCHOSOCIAL REHABILITATION

- The International Association of Psychosocial Rehabilitation Services (IAPRS) Published following definition as:

# DEFINITION :

The Process of Facilitating an individual's restoration to an optimal level of independent functioning in the community...

while the nature of the process and the methods use differ in different settings, psychosocial rehabilitation invariably encourages person to participate actively with others in the attainment of Mental health and social competence goals

# CONTINUES

- In many setting Participants are called members. The Process emphasizes the wholeness and wellness of the individual and seeks a comprehensive approach to the provision of vocational residential , social recreational , educational and personal adjustment services People are motivated by a need for mastery and competence in areas, which allows them to feel more independent and self confident . New behavior can be learned and people are capable of adapting their behavior to meet their basic needs.

# FIFTEEN PRINCIPLES OF PSYCHOSOCIAL REHABILITATION

- Utilization of full human capacity
- Equipping people with skills (social, vocational, educational, interpersonal and others)
- People have the right and responsibility for self determination
- Services should be provided in possible normalized environment
- Different needs and care
- Commitment from staff members
- Care is provided in an intimate environment with out professional, authoritative shield and barriers

# CONTINUES

- Early intervention
- Environmental approach
- Changing the environment
- No limits in participations
- Work centered process
- There is an emphasis on a social rather than a medical model of care
- Emphasis is on the clients strengths rather on pathologies
- Emphasis is on here and now rather than on problems of the past

# ANOTHER BEAUTIFUL DEFINITION OF PSR:

- Psychosocial Rehabilitation means a place where people come to meet to take a deep sigh ; where they can relax and have feelings for each other and listen to the birds out side. In doing so they get better.

# WHO IS PSYCHOSOCIAL REHABILITATIONIST ?

- One can enjoy Psychosocial Rehabilitation through :
  - Competency
  - Hard Work
  - Good Intention



# Environment of Psychosocial Rehabilitation

- Relaxing
- Caring
- “We Feeling”
  - You have to give your share for “we feeling” to beautify the environment concentrate on” we will beautify the environment “ instead of “they will”

# Language of Psychosocial Rehabilitation

- Passion
- Care
- Tolerance and Patience
- Forgiveness (Forgive others so that others can forgive you)
- Positive thinking
- Inner calmness

# Continues...

- Softness in thought and talk
- Unconditional inner smile
- Kindness
  - There is saying "My religion is simple , my religion is kindness"
  - Kindness : A language the deaf can hear and the blind can see

# YOU CAN ENJOY PSYCHOSOCIAL REHABILITATION WORK AS A THERAPIST:

- Try to live in today
- Never carry your stress from one place to other (Always try to ease out your stress through any spontaneous activity)
- Enjoy your each activity
- Always try to talk friendly and in relaxing tone

# CONTINUES ...

- Be optimistic
- Don't be harsh to others it will bounce back
- Always do sharing but in positive way
- Daily recall your whole day activities before going to bed
- Own your work
- Give respect to your members and fellow staff

# CONTINUES...

- Never let your inner time clock go faster than your outer activity
- Enjoy the “we feelings” don’t live in “I”
- Make your monthly target plan in advance
- Count your blessings
- Dip in your self once in a week
- Write more suggestions your self