

above the horizon of the disease



MY STORY-VERY BRIEFLY

- ❑ Ivana, 36yrs, high school degree, perfume salesman with little work experience, one year in library, a half a year in sweetshop, and 4.5 months in the store
- ❑ My treatment was started 1995
- ❑ I had 2 suicide attempts
- ❑ Initially unrecognized depression, adequate therapy was not prescribed
- ❑ During the treatment in the day hospital and by further treatment depression, hypothyroidism and epilepsy was diagnosed. adequate therapy was prescribed

MY NEW LLOK ON THE LIFE

- ◉ Rehabilitation club “sunrise” help me in developing different kind of skills:
- ◉ Organisation of activities
- ◉ Responsibility to work duty
- ◉ Developing creativity and ideas
- ◉ Developing business skills and communication skills
- ◉ Motivation for personal development and progress

MY EXPERIENCE OF RECOVERY

-Education about illness

- ◉ Regularly taking medication
- ◉ Take an active attitude in the treatment process
- ◉ Cooperation between the therapist-patient relationship involves honesty, respect and trust
- ◉ Have longterm support therapy group and involvement in NGO activities.

ATTENTION SHOULD BE GIVEN

- ◉ To have skills for handling crisis situations
- ◉ To have longterm support and understanding especially for the crisis that happen to us ,because the recovery process is not linear and takes time.

RELATIONSHIP

- Good relationship is the key element for recovery the relationship that slowly develops encourages positive process
- Patients feel easier when they trust their doctor that he does his job properly
- If we experience that doctor love his job we respond positively and we are more adherent to treatment and motivated to progress

THANKS TO OUR COLLABORATION

Cooperation between psychiatrist and patient should be motivated by both sides because the purpose of all methods used in treatment is to achieve an effective level of mental health, which will increase the capacity for autonomous functioning in the community.







