

# The Psychology of Service User Involvement

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# Treatability Criteria for Psychotherapy

- Diagnosis
- Psychological mindedness
- Good interpersonal functioning
- High achieving

# General Psychotherapy Outcome Research

- 30% drop out
- 30% don't improve or get worse
- 40% achieve reliable change/improvement

# Treatment outcomes for therapy for PD

- Improvement in acute symptoms
- No improvement in mood, social and interpersonal functioning

# What are the problems in engaging people with PD in treatment?

- Difficulties in experiencing sense of personal agency

# What are the obstacles to a sense of personal agency?

- Lack of hope
- Lack of trust in “carers”
- Sense of grievance

# Behaviour Change Research

- Messengers
- Incentives
- Norms
- Commitments

# Therapeutic Communities Principles

- Democratisation
- Permissiveness
- Reality confrontation
- Communalism



# A new model of user led intervention for the currently poorly serviced groups

- Build on existing user led organisations like Emergence
- Develop a network of user led support groups
- Build something like a Fellowship organisation (AA,NA) but with paid facilitation from user led organisations
- Professional support from health staff