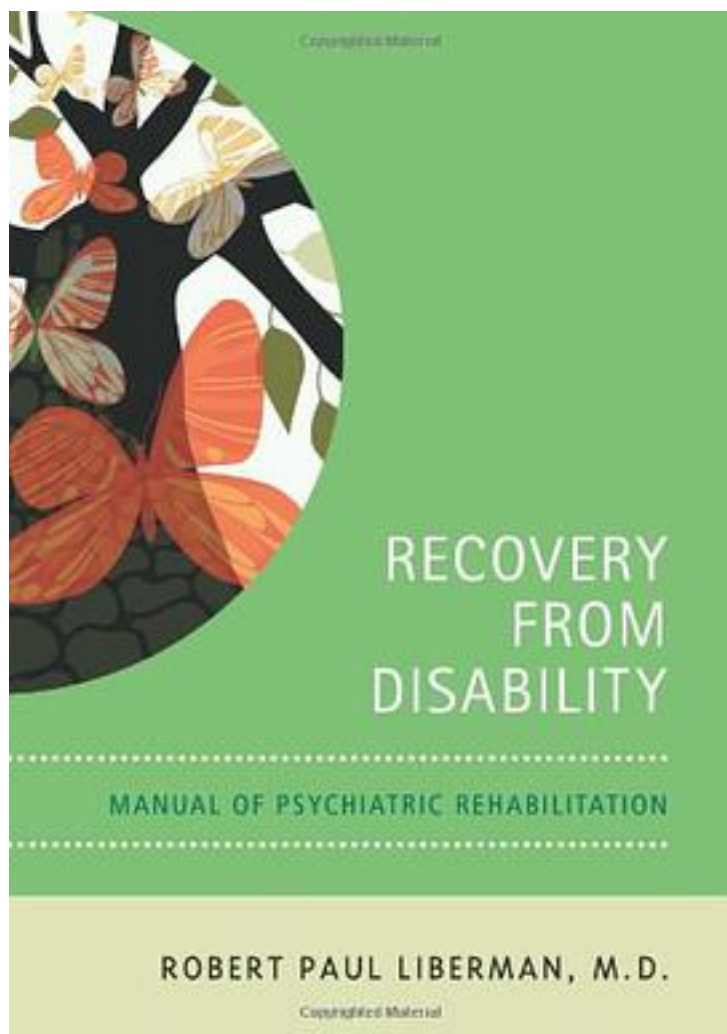


# Recovery from Disability



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Given the mixed success with medications and psychosocial treatments, recovery from

mental disorders can be problematic. *Recovery From Disability* describes the principles and practices of psychiatric rehabilitation for practitioners who wish to bridge the gap between what is known and what can be actually used in real-life mental health programs. The book draws on Dr. Robert Liberman's 40 years of designing, testing, and disseminating innovative treatments for persons with mental health disabilities, containing up-to-date treatment techniques that reflect a consensus of experts regarding evidence-based best practices and showing that, by applying these principles and practices, recovery can be the rule rather than the exception. This practical book addresses day-to-day realities faced by practitioners who must wrestle with the individualized needs of each patient in drawing up a rehabilitation roadmap to recovery. Written as a clinical manual with minimal jargon and intended for everyday use by all mental health professionals, administrators, and clinicians with all levels of experience, the book is brimming with clear advice and ideas for effective services as well as an abundance of real-life examples and a host of graphic aids. It addresses the particular needs of Latino patients and takes up the latest developments in rehabilitation, such as neurocognitive pharmacology, cognitive remediation, and use of computers in rehabilitation. Each chapter contains information, techniques, and treatment methods that will help clinicians:

- Help patients select realistic yet personally meaningful goals for life enrichment
- Teach patients how to stabilize their symptoms and cognitive defects
- Train patients in social and independent living skills to foster independent functioning
- Help family members and other caregivers better understand and manage their loved one's disability
- Provide access to vocational rehabilitation, including supported employment
- Facilitate continuity and coordination in rehabilitation through personal support specialists, assertive community treatment, psychosocial clubhouse, and integrated mental health care and related wrap-around services

The book also describes how to customize services that can fit individuals with more than one disorder, whose disorder is refractory to customary pharmacological and psychosocial treatments, or whose adaptation to community life is marred by aggressive behavior. With its wealth of rich and immediately applicable insights, *Recovery From Disability* will help professionals help disabled patients become enabled to reach their personally relevant goals and make their way toward eventually achieve recovery.

作者介绍:

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