



## 7th European Conference on Integrated Care and Assertive Outreach

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### **From Treatment Room to Real Life: Holistic Recovery on Equal Terms**

In the presentation, I will describe from a patient perspective the value of a holistic approach that does not solely take place in a treatment room or focus exclusively on medication. The value of being able to "practice" what is worked on during treatment in real life enhances the effectiveness of the treatment. At the same time, the interaction itself feels more equal between two people, rather than as a therapist-patient relationship, where, as a patient, it is easy to feel like a problem or a burden.

Believing in oneself and growing as a person—letting go of the thought of being a burden due to a diagnosis—is crucial for a recovery that fosters self-care. This is where the outreach element of the treatment makes a difference