



7th European Conference on Integrated Care and Assertive Outreach

Prof. David Fowler
University of Sussex

Social Recovery for people with psychosis: new evidence for psychological interventions

Community mental health care for people with severe mental illness has made significant progress but despite this capacity is inadequate leading to poor outcomes. In the UK, the NHS Long Term Plan and Community Mental Health Framework focus on community-based services for people with severe mental illness, including increased access to psychological interventions and employment support. The NHS Long Term Workforce Plan recommends training a wider psychological workforce to increase access to psychological interventions to help people achieve recovery. Recovery is not limited to the reduction of psychotic symptoms and involves rebuilding life, self and hope for a better future. The importance of recovery outcomes and recovery-oriented services is emphasised in NICE guidelines. In a 15 year research programme we have developed and evaluated Social Recovery Therapy (SRT), a novel and acceptable psychological therapy for people with psychosis which directly addresses the complex comorbid factors associated with social disability in psychosis, which are particularly prevalent in underserved populations. In this paper we describe the rationale and research underpinning Social Recovery Therapy including a series of trials. We will also provide a brief introduction to the methods of Social Recovery Therapy. In our latest work we focus on methods to widen access and improve capacity by training non-expert therapists and engage people with severe mental illness who are harder to reach and underserved by existing interventions.