

SUBJECTIVE EXPERIENCES OF TREATMENT FOR PSYCHOSIS

A PHENOMENOLOGICAL ANALYSIS

Current Research of Psychosis

- Mainly focus on observable behaviors and functioning such as maintaining housing and ADL's
- Fewer studies focusing on subjective experiences such as quality of life

Research Procedure

- Sought participants by flyers and word of mouth
- 15 semi-structured questions in 1-2 hour interview
- Follow up interview to review transcript

Demographics

4 participants identify as Caucasian, 1 mixed race with indigenous American origin and 1 Mexican American

Ages 24-66

3 men, 3 women

5 receiving public income and insurance and 1 employed full time with private insurance

4 living in room and board homes, 1 independently, 1 lives with parents

2 are conserved by the Public Guardian

All unmarried, 2 with children

How Mental Health Services Help

- Patient, understanding, compassionate service providers
- Expression of authentic concern; Feeling that service providers care and want to help
- ACT: Assertive Community Treatment
- Practical case management including assistance accessing income, insurance, food, shelter, and bill paying services
- Access to healthy activities and skill development in and out-patient
- Maintaining some level of independence while involuntarily hospitalized
- Not requiring psychotropic medication to receive psychotherapy
- Flexibility of therapeutic frame
- Value in long term therapeutic relationships
- Meeting the client where they're at emotionally, psychologically, and physically
- Alleviating loneliness and isolation

How Mental Health Services Do Not Help

- Not enough development of the relationship
- Not enough time together
- Lack of understanding of daily life needs
- Fostering dependency

Advice for Mental Health Workers

- Focus on developing skills for what can be changed
- Trust what the patient reports
- Encourage work and creating a meaningful life
- Mental health parity

Gratitude

- “My patients brought me so close to the reality of human life that I could not help learning essential things from them. Encounters with people of so many different kinds and on so many psychological levels have been for me incomparably more important than fragmentary conversations... The finest and most significant conversations of my life were anonymous.”
–C.G. Jung

Interpretative Phenomenological Analysis

- Phenomenology
- Hermeneutics
- Idiography

Participants

- Barbara
- Sandra
- John
- Ford
- Tara
- Alejandro

Themes

- Mental Health Treatment
 - How Mental Health Services Help
 - How Mental Health Services Do Not Help
 - Advice for Mental Health Workers

Conclusions