



Manual of Psychosocial Rehabilitation

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Psychosocial Rehabilitation is a comprehensive ready- reference for mental health practitioners and students, providing practical advice on the full range of interventions for psychosocial rehabilitation. It contextualises the interventions described and provides pointers to enable the reader to explore the theory and research.

This manual recognises the wide-ranging impact of mental illness and its ramifications on daily life, and promotes a recovery model of psychosocial rehabilitation and aims to empower clinicians to engage their clients in tailored rehabilitation plans. The book is divided into five key sections.

Section 1 looks at assessment covering tools available in the public domain, instruments, scoring systems, norms and applications for diagnosis and measurement of symptoms, cognitive functioning, impairment and recovery.

Section 2 covers the full range of therapeutic interventions and offers advice on training and supervision requirements and evaluation of process, impact and outcome.

Section 3 provides manuals and programs for interventions effectively provided as group activities.

Section 4 explains how to design a full programme that integrates therapeutic interventions with group programmes as well as services provided by other agencies.

The final section looks at peer support and self help, providing manuals and resources that support programmes and interventions not requiring professional or practitioner direction.

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