

P01-443

## DIAGNOSIS VERSUS RECOVERY

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The Recovery and Wellness Movement is the framework within which we ask the chronically mentally ill to understand how they might best manage their lives.

The epistemological and cultural primacy of a patient's psychiatric diagnosis minimizes effective involvement in the Recovery Movement.

The aim of this presentation is to present both the implications to the patient in being trapped in any diagnostic labyrinth and how she/he can "escape" into a DIFFERENT awareness of the meaning of her/his diagnosis while still actively pursuing meaningful Recovery goals. Various cognitive behavior techniques will be discussed to highlight both how patients should understand the real albeit limited value of their diagnoses as well as understand the necessary self-evaluation and attitudinal changes that will allow them to understand how best to participate in the Recovery Movement. The desired result: Both patients and mental health professionals will learn to minimize any heuristic value in even the term-"Patient."