

Moving Recovery into Psychology

www.apa.org/pi/rtp

Recovery from Mental Disorders and Substance Use Disorders: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

SAMHSA has delineated four major dimensions that support a life in recovery:

- **Health:** overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;
- **Home:** a stable and safe place to live;
- **Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
- **Community:** relationships and social networks that provide support, friendship, love, and hope.

The APA Curriculum

Target Audience: Training directors and students in APA-accredited clinical and counseling psychology doctoral programs

90-Minute Modules

- Lecture Notes
- PowerPoint Slides
- Learning Activity
- Assessment Quiz
- Citations and

Integration Across Modules

- Participation of Persons with Lived Experience
- Culture

Module Topics

- Recovery-Based Psychological Practices
- Role of Psychologists and Health Care Reform
- Community Inclusion
- Scientific Foundations
- Assessment
- Person-Centered Planning
- Partnership and Engagement
- Interventions (3 modules)
- Health Disparities
- Systems Transformation
- Peer Delivered Services
- Forensic and Related Issues
- Emerging Trends

Did You Know?

- Psychologists have been at the forefront of the recovery movement
- Recovery has not been at the heart of psychology
- Recovery-oriented treatments result in cost reductions for systems
- Many existing psychological treatment approaches and training standards are consistent with recovery principles

Piloting Process

We are in the final stages of developing the modules and will pilot them in APA-accredited doctoral, internship, and postdoctoral programs during the 2012-13 academic year