



Psychological Recovery: Beyond Mental Illness

Retta Andresen, Lindsay G. Oades, Peter Caputi

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This book offers a succinct model of recovery from serious mental illness, synthesizing stories of lived experience to provide a framework for clinical work and research in the field of recovery.

- Places the process of recovery within the context of normal human growth and development
- Compares and contrasts concepts of recovery from mental illness with the literature on grief, loss and trauma
- Situates recovery within the growing field of positive psychology – focusing on the active, hopeful process
- Describes a consumer-oriented, stage-based model of psychological recovery which is unique in its focus on intrapersonal processes

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