

## Lesson 5: Recovery Focused Therapeutic Relationships

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### For Starters...



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### Lesson 5 Learning Outcomes

Upon completion of this lesson's material, students will be able to:

- Relate specific Psychiatric Rehabilitation methods to the solving of client problems and barriers
- Apply critical thinking in the application of Psychiatric Rehabilitation methods to assist in prioritizing client needs
- Apply an understanding of Skill Development processes to a sample client problem

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### NOTES

[Chapter 5 Notes](#)

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### IN-CLASS ACTIVITIES

#### Group Assignment

I'm going to break you up into small groups and have you work together to apply an understanding of the process of skill development as it occurs in the real, psychiatric rehabilitation setting. There will be 3 groups in all and each of you will have a specific problem to develop a skill training plan for. Your final document will need to be presented in class and should follow the outline that is in the [Farkas and Anthony \(2001\)](#) article.

Following the outline in this article, you are to produce a document that identifies how you intend to deal with each stage in the development of the skill. For instance, in the first step, you need to conduct a performance evaluation to determine the current level of skill. How are you going to do that? Here are all the steps you need to cover in your document:

- Readiness (Performance Evaluation and Assessment)
- Awareness (Exposure and experience level training)
- Acquisition (Introductory-level expertise training)
- Application (More intensive expertise training)
- Utilization (Training based on follow up on plan)
- Maintenance (Developing the person's ability to evaluate their own performance and apply the skill to different settings)

Each group will prepare a strategy to address each of these areas. You will work together to produce a final document. The grade for this discussion will 50% participation and 50% the quality of the document.

Group	Skill Area
Group 1	The skills needed to prepare a weekly meal plan for themselves
Group 2	The skills needed to enter a business and inquire as to a job application
Group 3	The skills needed to engage in a conversation with a group of friends

## ONLINE-CLASS ACTIVITIES

### Lesson 5 Assessment

On p. 159 in your text there is a story about Anne. Read her story and answer the questions below

Create answers to each of these tasks and paste them into the questions in the Lesson 5 Assessment. The text that goes with each question are listed below:

Task 1: Create a list of "independent living skills" that you think are critical to Anne's success in her new apartment. It may be helpful to think about what skills you actually use, if you live independently. However, keep in mind that some of these skills may be necessary for some people to be satisfied in their own home, but are not necessarily critical to Anne's success. Rank order the list from the most important to the least important.

Task 2: For the top 3 skills you have listed, what specific strategies would you suggest to help Anne develop those skills? Be specific as to how you might REALLY go about helping Anne.