

Majority uses elements from a specific therapy/therapeutic tradition. Most prominently related to: CGT & ACT.



Which identity-related topics do practitioners discuss with people with a SMI? Do they use specific tools, methods or approaches?

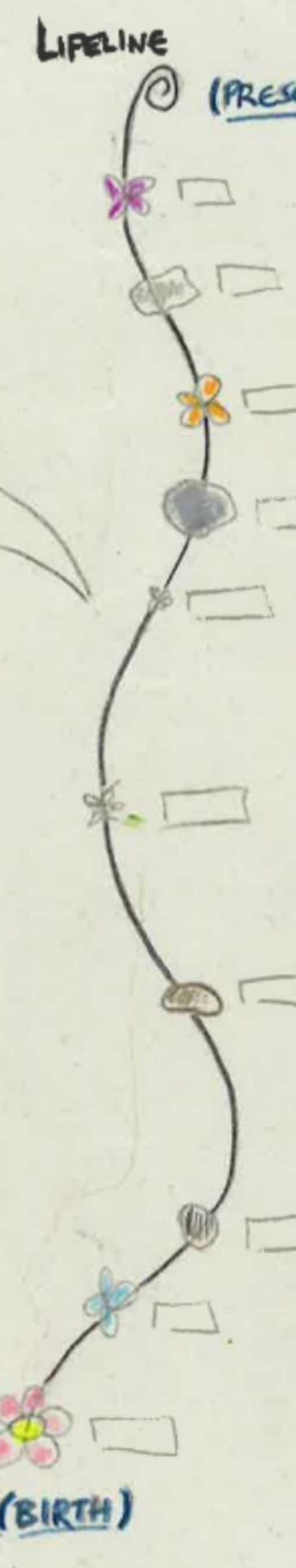
Some examples of elements related to narrative identity.

Schematic life story (flip over/holistic theory)

Lifeline (ACT or narrative exposure therapy)

Narrative approaches in Dutch context:

- 'Searching for meaning'
- 'The stories we live by'
- Rehistorisation



SURVEY METHOD AND PARTICIPANTS

- Exploratory survey
- Qualitative content analysis
- Descriptive
- N = 165 practitioners:
 - Psychologist/psychiatrist (20%)
 - Spiritual caregiver (18%)
 - Experience expert (19%)
 - Other, e.g. nurses (43%)

CARE ABOUT IDENTITY:

IDENTITY-BASED CARE PRACTICES FOR PEOPLE WITH A SEVERE MENTAL ILLNESS

Quantitative results

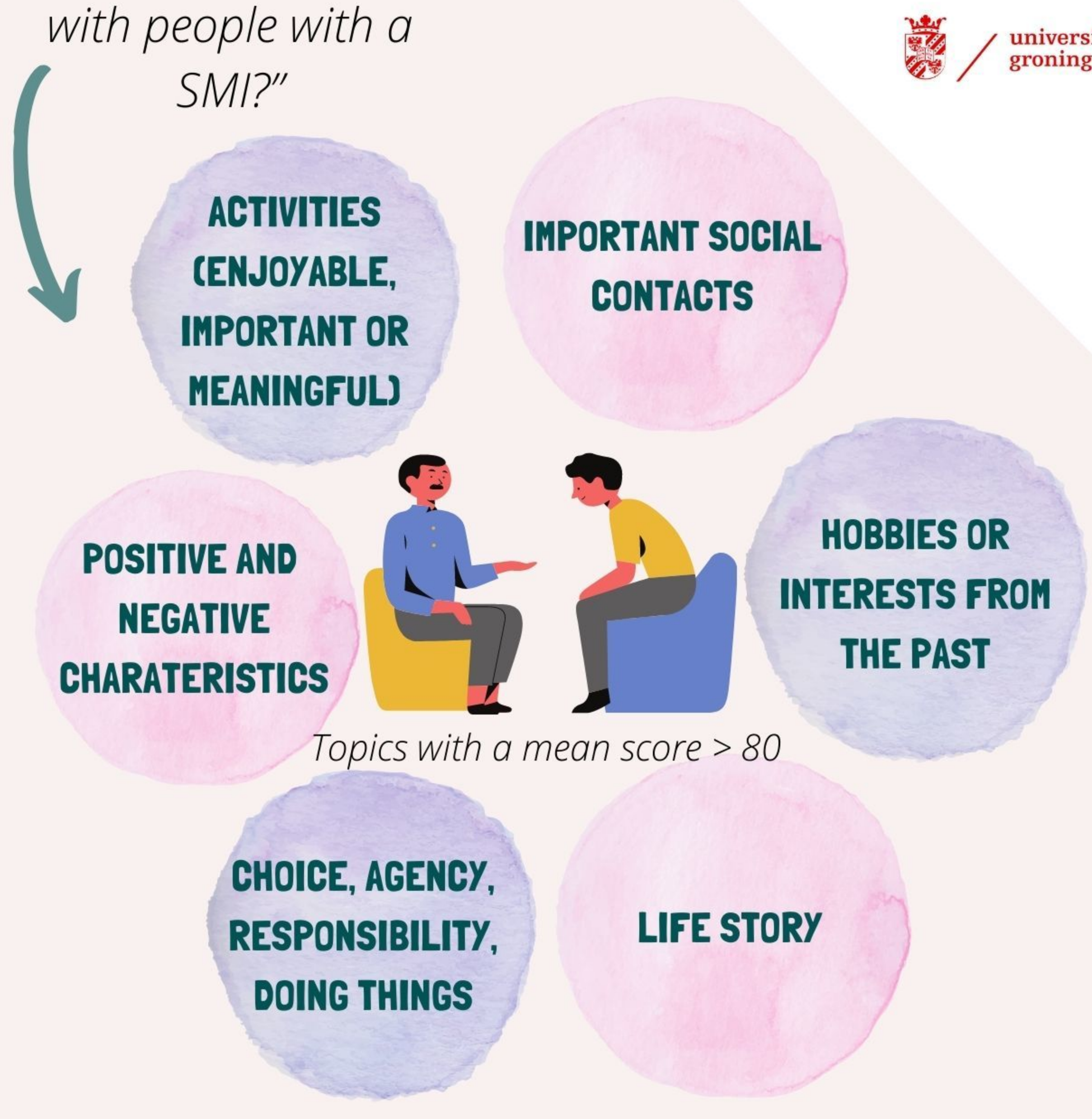
A survey study exploring approaches by spiritual caregivers, therapists, experience experts, nurses and other practitioners

Qualitative results

"On a scale from never (0) to always (100), how often do you discuss topic x with people with a SMI?"

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"Name three identity related topics you often discuss with people with a SMI"



Practitioners report that they often discuss identity-related topics.

Large variety of topics mentioned: Will you think along?

Write down your own thoughts & sign up for study participation!