



Recovery from Disability: Manual Of Psychiatric Rehabilitation

Robert Paul Liberman

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Recovery From Disability draws on Dr. Robert Paul Liberman's 40 years of designing, testing, and disseminating innovative treatments for persons with mental health disabilities. The author addresses the real challenges faced by practitioners who must wrestle with the individualized needs of each patient in drawing up a rehabilitation roadmap to recovery. Written as a clinical manual with minimal jargon for everyday use by all mental health professionals, the book is brimming with clear advice and ideas for effective services. Each chapter contains information, techniques, and treatment methods that offer practitioners guidance in helping patients select realistic goals, motivating them to actively participate in treatment, teaching them how to stabilize their symptoms and cognitive impairments, training them in social and independent living skills, and equipping family members to cope effectively with their loved one's disability. The book also shows how to provide supported employment and facilitate continuity and coordination in rehabilitation through personal support specialists and assertive community treatment. With novel approaches that are immediately applicable, *Recovery From Disability* enables professionals to empower patients to reach their personally relevant goals as they make their way toward eventual recovery.



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