

Involving families in supporting mental health recovery

Date(s) Thursday 7th November 2013 (00:00)

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Families have long been neglected in service responses to people with mental health difficulties. However, for many people, reclaiming a 'life worth living' depends on having particular sorts of supportive relationships with significant others – which may not be easy given the stresses and anxieties that mental health issues can bring up for all concerned. This Conference will offer an opportunity to share and discuss the latest research on different collaborative models by which service users and their family or close friends may be involved in enabling recovery from the disabilities that may be associated with mental distress. These include systemic and behavioural family therapy, family group conferencing, personal budgets and the Open Dialogue approach that has been pioneered in Finland.



This event is organised by the Family Potential Research Centre in conjunction with the Universities of Birmingham and Nottingham, the NIHR School for Social Care Research and Rethink Mental Illness.

The conference will feature presentations of research findings from two current research projects:

- Can whole family approaches contribute to the reablement of people with mental health difficulties? Funded by the NIHR School for Social Care Research
- The PEOPLE study: Personalisation and severe mental illness. Funded by The Big Lottery

It will also include workshops in which practitioners, service users and family members can share direct experience in relation to the different practice models that are being discussed.

If you are interested in registering for this event, please email Helen Harris h.m.a.harris@bham.ac.uk (<mailto:h.m.a.harris@bham.ac.uk>) and indicate whether you are:

- A mental health practitioner
- A user of mental health services
- A family member or close friend of a user of mental health services
- An academic

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