



Berner Fachhochschule
Gesundheit

und

sanatoriumKILCHBERG

PRIVATKLINIK FÜR PSYCHIATRIE
UND PSYCHOTHERAPIE

Friday, April, 19th, 2013

The Tidal Model – Theory of Recovery

Phil Barker, Poppy Buchanan-Barker

Workshop: The Tidal Model – Theory of Recovery

The Tidal Model of Barker/Buchanan is an important theoretical base of Recovery in Mental Health. This mid-range theory is a *philosophical* approach to the *discovery* of mental health. It emphasizes helping people *reclaim* the personal story of mental distress, by recovering their *voice*. By using their own language, metaphors and personal stories people begin to express something of the meaning of their lives. This is the first step towards helping *recover* control over their life. The Tidal Model believes that recovery must begin at the person's lowest point. In the case of someone admitted to psychiatric care, the voyage of recovery should begin as soon as the person enters the service.

From Tidal theory we have developed a range of ways of working with people - individually and in groups - that can be adapted to fit the person's changing circumstances. However, ultimately, the people who are helped to address or deal with their distress and problems of living will not thank the Tidal Model. They will thank you – personally (from the website tidal-model.com)

Content / Goals

- To know the Tidal Model, its base, its assumptions, its components
- To develop strategies to implement the model or its elements in your daily practice
- To discuss problems while implementing

Speakers:

Phil Barker

Is co-author of the Tidal Model of Mental Health Recovery and Reclamation. He was the UK's first Professor of psychiatric nursing and has worked in the mental health field for almost 40 years. Presently, he is a psychotherapist and Honorary Professor at the University of Dundee, Scotland

Poppy Buchanan-Barker,

Is co-author of the Tidal Model of Mental Health Recovery and Reclamation. She was a social worker and social work manager for almost 30 years and presently is a therapist and counselor, and Director of Clan Unity International, an international mental health recovery agency based in Scotland

Audience

Health professionals and Service Users who like to know in depth theory of recovery

Preparation

Read the website: www.tidal-model.com

The workshop will be held in English; German PowerPoint-slides will be available

Diese Veranstaltung wird in Kooperation mit dem Sanatorium Kilchberg durchgeführt.

Ort und Datum der Veranstaltung: Berner Fachhochschule, Schwarztorstrasse 48, Bern.
Freitag, 19. April 2013, 09.00 bis 17.00

Kosten: 280.- (Angestellte des Sanatoriums Kilchberg oder der BFH, aktive Studierende und Weiterbildungsstudierende der BFH, Service-Users: 100.--)

Anmeldung: Zur Anmeldung geben Sie unter www.gesundheit.bfh.ch im Suchfeld den Code « T-PSY-1 » ein – Sie finden da ein Online-Anmeldeformular. Anmeldeschluss ist am 28.03.2013.

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Unsere Seminarräume befinden sich an der Schwarztorstrasse 48 in Bern