

Demystifying Addiction through Personal Stories – An Online Educational Resource

Reflective Questionnaire

Theme Questions:

1. Personal

Individual Stories: Reflect on the individual and very personal nature of people's experiences of addiction and how it develops. To what extent are these similar or different to your own experiences or perceptions?

Personal Recovery: Reflect on the personal challenges involved in making a major lifestyle change. What sorts of things help or support you when you're making a change?

2. Recovery

What Does Recovery Mean? Look for adjectives and descriptive phrases used by people when talking about the meaning of recovery. Does this differ from the medical model of recovery?

What Works: Identify one key principle of recovery that each person refers to.

What Doesn't Work: Identify one key barrier to recovery in each of the scenarios described.

3. Health Professionals

Advice/What Helps: Identify one thing that can be learnt from the patient perspective to help improve clinical practice.

What Doesn't Help: Identify one thing that can be learnt from the patient perspective to help improve clinical practice.

4. Trauma*

Types of Trauma: Think about the possible relationship between people's traumatic experiences and subsequent addiction.

What Helps: Think about the services that are available in your area to help people in their recovery from trauma.

What Doesn't Help: Think about what resources you are able to offer to help people in their recovery from trauma.

5. Mental Illness

Coexisting Problems: Reflect on the individual and very personal nature of people's experiences of mental illness. To what extent do these challenge your own perceptions of mental illness?

What Helps: Identify one thing that can be learnt from the patient perspective to help improve clinical practice.

What Doesn't Help: Identify one thing that can be learnt from the patient perspective to help improve clinical practice.

*For a detailed explanation of how unresolved trauma results in predictable mental health problems and how it can be effectively treated, refer to Judith Herman's 1992 book "Trauma and Recovery: The aftermath of violence – from domestic abuse to political terror".