



Creating synergies between mental health professionals and the mental health first person movement: experiences from training and sensitization

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Objective

Mental health professionals interested in improving their collaborative treatment, empowerment and recovery skills.

Methods

In this presentation, we will intend to perform a taster of some of the sensitisation and continuing training techniques that we have been using with professionals in Barcelona and other Spanish cities. We will also discuss issues related to the role of values in mental health practice as well as stigma, empowerment, recovery, contextualisation, social justice, citizenship and human rights.

Additionally, we will also present data of the evaluation of these activities including the validation of a scale designed to measure the impact of our activities in mental health residents and practitioners using pre-post measurements.

Results / Discussion

Despite all the improvements made since the process of deinstitutionalisation took place, and the growing presence of family and the so-called first person associations (also known as (ex-) users or survivors' organisations), the perception of stigmatisation and the presence of paternalistic practices carried by mental health professionals still remains a pending issue.

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