

Pavel Nepustil. Supporting the journey of discovery.

This working group will be focused on a process of recovery, more specifically recovery from addiction but it will not exclude recovery from other mental health problems. Pavel will briefly introduce research he did on natural recovery and its implications. The relational view of recovery will be offered to participants for further work. When someone's life is stabilized around particular problematic habits and patterns, we can talk about relational flow (Gergen) or sense of belonging (Shotter) that involves people, things, places, activities, etc. In this sense, "recovery" means that the person does a transition into a different set of patterns and habits that are not problematic and where different relational flow and sense of belonging occur. Since this is clearly a journey of finding something new rather than going back, the process is more precisely captured by the term "discovery" than "recovery". Our role, as of practitioners and/or humans, may differ in the whole process. We can 1) help interrupt the problematic relational flow, 2) co-create the transitional pathway towards new sense of belonging, or 3) participate in developing a new sense of belonging. The first question for the working group is: "How can we as dialogical practitioners make the best use of our role to support the discovery journey of our clients?" The next questions will be collaboratively prepared with the group.