**Background:** 

SEVERE MENTAL
ILLNESS &
IDENTITY

Large impact on life, future and health.

Common: disruptive experiences, a sense of loss & changed self-views. Majority uses elements
from a specific
therapy/therapeutic
tradition. Most prominently
related to: CGT & ACT.

Some examples of elements related

to narrative identity.

Schematic life story

(flip over/holistic

theory

**Results:** 

THERAPEUTIC EXERCISES
TO TARGET IDENTITY

Lifeline (ACT or

narrative exposure

therapy)

Narrative approaches in

Dutch context:

'Searching for meaning'

'The stories we live by'

Rehistorisation

LIPELINE

(PRESE

Which identity-related topics do practitioners discuss with people with people with a SMI? Do they use specific tools, methods or approaches?

#### **SURVEY METHOD AND PARTICIPANTS**

- Exploratory survey
- Qualitative content analysis
- Descriptive
- N = 165 practitioners:
  - Psychologist/psychiatrist (20%)
  - Spiritual caregiver (18%)
  - Experience expert (19%)
  - Other, e.g. nurses (43%)

# CARE ABOUT

## IDENITY:

## IDENTITY-BASED CARE PRACTICES FOR PEOPLE WITH A SEVERE MENTAL ILLNESS

A survey study exploring approaches by

spiritual caregivers, therapists,

experience experts, nurses and other practitioners

Elske Kronemeijer, Marieke Pijnenborg, Hanneke Muthert, Ellie van Setten & Lisette van der Meer,

Contact: u.e.kronemeijer@rug.nl

#### **Quantitative** results

"On a scale from never (0) to always (100), how often do you discuss topic x with people with a SMI?"

university of groningen





Activities,

### Qualitative results

(BIRTH)

"Name three identity related topics you often discuss with people with a SMI"

Social context, position in world, family roles

daily life

Strengths,

what is going

well?

Self-concept, empowerment, stigma.

Past (e.g. experiences, youth)

And many other topics...

Meaning, existential struggle, values

Hopeful future, goal-setting, dreams

ACTIVITIES
(ENJOYABLE,
IMPORTANT OR
MEANINGFUL)

**POSITIVE AND** 

**NEGATIVE** 

CHARATERISTICS



HOBBIES OR INTERESTS FROM THE PAST

Topics with a mean score > 80

CHOICE, AGENCY, RESPONSIBILITY, DOING THINGS

LIFE STORY

IMPORTANT SOCIAL

CONTACTS

Practitioners report that they often discuss identity-related topics.

## Large variety of topics mentioned: Will you think along?

Write down your own thoughts & sign up for study participation!