

Rehabilitation at Home...Life Coaching creates Motivation

Presenting Author: Beth S. Albanese, MA Certified Recreation Therapist (CTRS),
Certified Rehabilitation Practitioner (CPRP) Owner House Calls, Sole Proprietor (LLC)
Part/Time Professor at Montgomery College, Takoma Park Maryland (USA)

Email: callingonbeth@verizon.net

Telephone: 301-346-6732 (work) 301-774-5043 (home)

Fax: 301-774-9711

Website: www.callingonbeth.net

2009 Presentation at the World Congress on Mental Health, Athens Greece

House Calls, LLC is a client-centered individualized at home support system. The rehabilitation plan is designed to include clients perceptions, needs, interests to create motivation and hopefulness about their future. The benefits to utilizing a coach that meets clients at their home or where THEY wish, breaks down the barrier of clients not wanting to go out and seek assistance.

The workshop will focus on three case studies with chronic mental illness. The outline will describe techniques and strategies performed to achieve positive outcomes. The presentation will describe how having a rehabilitation coach that comes to the house and/or meets the clients where they want to go (and are afraid to do so by themselves) creates the trust and rapport needed for life sustaining healing. The presentation will outline how Recreation Therapy is useful in establishing the role-modeling necessary for community integration and sustaining a healthy identity.

Many of our clients are multi-layered with anxiety and depression making the community rehabilitation plan harder to tackle. The side effects of medications used to stabilize these individuals becomes a challenge in rehabilitation. Teaching our clients reframing techniques to master negative thinking and helplessness allows the client to view their world with a sense of mastery.

The presentation will describe the interdisciplinary approach where the Rehabilitation Life Coach, psychologist, psychiatrist work together formulating goals and objectives that are carried out starting with support needed at home.