

Psychiatrie patients and recovery: individual and collective resources.

Nowadays, in the French-speaking part of Switzerland, the concept of recovery is central in mental health policy. The specificity of this concept is to be person-centred. It is defined as a process of building a "new self" after the destruction of the "old self" by psychiatric illness. However, a reinsertion in society also necessitates some collective resources.

My thesis will focus on how individual and collective resources work together in the psychiatric patients' career. To answer this question, I will use three methods of data collection. The first method is a documents review, with two different corpus. The first one will gather documents about recovery (association's leaflets, charters, websites, swiss scientific articles). The second one will gather scientific articles written by French-speaking Swiss authors about the larger concept of reinsertion since 1970s. With the first corpus, I will try to show how the concept of recovery is constructed, what it is made of, what possibilities it opens. With the second corpus, I will demonstrate how the conception of reinsertion has evolved since the deinstitutionalisation to arrive to the actual concept of recovery.

The second method consists in a two-year ethnography in a psychiatric unit of rehabilitation. In this unit, the psychiatric team say they work towards the patient's recovery, but they also focus on group and community treatment. They consider that these two approaches are complementary. I will therefore question the way in which psychiatric illness, recovery, reinsertion but also responsibility and autonomy are dealt with in the psychiatric unit's everyday life.

Finally, semi-structured interviews will be conducted with ex-patients of the psychiatric unit. The purpose of these interviews is to study the process of reinsertion from the patient's point of view and, more precisely, to identify which groups (family, friends, other patients, etc.) the patient affiliates with, and how these affiliations evolve - or not - during the reinsertion process.

PhD student

Audrey Linder, HESAV et Université de
Lausanne

Co-director of thesis

Prof. Laurence Kaufmann
Lecturer Benoît Eyraud

Faculty /institute

Faculty of Social and Political Sciences,
University of Lausanne.
Faculty of Sociology and Anthropology,
University of Lyon 2.