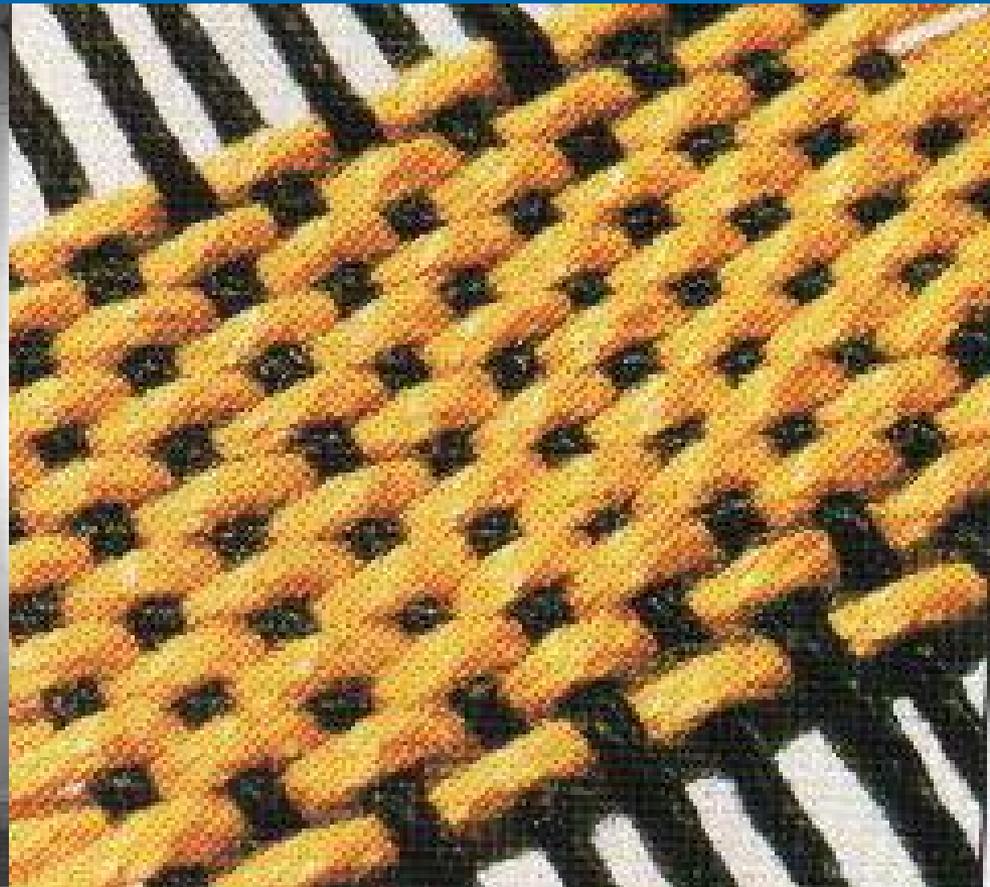


# *The Experience of Doing in Recovery from Mental Illness*

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# Study Background

- Phenomenological Study
- 13 Participants shared stories of their recovery from SMI
- Analysis focused on revealing the covered over aspects of the recovery experience
- Analysis informed by Philosophy of Martin Heidegger
  - Our primary way of Being-in-the-world is through practical involvement
  - Doing creates the interface between one's self and the world
  - Doing provides a form of 'sight' or understanding, shapes our world by structuring our experience of time and space, allows us to create meaning in our lives

# 5 Modes of Doing and Being



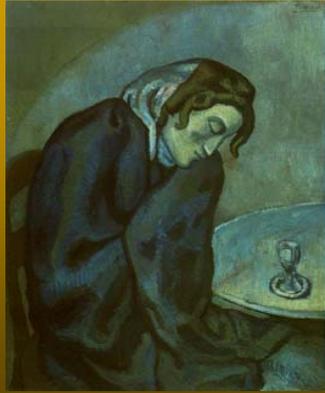
## Undoing

- time & space rupture
- body is unavailable
- others recede



## Non-doing

- time & space is insular & infinite
- body is separate & senseless
- others threatening or a distant support



## Half-doing

- creating movement in time/space
- body reconnects through doing
- others can provide structure & hope



## Engaged-doing

- direction & synchronicity with others
- understanding through responsive doing
- reconnecting with the public world



## Absorbed-doing

- time & space flows and unfolds
- body is fully available & disappears
- doing for and with others

# Key Points

- One's being-in-the-world can be uncovered, recovered and discovered through different modes of doing
- As one's patterns of doing are re-fabricated new meaning and possibilities of being are opened up
- Interventions are only effective to the extent that they open up possibilities of doing
- Being-with is central to the opening up of doing and being-in-the-world
- Time and space can be structured to enhance doing