

## **Workshop 3**

**“Empowering Children and their  
parents. What is needed?”**

**The level of**

**PRACTITIONERS**

**Vilnius, 27 November 200**

# Empowerment

Gaining a sense of mastery and control over one's own environment and self

(Corrigan, 2009)

# A “*working definition*” ...

(Chamberlin, 2009)

1. Having decision-making power.
2. Having access to information and resources.
3. Having a range of options from which to make choices (not just yes/no, either/or.)
4. Assertiveness.
5. A feeling that the individual can make a difference (being hopeful)

# A “*working definition*” ...

(Chamberlin, 2009)

- 6 Learning to think critically; learning the conditioning; seeing things differently; e.g.,:
  - a. Learning to redefine who we are (speaking in our own voice).
  - b. Learning to redefine what we can do.
  - c. Learning to redefine our relationships to institutionalized power.

# A “*working definition*”...

(Chamberlin, 2009)

- 7 Learning about and expressing anger.
- 8 Not feeling alone; feeling part of a group.
- 9 Understanding that people have rights.
- 10 Effecting change in one's life and one's community.
- 11 Learning skills (e.g., communication) that the individual defines as important.

# A “*working definition*” ...

(Chamberlin, 2009)

12. Changing others' perceptions of one's competency and capacity to act.

13. Coming out of the closet.

14. Growth and change that is never ending and self-initiated.

15. Increasing one's positive self-image and overcoming stigma.

# I (practitioner) can support children and their parents by...

- Listening to people and respecting their choices
- Helping people find their voice and encouraging involvement in advocacy activities
- Involving people in all aspects of service planning, development, and implementation
- Understanding and teaching people about how they are protected by (mental health )laws

I (practitioner) can support children and their parents by...

- Referring people to appropriate oversight bodies (protection & advocacy, guardianship, legal rights..) as warranted

# Bibliography

- Davidson L., Tondora J., Staehleli Lawless M., , O'connell M. J., Rowe M. **“A Practical Guide to Recovery-oriented Practice. Tools for transforming mental Health Care”**, Oxford University Press, New York, 2009
- Chamberlin J., **“A Working Definition of Empowerment”**, [http://www.power2u.org/articles/empower/working\\_def.html](http://www.power2u.org/articles/empower/working_def.html)
- Corrigan P.W., Mueser K.T., Bond G.R. **“Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach”**, Guilford Publications, 2009