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Presentation:

Relief Strategies – short-term gain, yet failing our mental health system

Abstract:

I have been working in the field of behaviour and mental health since 2002 and in this time have observed some concerning statistics, impacting on the profession and our clients as a whole.

The mental health industry is wide and diverse, and we have more qualified professionals than ever before. We have more money going into research, a wider range of pharmacological treatments, greater specialisation and increased accreditation standards for mental health professionals than at any time in history. Yet, when you observe the statistics, an obvious increase in mental health issues is being recorded in comparison to the decline that one would expect with all these additional resources.

My observations have led me to identify that it is common practice to offer 'relief and solution-based treatment'. It is these commonly accepted treatments that are relieving people from the symptoms they are experiencing in their body, yet not addressing the root cause of why those symptoms are being experienced in the first place.

This presentation will offer the difference between 'relief' based strategies in comparison to 'self mastery'.

Relief is short-term whereas self mastery is life-long. Relief strategies will only ever offer relief.

Relief strategies are simply forms of treatment that offer a person a relief from feeling the symptoms in their body they would prefer not to be feeling. Relief strategies come in many forms and are commonly accepted and often considered evidence-based and best practice in our mental health profession, as the measures are based on the short-term results.

Relief strategies serve a purpose, absolutely, but we must remember that at best they only offer short-term results for any person. The harm comes when the short-term results are clocked as success and treatment is ended there – this is where we, as part of the mental health industry, are failing.

Self mastery over life, on the other hand, is life long ...

***It is through self responsibility that self mastery of life will occur
– this means life-long change for us all.***



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