

Summary of Partnership in Coping (PinC) system of Recovery.

The PinC system of recovery is based on the principles of the [Recovery Alliance Theory \(RAT\)](#).

It moves away from 'one size fits all' approach of the traditional mental health approach and embraces a humanistic individualised approach.

Partnership

The partnership is the relationship between the person experiencing mental health concerns and the mental health worker in a working alliance, to achieve a common goal. It uses means of working agreed upon by the client and mental health worker based on the presence of the three core conditions of unconditional positive regard, genuineness and empathy (Rogers 1957). These conditions promote the development of close working relationships.

Coping

Coping is understood in terms of the person approaching the concern by:

- 'thinking through' the concern (cognitive approach) and/or
- 'acting through' the concern (behavioural approach) e.g., taking medication, avoiding trigger factors.

Alternatively coping strategies may involve avoiding having to deal directly with the concern. These avoidance strategies are;

- cognitive avoidance (becoming resigned to the problem) and
- behavioural avoidance (acting out or using distractions) e.g. exercise, relaxation, meditation, using humour, and religion).

Both the approach and avoidance strategies may be helpful in coping depending on circumstances encountered and the resources available to the person.

Mental Health Concerns

Mental health concerns are seen as a difficulty experienced in coping with a psychological disturbance that disrupts the person's usual their way of thinking, feeling and behaving.

Role of the Mental Health Worker

- Ensuring the person has primary responsibility for his/her own wellbeing.
- Focusing on the concerns identified by the person.
- Helping the person to use his/her existing skills in coping and where appropriate to help the person develop new coping skills.
- Helping the person to draw on his/her existing skills and resources (personal, social and environmental).

The role **IS NOT** about using any system of classification of the person's behaviour, cognitive and emotional processes into predetermined categories as is carried out in medicine (e.g. ICD 10).