

FAQs:

Q1. What do you understand by the term rehabilitation?

Ans. Rehabilitation is the action of restoring someone to health or normal life through training and therapy after imprisonment, addiction or illness; it may also refer to the action of restoring an individual to former privileges or reputation after a period of disfavor; it is also the act of restoring something or someone that has been damaged to its former condition.

Q2. Put some light on the work of the WHO in making rehabilitation accessible to the marginalized population.

Ans. Over the past decade, the WHO (World Health Organization) has been promoting community based rehabilitation as a way to increase access to rehabilitation and also in promoting equalization of the opportunities for the social integration of the disabled persons into the community and the society.

Q3. Explain psychological rehabilitation.

Ans. Psychological rehabilitation also known as psychiatric rehabilitation and sometimes as psych rehabilitation, is the process of restoration of community functioning and well-being of an individual diagnosed in mental health or mental or emotional disorder and who may be considered to have psychological disability.

Q4. Who undertakes psychological rehabilitation work?

Ans. Psychological rehabilitation work is basically undertaken by rehabilitation counselors (especially the individuals educated in psychiatric rehabilitation), licensed professional counselors (who work in the mental health field), psych rehab consultants or specialists (in private businesses), university level Masters and PhD levels, classes of related disciplines in mental health (which may include psychiatrists, social workers, psychologists, occupational therapists) and community support or allied health workers represented in the new direct support professional workforce in the respective community, state or country.

Q5. Give the definition of psychological rehabilitation as provided by the Psychiatric Rehabilitation Association.

Ans. The Psychiatric Rehabilitation Association provides this definition of psychiatric or psychological rehabilitation:

“Psychiatric rehabilitation promotes recovery, full community integration and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to lead meaningful lives. Psychiatric rehabilitation services are collaborative, person-directed and individualized. These services are an essential element of the health care and human services spectrum and should be evidence-based. They focus on helping individuals develop skills and access resources needed to increase their capacity to be successful and satisfied in the living, working, learning and social environments of their choice.”

Q6. What are the stages of adjustment?

Ans. The adjustment process involves four stages or parts:

1. A need or motive in the form of a strong persistent stimulus
2. The thwarting or nonfulfillment of this need
3. Varied activity, or exploratory behaviour accompanied by problem solving and
4. Some response that removes or at least reduces the initiating stimulus and completes the adjustment.

Q7. How does compensation help in adjustment?

Ans. When an individual is not performing well in one aspect or sphere of life he or she performs good at some other aspects this method is known as adjustment through compensation. Say for example a child who is not good at academics may devote his efforts in sports activities such that he or she becomes an eminent player.

Q8. Explain the function of the psychological rehabilitation professional?

Ans. The psychological rehabilitation professionals or workers seek to affect changes in a person's environment and in a person's ability to deal with his

or her environment, so as to facilitate improvement in the symptoms or personal distress and life outcomes.

Q9. What are the services being offered by the professionals of psychological rehabilitation to its clients to assist in the environmental development?

Ans. The services offered by the professionals of psychological rehabilitation often combine pharmacologic treatment (often required for program admission), independent living and social skills training, psychological support to clients and their families, housing, vocational rehabilitation and employment, social support and network enhancement and access to leisure activities.

Q10. What do you understand by the term personality development?

Ans. Personality development is the relatively enduring pattern of thoughts, feelings and behaviours that distinguish individuals from one another. It can also be understood as becoming a better version of you.