

Worksheet 1.6: Working with a joint understanding – basic facts and recovery

The five most common questions about any illness are:

1. What are the symptoms?
2. What are the causes?
3. What is the expected time course?
4. What are the consequences (a) for the sufferer, (b) for close others?
5. How controllable/ treatable is the illness?

Discuss these questions as a group and write down your findings.

Useful online resources

- a) Recovery story: to illustrate good enough vs perfect recovery steps by Elise Pacquette who had 12 years illness and seven admissions for AN, and has illustrated books and runs a course entitled 'Failure is beginning of success' – www.youtube.com/watch?v=zktDLR-Glyk
- b) Tabitha Farrar Series of Recovery Podcasts at <http://tabithafarrar.com/> and <http://tabithafarrar.com/podcast/professor-janet-treasure-maudsley-adults-eating-disorders-community/>
- c) University of Bournemouth
 - Mother and daughter talk about recovery at www.youtube.com/watch?v=3Qb6OOjODm8
 - Various tales of recovery at www.youtube.com/watch?v=RO2bwklizWM