



MENTOR TASK 5.3

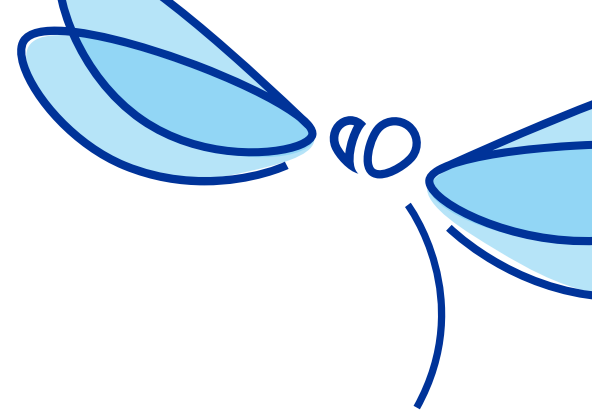
Workshop: Empowerment



Co-funded by
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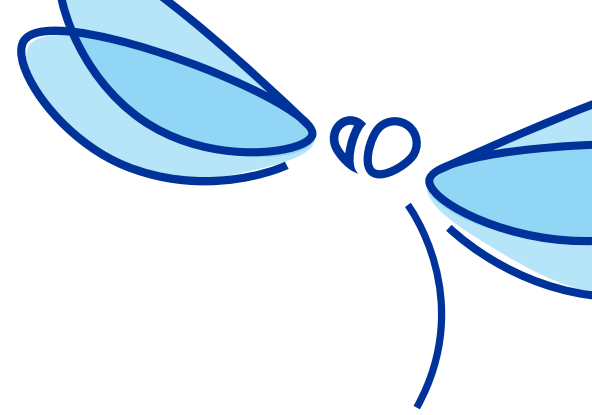
Topics for today

- The concept of empowerment
- Learned Helplessness
- Stigmatization
- Processes of losing and regaining control over one's life
- What has been discouraging, what strengthening?
- The experience of getting a diagnosis?
- How can I use this knowledge to support others?
- How can I use this knowledge to make statements about a m.h. organization or a care system?

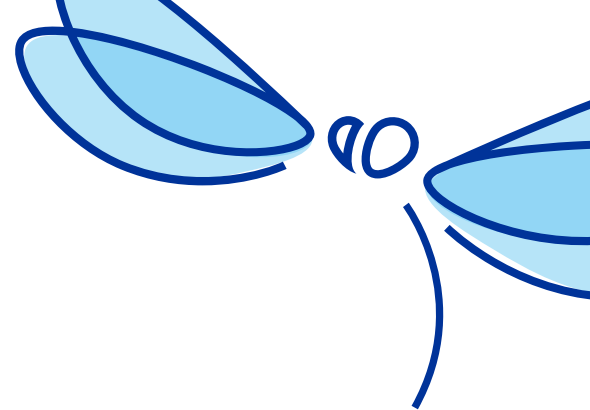


Empowerment

- What is Empowerment?
- What prevents Empowerment?
 - Learned helplessness
 - Stigmatization



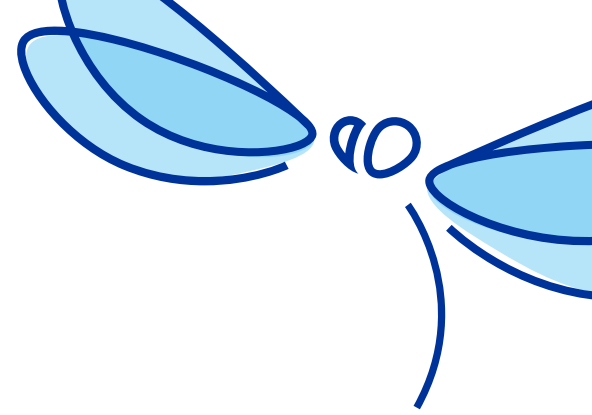
Definition



- Enablement, Possibility of Participation, Authorization, Gain of Power, Activation
- Empowerment stands for "a process in which those affected take their lives into their own hands, become aware of their own abilities, develop their own strengths and use social resources. The guiding perspective is the self-determined management and shaping of one's own life."

Levels of Empowerment

- Inner power / individual
 - Personal understanding, recognition of potentials for change activating the feeling of "being-in-the-world", taking life into one's own hands
- Power together with / group-related
 - awareness of not being the only one affected, networks exchange of experiences, common strategies, joint action
- Power together with / group-related
 - Power in higher-level relationships / structural
 - What influence does it have on conventional politics, institutional power and structural conditions?

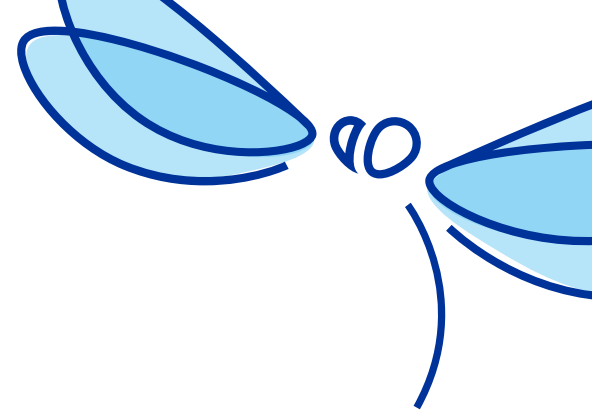


Turning point / phase

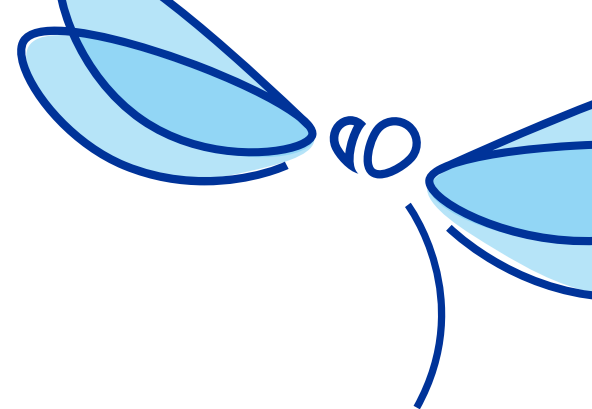
- Taking back the drivers seat
- Taking responsibility

Key elements? What made it possible?

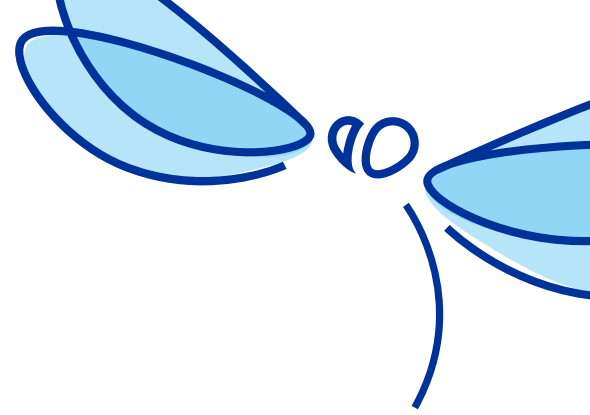
- 5 minutes alone
- 20 minutes in groups of 4
- presentation in the big group



Break

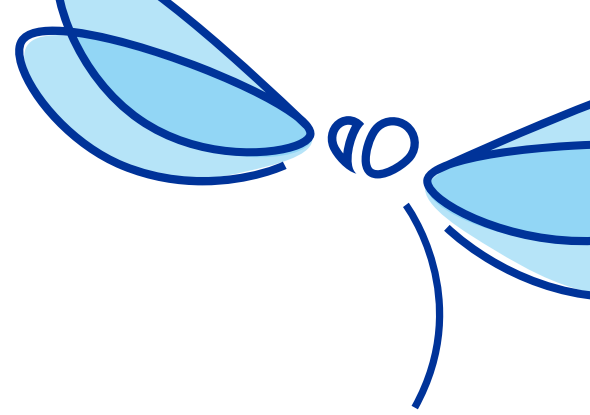


Learned Helplessness



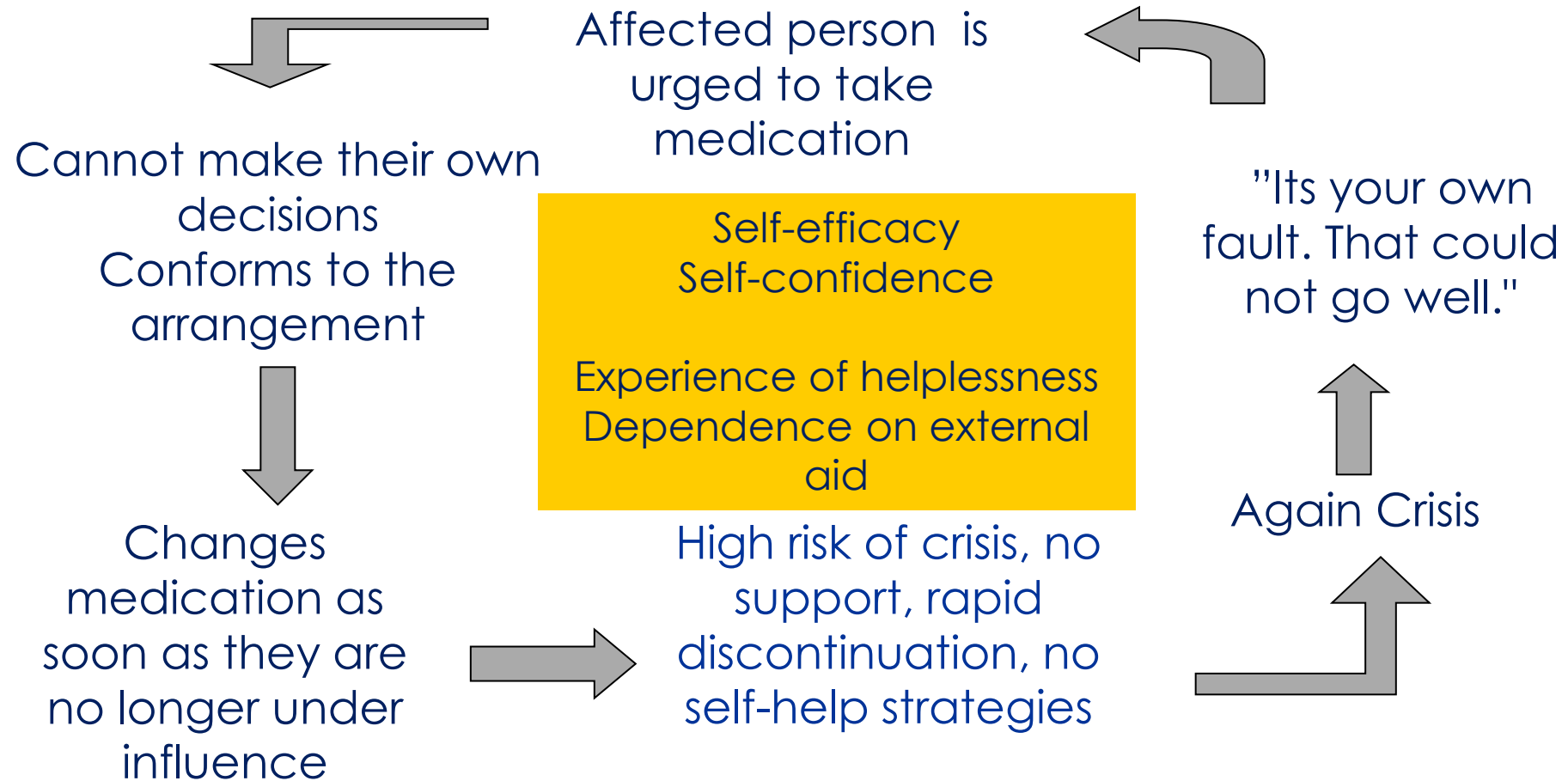
- State of negative expectation of not being able to solve problems
- Events cannot be controlled
- Feeling/experience of not having decision-making power

Effects on the levels

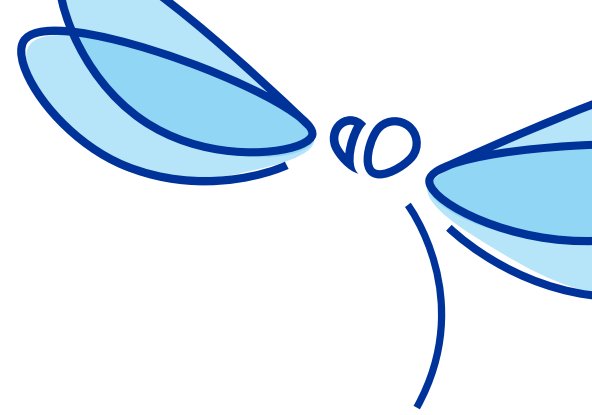


- **Motivation:** Reduced willingness to perform, expectation that active action has no influence on the outcome of action Self-worth: negative self-image
- **Emotion:** hopelessness, sadness, fear, because one's own actions seem inconclusive, feeling of being at the mercy of others
- **Cognition:** Effect on later learning processes that there is no connection between behavior and action results

Vicious circle of "commandment instead of offer"



Stigma



- Which prejudices / stigmata about psychiatric illnesses do you know?

Stigma

- **Public stigma:** negative attitudes and behaviours that society directs towards people with MH conditions
- **Self-stigma:** internalized beliefs → diminished self-esteem; reduced willingness to seek help; „why try“
- **Structural stigma:** policies and institutional practices that restrict the opportunities of stigmatized individuals
- consequences: concealment, „second disease“

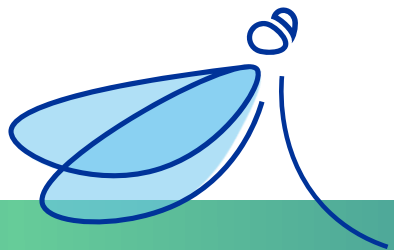
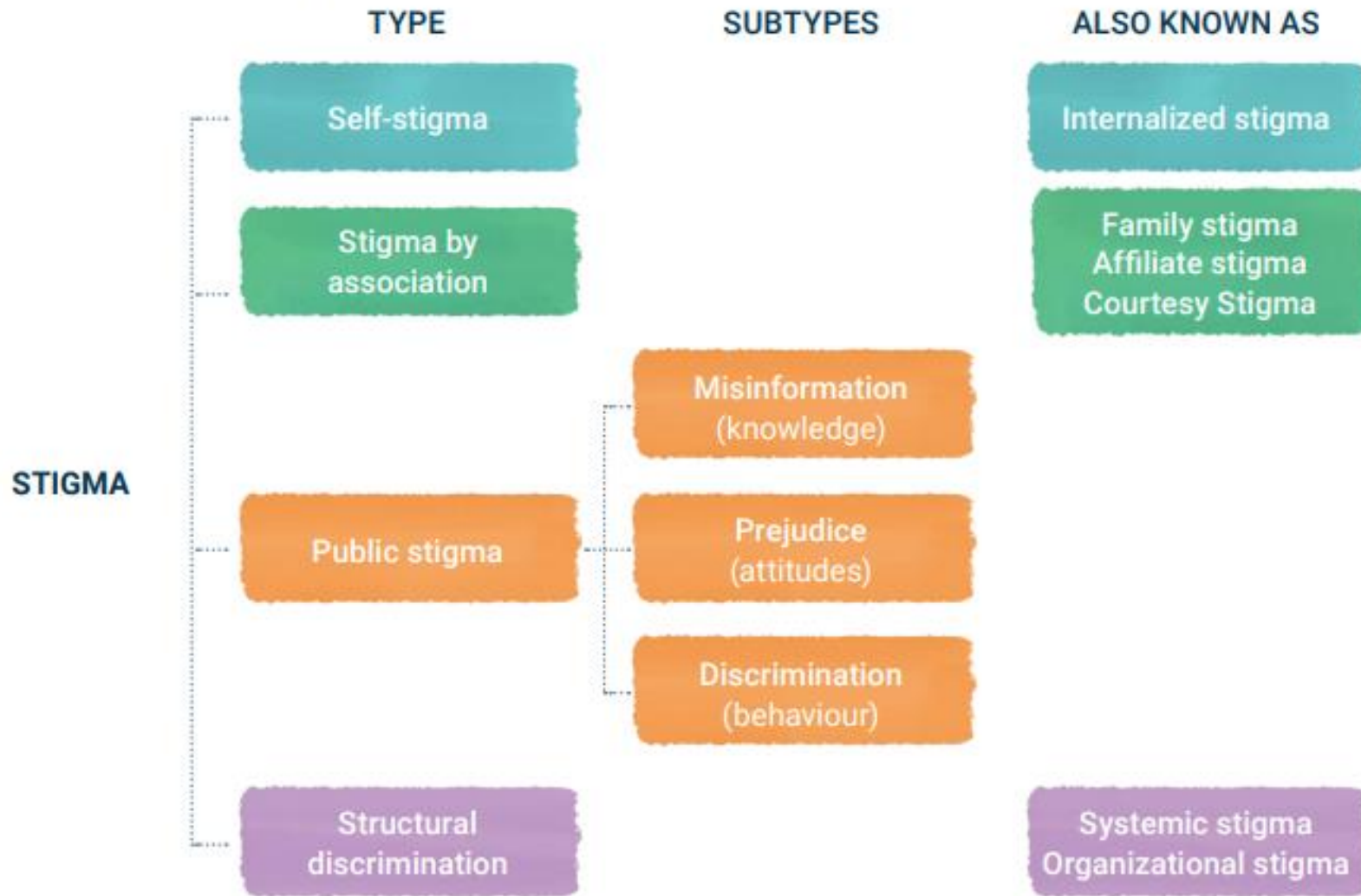
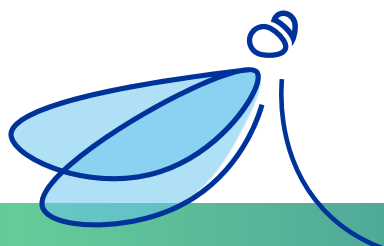


Figure 1. Types of stigma and discrimination



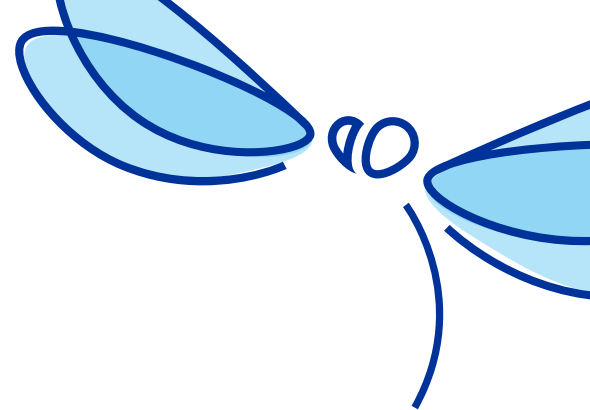
Source: adapted with permission from Thornicroft et al. (1).

Source: WHO (2024)

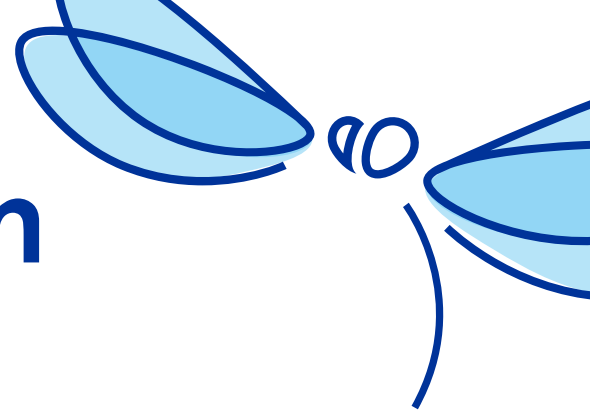


Stigma

- How does that influence you?



Strategies against stigmatization



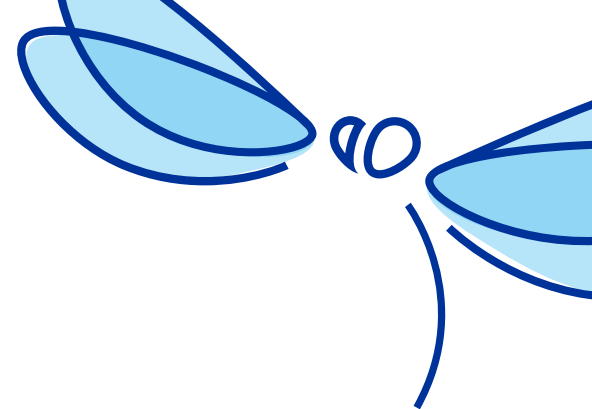
- Protest
- Contact (discussion / education, e.g. at schools)
- Education (books, CD, EX-IN)
- Self-help (networking, informing oneself, discussion, joint questioning of attributions)

Empowerment

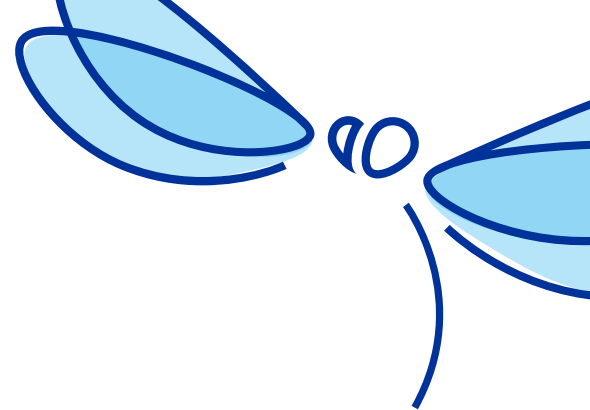
- Have a spectrum of choices – not just "yes or no" and either/or
- To get the feeling of being able to change or move something yourself – hope
- to be able to influence one's own life / situation
- Be able to speak with your own voice
- To be able to redefine one's own possibilities and the relationship to institutionalized power
- Learning anger + expressing it without being presented as "decompensation"
- Learn new skills and recognize them as important
- To be able to develop a positive self-image and overcome stigmas
- The right to make mistakes
- Belief in change



Break



Discussion



- How can I use this knowledge to support others?
- How can I use this knowledge to make statements about a m.h. organization or a care system?