



The Power of Personal Medicine in Recovery

Patricia E. Deegan, PhD

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pat@patdeegan.com



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For some, recovery means
having a job, a paycheck and a
date on a Friday night.

A photograph of a window with a grid of four panes. The window looks out onto a calm body of water. In the foreground, there is a dark, textured wall with vertical streaks of light, possibly from the window or a fire. The overall atmosphere is contemplative and peaceful.

Recovery does not
happen through
some secret fortitude
of the heart.

Recovery happens
for ordinary people
like me and you who,
upon awakening,
swing our feet over
the edge of the bed,
stand up and face
the day.

Pat Deegan



Prognosis of Doom



I am a person,
not an illness

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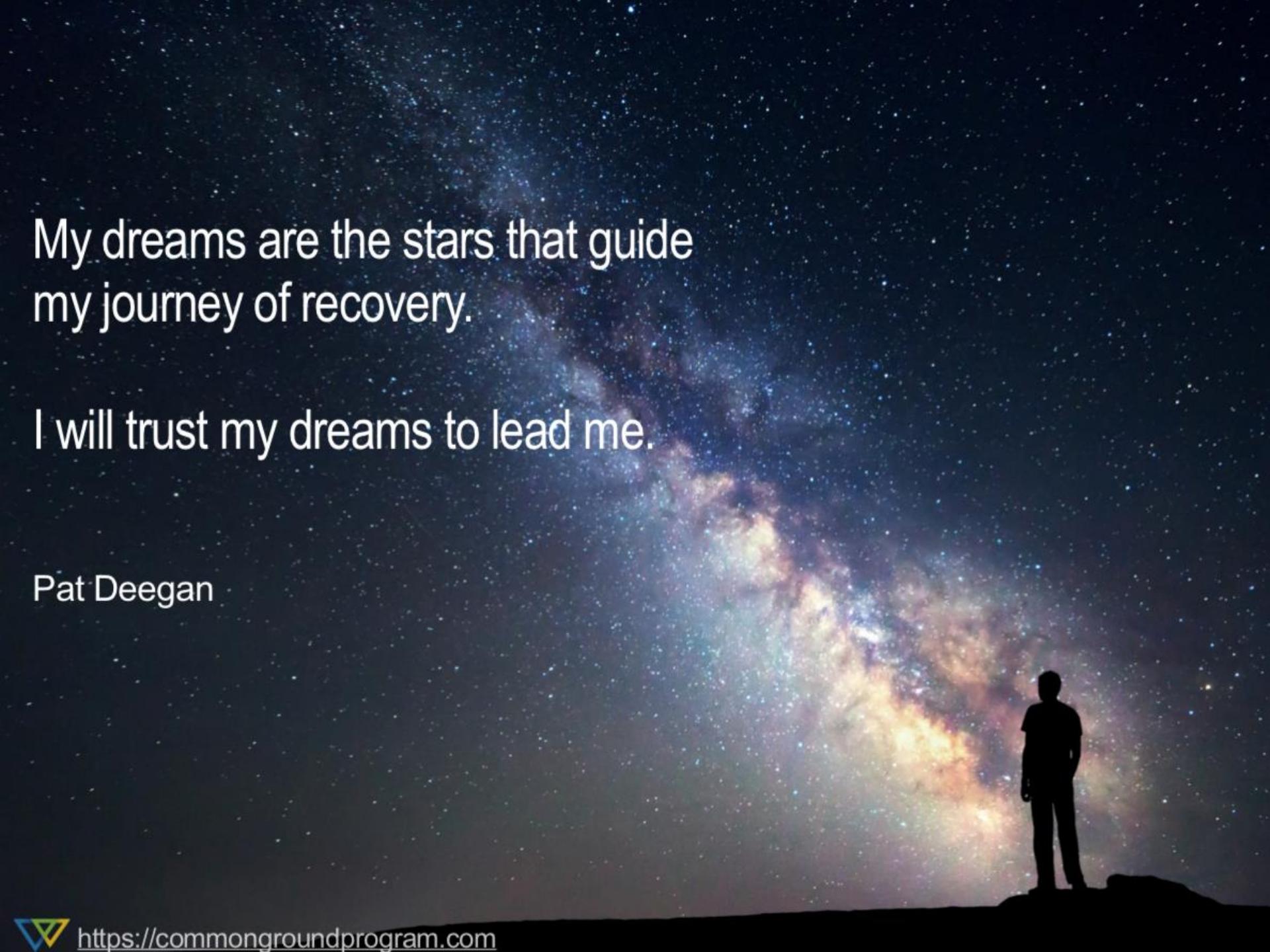




The Coke and Smoke Syndrome



The despair was more disabling than the psychosis



My dreams are the stars that guide
my journey of recovery.

I will trust my dreams to lead me.

Pat Deegan

My first steps in recovery

Patricia, would
you like to go food
shopping?



I will live my life, not my diagnosis.

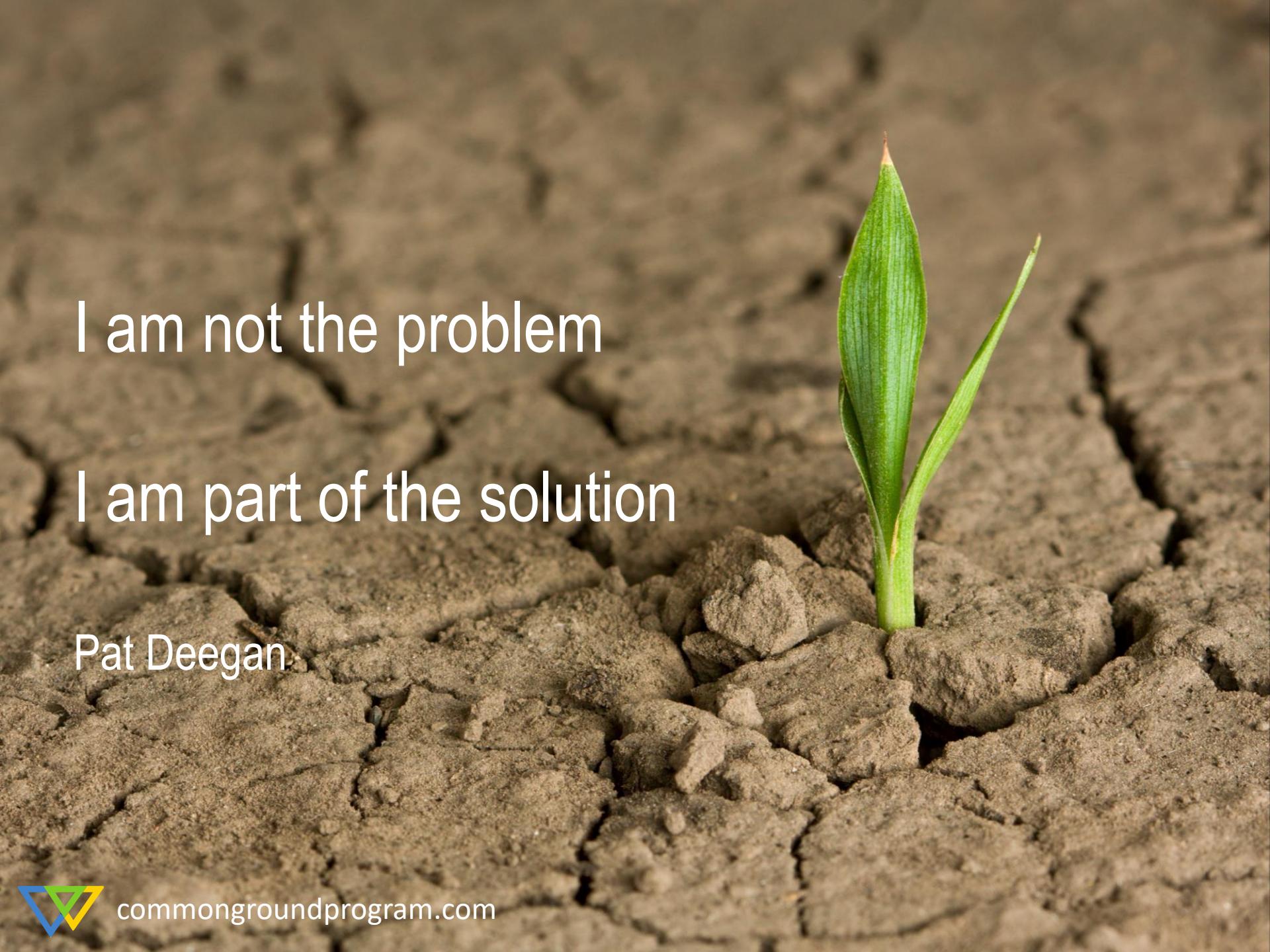
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<https://commongroundprogram.com>

Stumbling
into
self-care



A close-up photograph of a small green plant with two leaves growing out of a patch of dry, brown, cracked soil. The background is blurred.

I am not the problem

I am part of the solution

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commongroundprogram.com

Joe

“I think there’s a lot of other things that’s medication that’s maybe not considered medication. There’s things that you can do that does change what your body does and it may not be medicine. I still think one of the best mood stabilizers there is in life, maybe not for everyone, but for me, is math.”



$\psi_1 = \psi_0 n \mu 2\pi \left(\frac{t}{T} - \frac{d_1}{\lambda} \right)$
 $\psi_2 = \psi_0 n \mu 2\pi \left(\frac{t}{T} - \frac{d_2}{\lambda} \right)$
 $\psi = \psi_1 + \psi_2 = \psi_0 n \mu 2\pi \left(\frac{t}{T} - \frac{d_1}{\lambda} \right) + \psi_0 n \mu 2\pi \left(\frac{t}{T} - \frac{d_2}{\lambda} \right)$
 $= \psi_0 \left[n \mu 2\pi \left(\frac{t}{T} - \frac{d_1}{\lambda} \right) + n \mu 2\pi \left(\frac{t}{T} - \frac{d_2}{\lambda} \right) \right]$
 $= \psi_0 \left[n \mu \left(\frac{2\pi t}{T} - \frac{2\pi d_1}{\lambda} \right) + n \mu \left(\frac{2\pi t}{T} - \frac{2\pi d_2}{\lambda} \right) \right]$
 $= \psi_0 \cdot 2 n \mu \frac{\frac{2\pi t}{T} - \frac{2\pi d_1}{\lambda} + \frac{2\pi t}{T} - \frac{2\pi d_2}{\lambda}}{2}$
~~now~~ $\frac{2\pi t}{T} - \frac{2\pi d_1}{\lambda} - \frac{2\pi t}{T} + \frac{2\pi d_2}{\lambda}$
 $2\psi_0 n \mu \frac{\frac{4\pi t}{T} - 4\pi(d_2 - d_1)}{2}$

$$T = 0,2 \text{ sec}$$

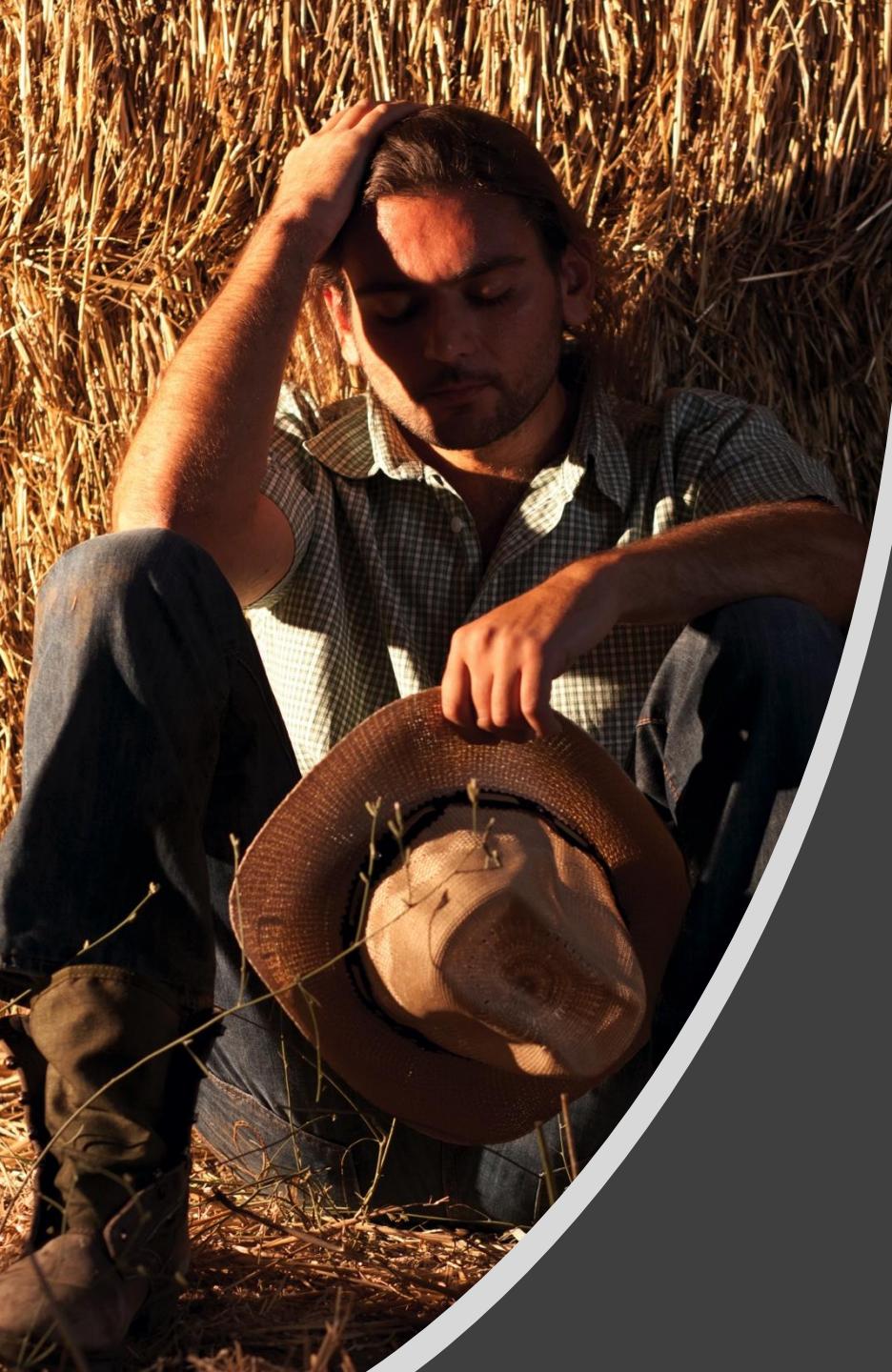
$$\sqrt{\frac{1}{T} - \frac{1}{0,2}} = 5$$

$$\psi_0 = 1 \text{ cm}$$

$$c = 40 \text{ cm/sec}$$

$$\lambda = \frac{c}{v} = \frac{40}{5} = 8$$

Math: A Mood Stabilizer



There was a
healer within
Joe



We are resilient



Love can change
our biochemistry

Personal Medicine

The things we do
that put a smile on
our face and bring
joy and meaning to
our life





Personal Medicine
is also the smaller
things we do that
help us get well
and stay well

Analysis of 2,500 Personal Medicines

- CATEGORIES

- Family/friends
- Music, TV, movies
- Physical activity/exercise
- Religion & faith
- Personal philosophy
- Hobbies & games
- Reading
- Relaxation, meditation, rest

- EXAMPLES

- Cooking for my mom helps me feel needed
- Reading my Bible calms me down
- Fishing on Sunday helps me forget my troubles
- Playing hoops w/ my friends channels my anger
- Petting my cat helps my anxiety

A photograph of a man with a beard and mustache, wearing a straw hat and sunglasses, fishing from a boat. He is wearing a blue and green patterned shirt. The background shows a body of water and trees.

Research Findings

- ✓ Use of Personal Medicine increases over time
- ✓ Use of Personal Medicine increases activation in self-care
- ✓ Activation in self-care is associated with improved health outcomes



Jun

Taking care of my grandson makes me happy, and it helps my daughter go to work so she doesn't have to pay for daycare.





*I never thought
anything good could
come from me.*

*I thought I was
crazy.*

The Power of Personal Medicine

Disrupt



Transform

Medicine is a pill

What's the matter with you?

Health care is delivered

You are sick

Take your meds

Medicine can be what I do

What matters to you?

Health care is co-created

I am resilient

Find the balance between
your pill medicine and your
Personal Medicine



Stephen



I will shrink my
inner critic
down to size





I will shrink my inner critic down to size

“You can’t do math.”; “You’re a loser.” Most of us have an inner critic that fuels our negative thinking. Imagining our inner critic as a something small or silly can help.

My inner critic looks like (*sketch or paste a picture below*):



Did this Personal Medicine work for me?

Yes, I will use it again No, I will try another



Sue



I will develop
compassion for
my voices





I will develop compassion for my voices



It can be helpful to think of our voices as an early warning system trying to protect us from harm. Seen from this perspective, voices may be trying to help us. Using our compassionate self, we can thank them for the warning and tell them we will stay safe as we go about our day.

My voices warn me:

(example: Neighbors are talking trash about me)

- You're radioactive
- Keep your eyes down
- They are laughing at you
- You suck
- I'm on it. You can rest now
- I will definitely be careful
- Thanks. I'll put ear buds in
- I'll keep my pride in check

My compassionate response:

(example: Thank you. I'll ignore them)

Did this action step work for me?

Yes, I will use it again No, I will try another





Paco



I will avoid
food porn

fold
line



I will avoid food porn

Mouth-watering pizza ads on TV at night. Pictures of food on social media. Baking shows. Fast food billboards. These types of “food porn” can trigger food cravings. Avoiding food porn is a great way to get control over cravings.

Where do I get my food porn? (example: Pinterest)

I watch all the baking shows and I swear, my
my mouth starts watering after 2 minutes. The
cravings get really bad.

My plan to avoid food porn: (example: I'll unfollow recipe boards on Pinterest)

I've been wanting to watch that new crime show.
I'll watch at night, instead of my baking shows.

Did this action step work for me?

Yes, I will use it again No, I will try another



I will talk back to my food cravings

fold
now



I will talk back to my food cravings



Researchers have found that if we say, “I can’t eat that”, it actually makes food cravings worse. If we say, “I DON’T EAT THAT”, we gain power to dismiss the craving.

I will talk back to my food cravings when:
(example: when it’s time for coffee and donuts after church I will say “I don’t eat that.”)

fold
page

- When someone offers me sugary food, I will say, “I’m allergic to that.”
- _____
- _____
- _____

Did this action step work for me?

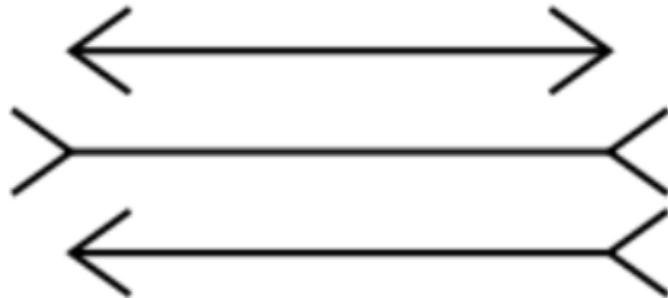
Yes, I will use it again No, I will try another



Shawn

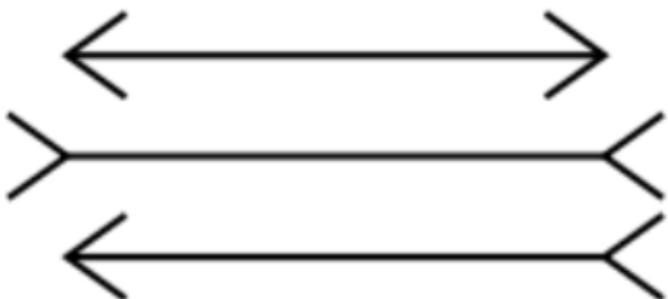


I will remember
things are not
always what they
seem to be



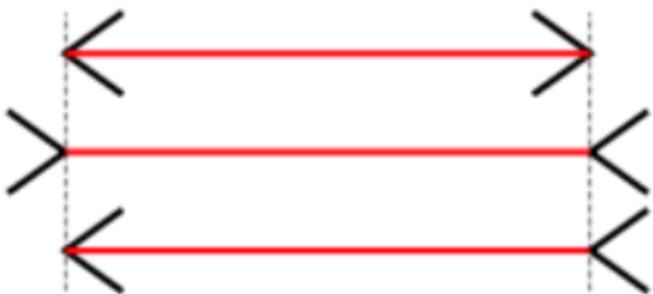


I will remember
things are not
always what they
seem to be



fold
here

No matter how many times we look at this illusion, the middle line always seems longer. But that is a false perception. All the lines are the same length. Sometimes our brain can trick us.



I will use this Card when: _____
When I am noticing patterns of yellow and black cars.
It could be random. The patterns might not be what they appear to be.

Did this Personal Medicine work for me?

Yes, I will use it again No, I will try another



Fantasia



I will name the
oppression that is
contributing to my
urge to self-harm





I will name the oppression that is contributing to my urge to self-harm



Racism, homophobia, poverty, sexism and other forms of oppression can lead to deep feelings of shame and self-loathing. Harming ourselves is not the answer. Naming the oppression we experience, how it affects us and joining with others to fight it can help.

The oppression I experience and how it affects me:

I have been culture bombed with the message I am never thin enough. I'm done believing that. I'm going to fight to end the shaming of women's bodies.

Organizations or groups I will consider joining:

1. Name and contact info: Body Positive Activism Group
Women's Center, Thursdays 7pm

2. Name and contact info: _____

Did this action step work for me?

Yes, I will use it again No, I will try another

A silhouette of a person standing on a dark, textured ground, holding a small lantern or light source in their right hand. They are casting a long, sharp shadow to the left. The background is a gradient from dark to light, suggesting a horizon or a rising sun.

Our challenge is to be bold and
brave and daring enough to
remain human-hearted
while working in the
human services.

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Join our conspiracy of hope



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