

**Beyond Psychiatry**  
**understanding my own**  
**Human Experience**

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- People can and do recover they are not defined by illness or diagnosis.
- Recovery is more than becoming stable it about bettering yourself and finding meaning and purpose.



My Parents.

- Diagnosis sets you apart excludes you from all your connections. Leaving you isolated and disconnected from life.
- Losing your sense of self is a debilitating experience.
- We can only truly define ourselves through our relationship with our world.



Age 3.

Already  
hearing  
voices.

# The 80 20 Rule.

- 20% is the effects of the symptoms of your diagnosis
- 80% is the impact that effects all parts of your life. eg social connection, sense of self, financial, housing, your purpose, relationships, personal perception and that of the community.
- Its not so much the diagnosis that creates the most difficulties in life it is the falling apart of your world that is so frightening



Holiday  
in the  
Blue  
Mountain  
Australia,  
My mum  
was in  
Hospital

- Step away from labels and diagnosis they are not relevant to who we are or what we are truly capable of.
- Focus on the 80% that's were the actions can be taken to create change.
- We need to create an environment that can enhance recovery.
- We need to believe in people to give them the motivation and hope that they can create change.
- We need to create possibilities!!!!!!!





Australian Naval Cadets,  
Was a source of stability and  
routine in my life.



**Recovery is an active process!**

You cant sit on your arse and slide up a hill!

Camp At Happy Valley, creating the HARD project!



# Creating the paradigm shift.

- We need to break down barriers and stigma by talking about the taboo topics
- We need to create a safe space for people to share their experience and stories.
- We need to create the possibility of recovery for every single person.
- We need to normalise peoples experiences and responses.



Holland 2009.



# Key themes in my Recovery

- Having someone see something in me I couldn't see myself.
- Having someone bear witness to my distress and story without judgment.
- Having someone hold my hope when I couldn't hold it for myself.
- Given skills and tools to create a new perspective and a new way of thinking. Accepting my emotions in a more positive way.
- Opportunity to make new positive connections.
- Making sense of my experiences, given the space to find myself again
- Finding the Hearing Voices Network and realising mine was a completely normal human experience to life's difficulties.
- Ditching the labels.