



**Rehabilitation  
Readiness**



**Reference  
Handbook**



**DEVELOPING  
READINESS  
FOR  
REHABILITATION**

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Boston University



**Psychiatric  
Rehabilitation  
Training  
Technology**

**Rehabilitation  
Readiness**

**Reference  
Handbook**

**DEVELOPING  
READINESS  
FOR  
REHABILITATION**

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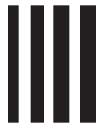
THE CENTER FOR PSYCHIATRIC REHABILITATION was established in 1979 in response to the recognition of the need for additional knowledge and skills to help to improve the lives of persons with severe psychiatric disabilities. The center is affiliated with Boston University's Sargent College of Health and Rehabilitation Sciences and is staffed by professionals from many disciplines who have national reputations in the fields of rehabilitation and mental health.

The mission of the center is the development, demonstration, dissemination, and utilization of the new knowledge and technology contributing to the recovery of people with severe mental illness.

The Center for Psychiatric Rehabilitation is supported in part by the National Institute on Disability and Rehabilitation Research and the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration.

# CONTENTS

<b>References</b>	<b>Page</b>
1 Summary of Rehabilitation Readiness	7
2 Three Common Barriers to Readiness for Rehabilitation	8
3 Summary of Developing Readiness for Rehabilitation	9
4 Example: Organizing Motivational Activities	10
5 How to Organize Motivational Activities	13
6 Example: Insights Needed for Readiness for Rehabilitation	14
7 Example: Statement of Insight Needs	15
8 Example: Defining Need for Insight	16
9 Example: Motivational Activities	18
10 How to Develop an Activity Plan	20
11 Practice: Organizing Motivational Activities	22
12 Example: Clarifying Personal Implications	25
13 How to Clarify Personal Implications	27
14 Clarifying Cube	28
15 Example: Knowledge Gained from Significant Experiences	29
16 Example: Insights about Change	31
17 Example: Statements of Rehabilitation Implications	32
18 Practice: Clarifying Personal Implications	33
19 Example: Demonstrating Credible Support	34
20 How to Demonstrate Credible Support	35
21 Four Characteristics of Credible Support	36
22 Example: Specific Commitments of Support for Rehabilitation	37
23 Example: Confirming Perceptions of Support	38
24 Practice: Demonstrating Credible Support	40
25 Procedure for Developing Readiness for Rehabilitation	42
26 Practice: Developing Readiness for Rehabilitation	43
27 Checklist: Developing Readiness for Rehabilitation	49
28 Homework Assignment: Developing Readiness for Rehabilitation	50
29 Checklist: Developing Readiness for Rehabilitation	54
30 Training Satisfaction Questionnaire	55



## SUMMARY OF REHABILITATION READINESS

### Definition

Rehabilitation Readiness is preparing the consumer to begin rehabilitation.

### Benefit

Rehabilitation Readiness increases the likelihood that the consumer will be willing to engage in the rehabilitation process.

### Activities

- Assessing Readiness for Rehabilitation
- Developing Readiness for Rehabilitation
- Connecting for Rehabilitation Readiness

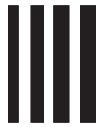
### Condition

Whenever the consumer and practitioner are considering the possibility of using the rehabilitation process.



## **THREE COMMON BARRIERS TO READINESS FOR REHABILITATION**

1. Lack of adequate understanding of self, recovery, alternative environments, and rehabilitation.
2. Lack of awareness about the implications of new insights for willingness to participate in rehabilitation.
3. Lack of support from significant others for participation in rehabilitation.



## SUMMARY OF DEVELOPING READINESS FOR REHABILITATION

### Definition

Developing Readiness for Rehabilitation is creating learning experiences that when processed by the individual are likely to develop his or her commitment to participate in rehabilitation.

### Benefit

Developing Readiness for Rehabilitation enables the client to be an active participant in rehabilitation activities.

### Skills

- Organizing Motivational Activities
- Clarifying Personal Implications
- Demonstrating Credible Support

### Condition

When the readiness assessment culminates in a determination that the individual is *not* ready to participate in rehabilitation.