

Founders House of Hope

Psychiatric Rehabilitation

&

Recovery Program

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Workbook on the following:

Effective Role Functioning
Empowerment
Identifying Limiters
Rehabilitation Goals Table
Generating Self-Esteem
Identifying Skills

Name: _____

Date: _____

What are your skills in your skill set?

1.

2.

3.

4.

5.

How will using these skills enable you to lead a more meaningful life?

Which of the skills that you listed have eroded because you haven't used them?

Are you confident you can restore any skill (s) that have eroded because you haven't used them?

Are there any new skills you'd like to develop? Which ones?

Name: _____

Date: _____

1) Role:

Percentage of self-esteem generated by this role: _____

2) Role:

Percentage of self-esteem generated by this role: _____

3) Role:

Percentage of self-esteem generated by this role: _____

4) Role:

Percentage of self-esteem generated by this role: _____

5) Role:

Percentage of self-esteem generated by this role: _____

Any new roles you'd like to assume and operate in? Why?

Any roles you'd like to give up? Why?

1. Empowerment

I empower myself by acknowledging that I have the ability to make choices that serve me well; that get me the desired outcomes I want for my life.

Empowerment is a process that challenges our assumptions about the way things are and can be. It challenges our basic assumptions about power, helping, achieving, and succeeding

It means taking charge of your life and being responsible.

At the core of the concept of empowerment is the idea of power. The possibility of empowerment depends on two things. First, empowerment requires that power can change. If power cannot change, if it is inherent in positions or people, then empowerment is not possible, nor is empowerment conceivable in any meaningful way. In other words, if power can change, then empowerment is possible. Second, the concept of empowerment depends upon the idea that power can expand. This second point reflects our common experiences of power rather than how we think about power. To clarify these points, we first discuss what we mean by power.

Power is often related to our ability to make others do what we want, regardless of their own wishes or interests (Weber, 1946). Traditional social science emphasizes power as influence and control, often treating power as a commodity or structure divorced from human action (Lips, 1991). Conceived in this way, power can be viewed as unchanging or unchangeable. Weber (1946) gives us a key word beyond this limitation by recognizing that power exists within the context of a relationship between people or things. Power does not exist in isolation nor is it inherent in individuals. By implication, since power is created in relationships, power and power relationships can change. Empowerment as a process of change, then, becomes a meaningful concept.

I have Mojo--- which is defined as:

- | | |
|---------------|--|
| 1) will power | 6) a tool kit with lots of great tools in it |
| 2) strength | 7) |
| 3) skills | 8) |
| 4) gusto | 9) |
| 5) insight | 10) |

A goal is an action I take to achieve a worthwhile outcome.

List some goals/actions you want to take to achieve a worthwhile outcome:

- 1)
- 2)
- 3)
- 4)
- 5)

Name: _____ Date: _____

Attended High School at: _____

College: _____

Family: _____

Leisure Activities: _____

Are There Any New Leisure Activities/Hobbies You'd Like to Acquire: _____

Work History: _____

Work Skills: _____

Possible Work Opportunities at Founders: _____

What You Need to Enhance the Quality of Your Life: _____

Resident Name: _____ Date: _____

Goal Purpose of Goal What you will sacrifice Benefits Resources Needed

	Purpose of Goal	What you will sacrifice	Benefits	Resources Needed
1)			Psychological	
2)				
3)				
4)				

Due Date for Goal #1: _____
Due Date for Goal #2: _____
Due Date for Goal #3: _____
Due Date for Goal #4: _____