



TITLE: Vitality in Dynamic Recovery

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ABSTRACT (upto 300 words)

When the recovery approach (Anthony, 1993) was first put into practice in Chinese communities, particularly in Hong Kong and Taiwan, the term “fu-yuan” in Chinese was used for “recovery”. The Chinese character “yuan” was carefully selected to highlight the essence of recovering one’s vitality, but not necessarily returning to one’s original state of living before one’s experience of mental illness (Tse, Siu, & Kan, 2013). This choice of word reflects the definition of recovery that emphasizes regaining one’s hope and satisfaction and making contributions to society (Anthony, 1993). While PIRs are the owners of recovery, the target of recovery is suggested to be vitality in their lives. This identification of vitality sheds light on the objectives and stages of recovery.

It is apparent that the process of recovery should be dynamic because the needs in recovery often change as a person’s recovery process unfolds. Along the trajectory of recovery, healthcare services should shift focus from critical care to transitional care to developmental care (Barker, 1996). By reconsidering mental illness as malfunctioning vitality, various foci of care can be outlined according to the various needs of PIRs. Through reflecting on the common needs that arise during the recovery process and the lived experiences of PIR, a dynamic, culturally responsive image of recovery is depicted. This is believed to create a humanistic and holistic understanding of mental wellness.

BIOGRAPHY (upto 200 words)

Victor Leung (VL) received his Bachelor of Science degree in physics, minoring in psychology, from The Chinese University of Hong Kong in 2010. He obtained a Postgraduate Diploma in Education from The University of Hong Kong in 2015 and is currently pursuing a Master of Arts in Guidance and Counseling at the Hong Kong Polytechnic University. VL is in the advanced recovery stage of bipolar affective disorder and has five years of work experience as a peer support worker. The peer support services provided by VL include one-to-one sessions with service users, outreach community visits, group activities, and public educational talks in supported accommodation, community healthcare centers, and day hospitals.

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