

SECTION 5. SOCIAL AND LEGAL PSYCHOLOGY

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METACOGNITIVE ASPECTS OF PSYCHOSOCIAL RECOVERY AND REHABILITATION: A BRIEF OVERVIEW

МЕТАКОГНІТИВНІ АСПЕКТИ ПСИХОСОЦІАЛЬНОГО ВІДНОВЛЕННЯ ТА РЕАБІЛІТАЦІЇ: КОРОТКИЙ ОГЛЯД

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The purpose of these conference proceedings is to identify and analyze some of the key terms and concepts that will help understand the inner nature of metacognitive aspects of psychosocial recovery and rehabilitation in the treatment of veterans and persons affected by military operations. Specifically, we are aware of possible theoretical ways of using core concepts and identifying the reasons the concepts highlighted are central to mental health.

According to the “Handbook of Psychosocial Rehabilitation”, recovery is a core concept of mental health practice [7]. It combines three dimensions – an objective, a subjective, and a service (social) one:

1) as an objective phenomenon, recovery implies a reduction in the objective indicators of illness and disability, therefore enabling a range of indicators of a person’s meeting diagnostic criteria for a specific illness, scoring on standardized measures of symptoms, social functioning or quality of life, changes in employment status or other objective indicators of social functioning, etc. These kinds of indicators are used to determine the evidence base for the effectiveness of psychosocial rehabilitation programmes. Metacognition acquires the unconscious monitoring and control processes [7; 1; 4; 2];

2) as a subjective phenomenon, recovery from mental illness is experienced not just in terms of symptoms and disability but also as a recovery of a sense of self that may not correspond: symptoms and disability may improve while the sense of self remains weak [7; 5; 8]. Therefore, the

implications of much closer attention to the psychological and spiritual well-being of the veterans and persons affected by military operations with mental illness as well as evaluation of the effectiveness of mental health services are strongly needed [7]. At the metacognitive level, the content of one's consciousness is understood and monitoring and control of cognition are necessary [1; 2];

3) and finally, recovery as a framework for services (social dimension) acknowledges the importance of the subjective items of recovery and a belief in the possibility of such a recovery. The absence of hope and belief can lead to basic maintenance only consequently not providing any inspiration for people with mental illness to achieve and grow [7; 9]. Metacognitive aspects of this dimension provide the appearance of social consequences for the individual regulation of cognition via the recovery process [1; 2].

Psychosocial rehabilitation is a broader concept that refers more specifically to the restoration of psychological and social functioning and is most frequently used in the context of mental illness [7; 3; 4]. Particularly, it is the process that facilitates opportunities for persons with chronic mental illness to reach their optimal level of independent functioning in society and to improve their quality of life [7].

Psychosocial rehabilitation implies two core principles: 1) motivation to achieve independence and self-confidence through mastery and competence; and 2) capability of leaving and adapting to meet needs and achieve goals [7]. The notion enables reflection on one's thinking, values and features to correct self-regulation while returning to a normal life [1; 2].

More often the term rehabilitation aims to facilitate recovery through a self-help or peer support programme or a programme that involves a mental health practitioner. On the contrary, recovery may take place in the absence of any specific programme. Rehabilitation always implies purpose and specific goals, usually focuses on objective indicators of recovery such as symptoms or measures of social functioning, and sometimes may also focus on subjective recovery as a sense of self or a sense of purpose [7].

Well-developed mental health services can contribute to the rate of both recovery and rehabilitation [7; 6]. Most probably, metacognitive monitoring can help veterans and persons affected by military operations monitor their cognition and assess its results in the recovery process. Properly organized and highly accurate metacognitive monitoring can help people train the cognitive features of acquiring knowledge at the metacognitive level about the psychosocial rehabilitation process and use appropriate strategies to solve problems of recovery [1; 2].

Metacognitive monitoring strategies in the psychosocial rehabilitation field include some main aspects of the importance of knowing the reasons needed to effectively solve the problems and target the ability of problem-solving issues

with help of the specific space and time measures. Moreover, in the process of strategic regulation effectiveness, the target audience is involved in providing progress monitoring. Finally, as a multidisciplinary aspect, psychosocial rehabilitation aims to enable a multisystematical way of capacity to facilitate access to services across different domains of expertise [7; 1].

Thus, we highlighted some main metacognitive aspects of recovery and rehabilitation important in the treatment of veterans and persons affected by military operations. The results continue to expand the study of core concepts of metacognitive monitoring in the psychosocial rehabilitation field.

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