This is the second of two special issues focusing on adjunctive treatments for psychiatric clients. The first special issue made a case for bringing adjunctive treatments with evidence of efficacy into mainstream treatment. This issue focuses on the intersection between adjunctive treatments and recovery, advancing the notion that adjunctive treatments are an important component of recovery-focused care.

The recent recovery focus in psychiatric-mental health nursing is an outgrowth of the consumer self-help and advocacy initiatives of the late 1980s and early 1990s. The Substance Abuse and Mental Health Services Administration’s (SAMHSA; 2005) National Consensus Statement on Mental Health Recovery hailed recovery as the overarching goal of mental health treatment and listed 10 components of recovery including holism, empowerment, and hope. SAMHSA has awarded funding to the American Psychiatric Nurses Association and four other professional organizations to foster awareness and adoption of recovery-based practices in mental health care delivery during the next 5 years, prompting leaders in psychiatric-mental health nursing to call for clarification and enhancement of our recovery focus.

SAMHSA (2005) defined recovery as a journey of healing and transformation enabling people with a mental health problem to live a meaningful life in their community of choice while striving to achieve their full potential. Thus, recovery connotes relative success in several domains despite the relapse vulnerability associated with some psychiatric illnesses. Recovery domains include socialization, symptoms, and community functioning. Outcomes are accomplished through experiences and processes that contribute to both emotional and physical healing, in addition to positive changes in attitudes, feelings, and self-esteem. Recovery is fostered through treatments targeting not only symptom management, but engagement in work and community life through the provision of holistic interventions.

This special issue examines several holistic mental health treatments that encompass physical, emotional, sociocultural, and/or spiritual aspects of mental health. In their exploration of the therapeutic use of companion animals for psychiatric clients, Rossetti and King address the recovery aspects of sense of self, empowerment, and socialization. Gossler reviews the use of complementary and alternative therapies for postpartum depression and explores self-management, problem solving, and creation of meaning in recovery. Finally, Gunther and Phillips provide an update on the use of cranial electrotherapy stimulation for depression that addresses recov-
ery in terms of self-determination and cultural significance. Each of the treatments examined in this issue focuses on a different aspect of health, and all are important in the provision of recovery-focused, holistic care that acknowledges the humanity of our clients, as well as ourselves.

REFERENCE

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