My Treatment Preferences - Concept brief

Understand the idea behind my treatment preferences and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey wants treatment that fits work hours and cultural preferences.

The idea

Treatment planning benefits from the person's priorities and informed questions.

An ordinary example

Casey wants treatment that fits work hours and cultural preferences.

What this can look like

List desired benefits, concerns, preferences, and practical barriers to discuss with the care team.

Check the fit

What tradeoff or concern needs a clearer conversation? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

What tradeoff or concern needs a clearer conversation?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A04-1