Problem-Solving One Barrier - Concept brief

Understand the idea behind problem-solving one barrier and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey wants to attend a group but finds the route confusing.

The idea

Structured problem-solving can turn a broad difficulty into a workable task.

An ordinary example

Casey wants to attend a group but finds the route confusing.

What this can look like

Define one barrier, list options, compare access and consequences, and choose a small trial.

Check the fit

Which option is both useful and available? 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

Which option is both useful and available?

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-A15-1