

ZERO COERCION



ERASMUS + EUROPEAN PROJECT

TRAINING MATERIALS_3

2019-1-ES01-KA204-065856



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DETA 3_CO CREATING MY COMFORT SPACE

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► WHAT IS A “COMFORT SPACE”





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- Space designed with the aim of humanizing the care of the person in a crisis situation using alternatives to the usual containment techniques to reduce the feeling of discomfort prior to an episode of agitation.





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- The room will be designed with comfortable elements and materials previously chosen in order to create an adequate atmosphere that allows facing a situation of discomfort and preventing and / or reducing agitation behaviors without the need to use physical restraint, chemical restraint or isolation.





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- COMFORT ROOM "SANTA LUCIA DE CARTAGENA UNIVERSITY HOSPITAL - Acute unit





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- "COMFORT ROOM" CENTER FOR PEOPLE WITH MENTAL ILLNESS. SAMS FOUNDATION

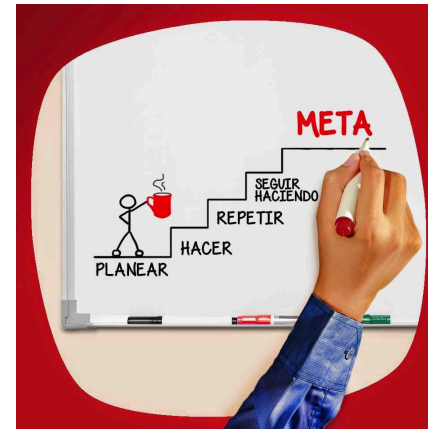




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► Steps in creating our comfort space

1. Choosing the location of my space and the elements that will form it.
2. Making a budget.
3. Creation of my comfort space.
4. Implementation.





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► What will we work on today?

1. In today's session we will see and hear different stimuli and we will try to find out what emotions provoke us.
2. Those who make us feel good and stimulate pleasant emotions could be candidates to include in our space.
3. For this we will score them on a scale and thus we will have this information when choosing and making the budget of what will be our comfort space.



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► Where do I begin?

1. In this link you will find 2 file folders that respond to the name of "audio" and "video".
2. Open each of them and start to see and hear each of the elements found there. Do not be in a hurry, remember that it consists of "experiencing" what sensations it causes you.
3. Remember to rate each item, before moving on to the next one.
4. Let us begin!



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*Thank
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AUDIO LISTING

- Birds
- river
- rain
- storm
- waves
- ethnic music
- air

VIDEO LISTING

- Star projector
- Lava / bubble lamp
- Vinyls (beach, waterfall, forest, autumn, northern lights)
- Different colors for the walls
- Beach video
- Rain / storm video
- Forest video

* This will be mounted on the online platform so that an image appears and when you press it, the sound will sound.





ASSESSMENT OF HEARING AND VISUAL ELEMENTS

Rate from 1 to 5 the feeling of well-being caused by each of these stimuli.

	SENSE OF WELL-BEING				
	1 NONE	2 LITTLE	3 MEDIUM	4 ENOUGH	5 A LOT
Sound of birds					
Sound of river					
Sound of rain					
Sound of the storm					
Sound of sea waves					
Ethnic music					
Sound of air					
Star Projector					
Lava / bubble lamp					
Beach image					
Waterfall image					
Forest image					
Autumn Image					
Aurora Borealis Image					
Beach video					
Forest video					
Storm video					
Rain video					





You can add more stimuli pleasing to you.

	SENSE OF WELL-BEING				
	1 NONE	2 LITTLE	3 MEDIUM	4 ENOUGH	5 ALOT

Observations:



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THEORETICAL INTRODUCTION

DETA 3_CO CREATING MY COMFORT SPACE

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The Comfort Room, as an alternative therapeutic tool to techniques based on coercion, aims to promote the well-being of the person, preventing emotional escalation. Methods that use force, threat or dehumanize people don't prove to be effective in improving symptoms or reducing relapses.

Coercion and the use of coercive measures is one of the ethical problems that are currently under debate in clinical practice in the field of mental health.

When we refer to coercive measures, we refer to professional actions or measures adopted with the purpose of controlling and reducing violent behavior directed at themselves or others. Coercive procedures could be divided into "formal" and "informal".

Among the formal procedures are involuntary admissions, retention that occurs after involuntary admission, mechanical restraint, isolation, and forced administration of medication. These are the measures with the highest visibility, but there are others that cannot be ignored called "informal", such as persuasion, interpersonal influence and induction or even threat.

The evolution in these practices differs in each country of the European Union. The European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment (CPT) as well as the UN Convention on the Rights of Persons with Disabilities state that people suffering from some type of serious mental disorder have been identified as a population particularly vulnerable to the violation of human rights.

Morgan, A. and Felton, A. (2013) speak of a classic definition where coercion is a concrete activity of pressure exerted on someone to force their will or behavior, and indicates their proximity to the possible injury to the rights of citizens.

Anderson (2015) makes us a very interesting reflection on the coercive act. He claims that there are two fundamental perspectives:

- a) The technical agents they exercise and the means they use.
- b) The person who receives the coercion, how he/she perceives it and his/her way of responding to it.

What we can see is that the perception of each subject is different, it is not symmetrical. Professionals who exercise coercion believe that the use of autonomy reduction is explained to help them be better, since if they are not, these people are not treated. So their autonomy is canceled for the benefit of their own interest. People suffering coercion perceive something very different in that they feel that professionals abuse the power that is given to them for their own benefit and not thinking about the people they serve.





According to Kallert et al. (2011) the wide interest currently generated by coercion in the clinical field of mental health is due to several reasons:

- The practice of procedures summarized under the term of "coercive treatments" is very frequent in mental health.
- The interest in exploring coercive practices has spread to other services and institutions such as residential or long-term units for chronic patients, psychiatric prison units, nursing homes, homes for the disabled, youth homes, general hospitals and others that host different types of disabled or vulnerable people.
- Countries have been developing legislation on mental health that supports the use of coercion and contemplates new ways of applying it, such as compulsory outpatient treatment, although its level of development and implementation is uneven according to the country.
- The ethical aspects of coercion in daily practice and in research are increasingly evident. The range goes from psychiatric research in patients forced to treatment, to the practice of informed consent, through professionals' attitudes towards the application of coercive measures and the use of evidence-based clinical guidelines in crisis situations and violent behavior in emergency units and psychiatric hospitalization.
- The application of coercive measures forms a large part of public opinion about psychiatry, has to do with the stigma associated with mental disorder, and has become a central target of criticism of mental health care activity, each increasingly focused on the rights of users.
- It has drawn the attention of human rights defenders and their organizations. Even the United Nations organization has positioned itself in this regard in the declaration of the convention on the rights of persons with disabilities.
- Coercive measures are a central axis in the relationship of the mental health professional with their patients, influencing, when applied, the clinical relationship in an inevitable, massive and long-term way. The subjective experience of coercive practices and their results in terms of treatment adherence and effectiveness are relevant clinical fields in themselves.
- What coercion means to the user and to the mental health professional is a hot topic of debate between and within scientific and professional associations, as well as between these and user associations.





- Both the development and critical analysis of strategies to reduce the use of coercive measures in different formats of the clinic is relevant in clinical and mental health research.

All this leads us to reflect. What elements have caused this type of practice to be used in the field of mental health intervention?

Surely the great explanation has to do with the impact that living with severe mental disorder has on people who are located in their social environment. Since those who see symptoms of schizophrenia up close feel uncomfortable, insecure, and are distressed by a situation that is not predictable, so treatments with a significant need to improve these symptoms are proposed, which throughout history has led to propose daring strategies and treatments and assume the risks that this entails. Some sociological studies on the components of stigmatization indicate that a part of the people served in various services believe that professionals have stigmatized them, and indicate that professionals have had negative, stigmatizing and coercive attitudes similar or more pronounced than the general population. (Gaebel and Zäske, 2011; Stuber, Rocha, Cristian and Link, 2014).

Studies such as (Barbui & Saraceno, 2015; Fuller Torrey & Lamb, 2010; McLaughlin, Giacco, & Priebe, 2016; Stefan Priebe et al., 20018; Stefan Priebe & Turner, 2003; Sashidharan & Saraceno, 2017; Undrill G, 2007) demonstrate that:

- Coercive measures attack the dignity and self-esteem of people. They also interfere with adherence to treatment, even causing post-traumatic stress.
- These methods are not therapeutic, since they lengthen the stay of patients regardless of the severity of the disorder.

REFERENCES Begoña Beviá Febrer y Águila Bono del trigo (2018) . *Coerción y salud mental* . AE. (Madrid)



Proyecto Erasmus + European

Programa de formación para el manejo de la crisis de la esquizofrenia en entornos domésticos



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WHAT ARE WE GOING TO WORK IN TODAY'S SESSION?

- ▶ We will continue to experience through the senses. This time it is the turn of smell and touch.
- ▶ It is important to continue detecting what elements make me feel good so that I can include them in my comfort space.
- ▶ To do this, you will have the opportunity to experience the sensations produced by each of the objects that we present to you.



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It is important that you experience each item presented without haste, and that you do so by being honest with yourself. If I don't like something, it bothers me or even bothers me, so I should write it down on the card.

Remember that these exercises are aimed at getting you in touch with those things that you like, calm and that could be included in your personal comfort space.

Let's start!



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COFFEE





ORANGE



LEMON



VAINILLA



BASIL



ROSES



SEA WATER





ROSEMARY



CHAMOMILE



SANDALWOOD



BERRIES



PILLOW MISTS



MIKADO



AROMATIC SACKS





STRESS BALLS



FEATHER CUSHION



SEED CUSHION



HOT BAG



COLD BAG



URN WITH RICE, SAND, WATER, LEAVES.
STRAW, SMOOTH STONES





ASSESSMENT OF TEXTURES AND SMELLING ELEMENTS

Rate from 1 to 5 the feeling of well-being caused by each of these stimuli.

	SENSE OF WELL-BEING				
	1 NONE	2 LITTLE	3 MEDIUM	4 ENOUGH	5 A LOT
Anti-stress balls					
Feather cushion					
Seed cushion					
Hot water bag					
Cold water bag					
Urn with water					
Urn with rice					
Urn with sand					
Urn with leaves					
Urn with straw					
Urn with smooth stones					
Jasmine scent					
Aroma of washing					
Mint aroma					
Honey aroma					
Chocolate aroma					
Coffe aroma					
Orange aroma					





Lemon aroma					
Vanilla aroma					
Basil aroma					
Rose aroma					
Aroma sea water aroma					
Rosemary aroma					
Chamomile aroma					
Sandalwood aroma					
Red Berry aroma					

Observations:





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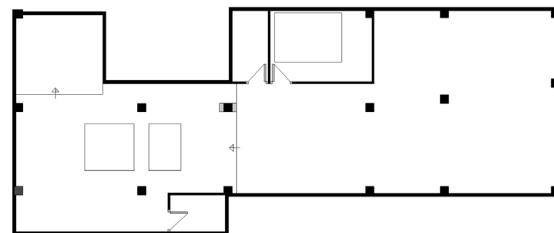
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- ▶ **What are we going to do in this session?**
- ▶ 1, DEFINE THE LOCATION OF MY SPACE OF COMFORT
- ▶ 2, INTEGRATE NEEDS IN MY SPACE OF COMFORT





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1, DEFINE THE LOCATION OF MY SPACE OF COMFORT

- ▶ First of all we must consider where in my residential environment I want to locate my comfort space.
- ▶ My comfort space must be located in a place that is pleasant to me, that transmits tranquility to me.
- ▶ It should be a space that you can have whenever you need it.



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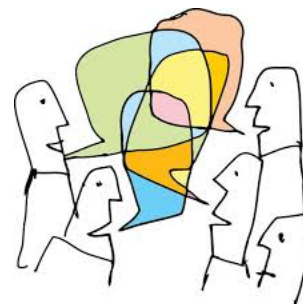
2, INTEGRATE NEEDS IN MY SPACE OF COMFORT

- ▶ All the elements that we have chosen in the previous sessions have to be integrated into the space that we have chosen.
- ▶ It is important that we assess together with our support person the viability of these needs.
- ▶ Space (can they fit the space I have chosen?)
- ▶ Budget (how much money do I want or can I spend to create my comfort space?)
- ▶ Generate alternatives to those elements that I had chosen and that I cannot dispose of.





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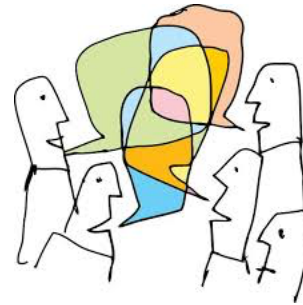


► Dynamics 1. Location

- "Where am I going to place my comfort space?"
 - To answer this question, we will use the “**Guide for choosing the location of the comfort space**” that will help us direct our thinking when making a decision.
 - There will be a dynamic of mediation between participants (person who will use the comfort space and their support) studying which is the place that meets the best conditions to create the space.



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► Dynamics 2. Needs.

- The participants will jointly carry out a search for the elements that they would include in their comfort space, using a previously prepared catalog.
- We will have a list to write down which are the elements that are selected with a section to calculate the price of each of them and the total.
- It is very important that this activity is realistic and carefully studied in order to carry out our project based on what we select in this session.



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*Thank
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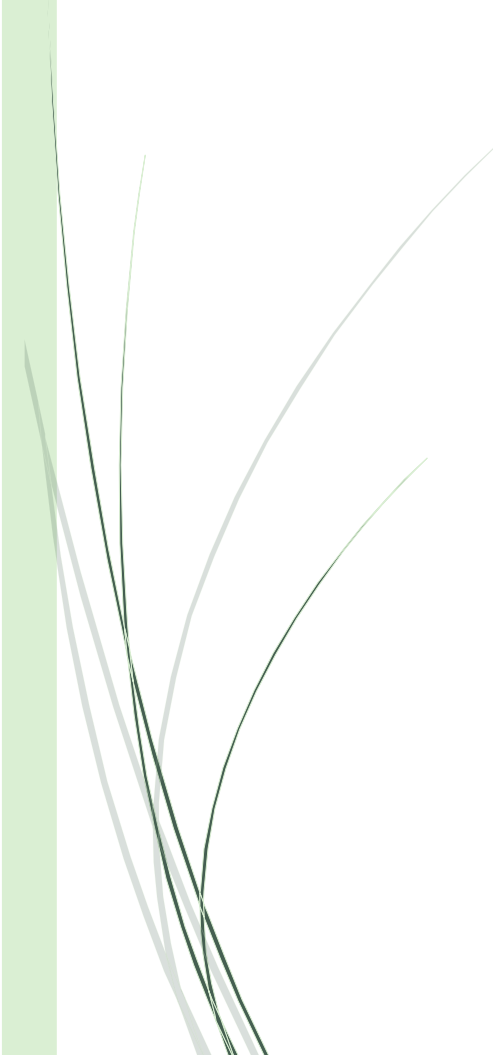
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CATALOGUE

SENSORY ELEMENTS FOR MY
COMFORT ROOM





VISUAL STIMULES

STAR PROJECTOR



BUBBLE LAMP



VYNILS





WALL COLORS



MOVING IMAGES PROJECTOR
(WATER, RAIN ...)



HEARING STIMULES

BIRDS



RIVER



RAIN



STORM





WAVES



ETHNIC MUSIC



FOOTSTEPS IN SNOW



CRUNCHING BRANCH TREES



TEXTURES

STRESS BALLS



FEATHER CUSHION





SEED CUSHION



HOT BAG



COLD BAG



URN WITH DIFFERENTS MATERIALS



WATER



SAND



VELVET BLANKET

CARPET



PLASTIC BALLS



SKEWERS BALLS



OLFACTORY STIMULI

JASMINE



MINT





LAVENDER



HONEY



CHOCOLATE



COFFEE



ORANGE



LEMON





VANILLA



BASIL



ROSES



SEE WATER



ROSEMARY



CHAMOMILE





SANDALWOOD



BERRIES



PILLOW MIST



MIKADO



AROMATIC SACKS



CINNAMON





CUMIN



GINGER



OTHER ITEMS TO INCLUDE

COMBINATION OF VISUAL AND AUDITORY ELEMENTS. VIDEOS ABOUT:

MUSIC



NATURE





GUIDE FOR CHOOSING THE LOCATION OF THE COMFORT SPACE

Where am I going to place my comfort space?

- Think of a place in your house that inspires tranquility, where you like to go for its calm, it causes you well-being or you just like it and it makes you feel good.
- Evaluate whether it could be adapted with the elements that we have been seeing.
- Can you access that space whenever you need? We need easy access.
- Cite the reason for that space.
- Is it a space used by more people?





VISUAL STIMULI	UNITS	PRICE
HEARING STIMULI		
OLFATORY STIMULI		
TEXTURES		
OTHERS		

TOTAL:





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SESSION 4: PLANNING THE CREATION OF MY SPACE OF COMFORT

► What are we going to do in this session?

- In this session we are going to create a planning for the creation of our comfort space.
- Why is planning important?. Making a correct planning helps us to establish the priority of each one of the activities and to have a better control of the time to carry out the assembly of our comfort space.
- **1st step:** set a date for the "opening" of our comfort space, that is, what day we have to have it ready to start using it.



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Practical activity:



- ▶ The activity consists of a planner and a list of activities.
- ▶ It is not necessary that you use all of them, only those that you are going to use. If you can think of one that is not on the list, you can add it to the rest of the activities.
- ▶ We will click on the activity and we will drag it to our planner in the order that suits us.
- ▶ Once completed we will try to set indicative dates based on the end date.





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► TO CONSIDER

- You will have a section of personal notes to cite everything that you think may be of help to you when planning each activity.
- Try to be as realistic as possible in planning to avoid getting frustrated with a very ambitious goal that is difficult for us to achieve.
- Once complete, we can print our planner if it helps us.





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*Thank
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SESSION 4: PLANNING THE CREATION OF MY SPACE OF COMFORT

What are we going to do in this session?

- In this session we are going to create a plan for the creation of our comfort space.
- Why is planning important? Making a correct planning helps us to establish the priority of each of the activities and to have a better control of the time to carry out the assembly of our comfort space.

1st step: set the date for the "opening" of our comfort space, that is, what day we have to have it ready to start using it.

What is the practical activity:

- The activity consists of a planner and a list of activities.
- It is not necessary that you use them all, only those that you are going to use. If you can think of one that is not on the list, you can add it to the rest of the activities.
- We will click the activity and we will drag it to our planner in the order that suits us.
- Once completed we will try to set indicative dates based on the end date.

To consider:

- You will have a personal notes section to cite everything that you think may be of help to you when planning each activity.
- Try to be as realistic as possible in planning to avoid getting frustrated with a very ambitious goal that is difficult for us to achieve.
- Once complete, we can print our planner if it helps us.



ACTIVITY SESSION 4

Explanation to create the activity on the online platform: On the right the planner will appear and on the left the actions so that they can click and drag according to their criteria to the "actions" section.

Choose the elements that I am going to include in my comfort space.
Define the location of my comfort space
Get budget
Choose the date on which my comfort space should be mounted.
Buy items.
Mounting the comfort space. (It is important that we do this together with the support person)
Paint room
Request relatives or friends that I am missing
Call a professional to make any necessary arrangements (plumber, bricklayer ...)
Brand new comfort space

PLANNER		
ACTIONS	DATE	PERSONAL NOTES
DEADLINE		



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SESSION 5: LEARNING TO USE MY SPACE OF COMFORT

It is **not**



- ▶ An isolation room.
- ▶ A space of time outside.
- ▶ A punishment or reward.

Yes it is:



- ▶ A tool that is used to avoid the use of restraint and isolation.
- ▶ Used at will and individuals are not forced.
- ▶ Used when it is necessary to avoid episodes of mild nervousness, not as a reward for good behavior or a privilege or on the contrary as punishment.
- ▶ Used before the start of uncontrolled aggressive behavior.



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To work on the moments in which it is recommended to use this space, and the differences that exist with other places in the house, we will work on this topic through cards, where we will put examples of various situations.





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► To understand this more experientially we will focus on the following explanation:

1- Think of a place in the house where you like to be but that is not your comfort space. This chosen place can:

- Find you how and help you rest
- Seeming entertaining and distracting yourself from a topic that worries you
- Make you feel good and find yourself comfortable in it
- This place you can enjoy in your day to day, simply because you feel good there and you like to carry out actions in that place (watch TV, rest, talk to your family, listen to music, read ...).



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2- Now you are going to think about the place you have chosen for your comfort space. This chosen place can:

- ▶ Calm your anxiety when in the previous place you have not succeeded.
- ▶ Help you lower your emotion, when it is so strong that you need a tool
- ▶ Help you control your impulses when you feel you have difficulty doing it



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REMEMBER THAT:

- ▶ In the comfort space I only manage my emotions. There I will use the objects that I have been including throughout the previous sessions to reduce my discomfort. I will never use this place to do any activity that I can carry out in other parts of the house (sleeping, leisure activities, ...).
- ▶ It is important to make good use of this space. This will help, when I have to use it, to have a therapeutic use and help me to feel better without using any coercive measures (extra medication, hospital ...).



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After this information, we are ready to start the next activity.

On the platform you will find some cards in which you will be presented with different situations from everyday life and in which you must choose in which space you would do them.

LET'S START!





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*Thank
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SESSION 5: LEARNING TO USE MY SPACE OF COMFORT

Before using the comfort space, it is necessary to differentiate what this place is and what it is not:

The comfort space YES is:

- A tool that is used to avoid the use of restraint and isolation.
- Used at will and individuals are not forced.
- Used when it is necessary to avoid episodes of mild nervousness, not as a reward for good behavior or a privilege or on the contrary as punishment.
- Used before the start of uncontrolled aggressive behavior.

The comfort space is NOT:

- An isolation room.
- A space of time outside.
- A punishment or reward.

It is essential to know when I can use this space and when not, since depending on what I spend it for, it will work more or less.

This space of comfort is intended to alleviate the discomfort of the person with schizophrenia and thus avoid an emotional de-escalation that would end with the application of some method of containment such as the administration of medication, immobilization or transfer to a hospital. Self-observation and self-knowledge play a crucial role in helping to detect those signals that differentiate an episode of temporary discomfort from what can become a major behavioral disturbance.

To work on the moments when it is recommended to use this space, and the differences that exist with other places in the house, we will work on this topic through cards, where we will put examples of various situations.

To understand this more experientially we will focus on the following explanation:

1- Think of a place in the house where you like to be but that is not your comfort space. This chosen place (X) can:

- Find you how and help you rest
- Seem entertaining and distract you from a subject that worries you
- Make you feel good and find yourself comfortable in it





This place you can enjoy in your day to day, simply because you feel good there and you like to carry out actions in that place (watch TV, rest, talk to your family, listen to music, read ...).

2- Now you are going to think about the place you have chosen for your comfort space. This chosen place can:

- Calm your anxiety when in the previous place you have not succeeded.
- Help you lower your emotion, when it is so strong that you need a tool.
- Help you control your impulses when you feel you have difficulty doing it.

REMEMBER THAT:

- In the comfort space I only manage my emotions. There I will use the objects that I have been including throughout the previous sessions to reduce my discomfort. I will never use this place to do any activity that I can carry out in other parts of the house (sleeping, leisure activities, ...etc).
- It is important to make good use of this space. This will help, when I have to use it, to have a therapeutic use and help me to feel better without using any coercive measures (extra medication, hospital ...etc).



INSTRUCTIONS

- Think of a space in the house that is pleasant but is not in the comfort space, we will call it Space X.
- Check the correct option:

SITUATION 1: I feel a little nervous and decide to take a nap.

COMFORT SPACE

SPACE "X"

SITUATION 2: I have argued with a friend and to distract myself I decide to put on music.

COMFORT SPACE

SPACE "X"

SITUATION 3: I can't nap because the neighbor is making noise. I feel like I'm getting more and more nervous.

COMFORT SPACE

SPACE "X"

SITUATION 4: I am helping with household chores, but I cannot leave it as I would like. I feel bad because I think I am useless. I feel angry and I really want to cry.

COMFORT SPACE

SPACE "X"

SITUATION 5: I feel that my supports do not understand me and I start to get increasingly angry. I don't think it will, but it makes me want to hit the wall.

COMFORT SPACE

SPACE "X"

SITUATION 6: I want to listen to music with my mobile [phone](#) but the places in my house that I like are busy. Where I go?

COMFORT SPACE

SPACE "X"

SITUATION 7: I am preparing a resume to look for a job but I have no experience in anything. Thoughts begin to come to me that I am useless, that it is not worth doing anything ... I feel rage, anger, sadness ...

COMFORT SPACE

SPACE "X"

SITUATION 8: I come from the street and I am very hot. Today has been a stressful day. I would like to lie down in a comfortable and relaxing place.

COMFORT SPACE

SPACE "X"

SITUATION 9: I ran out of money today and I ask for an extra for my support. He/[she](#) says no. I think it is unfair and I feel bad. I need to think of something else to distract me.

COMFORT SPACE

SPACE "X"

SITUATION 10: I have anxiety and I need to have a coffee. My support tells me not to take it because I recently had one. From thinking that I can't take it I start to get anxious, I feel like a heat inside that shows that my anger is growing ...

COMFORT SPACE

SPACE "X"

SOLUTIONS:

- SITUATION 1: SPACE X
- SITUATION 2: SPACE X
- SITUATION 3: COMFORT SPACE
- SITUATION 4: SPACE OF COMFORT
- SITUATION 5: SPACE OF COMFORT
- SITUATION 6: SPACE X
- SITUATION 7: SPACE OF COMFORT
- SITUATION 8: SPACE X
- SITUATION 9: SPACE X
- SITUATION 10: SPACE OF COMFORT

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