

Antidotum Association

House of Therapy and Social Readaptation

Psychotherapeutic assumptions of IPDP plan

Stowarzyszenie Antidotum

Dom Terapii i Readaptacji Społecznej

pre Homelessness 😊

The causes of homelessness:

1. Zero-one nature education system shapes our mentality - the lack of space to express your own judgments and opinions

2. Primary dysfunctional family

**Homeless - a man in a Chronic
State of Crisis**

The assumption
of Crisis Intervention:
**"The heart of every crisis
is some change"**
(Persaud)

"Product"

the feeling that I'll never be good
enough to gain acceptance
- a sense of rejection -

**prof. Bauer cites studies that
SOCIAL EXCLUSION
is received by the brain in the same way
as PHYSICAL PAIN.**

**Effects:
depression,
aggression**

According to prof. Bauer in the brains of children who do not get adequate support from their parents or foster parents, which **for anyone are not important and no one takes their needs,** do not often have adequate amounts of **dopamine, oxytocin and endogenous opioids** and as a result do not have the willingness to act nor the motivation to learn.

Assumptions of IPDP plan

objective:

treatment of deficits, traumas,
destructive defense mechanisms
resulting from the system

NEEDS:

- trust
- security
- stability
- health
- empathy
- sharing feelings
- acceptance
- respect
- sense of identity
- autonomy and competence
- freedom of expression
- needs and emotions
- spontaneous behavior and fun
- realistically defined limits

Deprivation of psychological needs
leads to the formation of specific
defense mechanisms and patterns of
behavior, required during childhood to
outlast, survive and cope. In adulthood
are an obstacle to self-realization,
fulfillment.

Destructive defense mechanisms and patterns of behavior



Deprivation needs – suffering



Mechanisms - unaware of the strategy of defense against suffering



Patterns of behavior - a reaction to suffering



Habits (ie. including alcohol) - destructive forms of rapid selfsoothing

IPDP PLAN - recovery

- Habits - destructive forms of the rapid selfsoothing and reduction of mental tension
- Patterns of behavior - learned responses to suffering
- Defense mechanisms (psychotic, immature, neurotic) - unconscious strategy of defense against suffering
- Deprivation needs - suffering

- Mastering symptom - cessation, temporary isolation from the environment
- Therapeutic community - Cognitive-behavioral correction of behavior, family community
- Interpersonal training - small groups, "mirror"
- Psychotherapy, awareness unconscious satisfying the needs in relation oblique - temporal adoption

Compensting Family



Directions and forms of expansion



Inwards -

- work in relationship -
individual, group
- Psychotherapy
(treatment deficits, traumas)
- Therapeutic community
- Workouts
- Art therapy



Outside -

- self-reliance out of the House
- IPDP Correction Plan
(sociotherapy, coaching)
- Job Club
- I am a creator – "Stigma"

Temporary adoption - parental relationship

It serves rebuilding "inner core" a person which is self-esteem, dignity. The process in relation therapist ("parent") - a person, which is the basis for recovery - used to identify unmet of psychological needs, then meet them and enter into adulthood in which a person itself knows how to take care of itself giving up destructive defense mechanisms.

Purposeful regression in childhood

what did not happen?

The image of my **ability** is based on what:

- I've seen in the eyes of parents.
- I need to be someone important
 - I want to know who I am
- I need someone to believe in me

Structure of IPDP

- Social - basic health and welfare
- Sociotherapy - IPDP Plan Correction
- Therapeutic community - self-help, correction of behavior
- Interpersonal Training - work in relations
- Psychotherapy - dysfunction, trauma
- Vocational rehabilitation - work and study

IPDP activities - areas of self-realization:

- Job Club
- Workshop Stigma → "I'm a creator"
- **Dreams:**
- SIC - Social Integration Centre - their own professional development workshops
- Social Cooperative - creating employment history

Summary

- IPDP principle is to create a healing relationship:
compensating family
temporal adoption
- Including all spheres of human – Integratively
- IPDP design is linear and vertical
- Everything is written down - life plan
- Homelessness begins at home

"People as a species are neurobiologically minded entities to **create relationships** and social acceptance. Without a **good relationship** based on respect and giving a sense of security is not the motivation."