

RECOVERY: TOOLS & TARGETS

IF YOU DON'T KNOW WHAT YOU OWN, YOU CAN'T PRACTICE OWNERSHIP

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Preparation Works

1. **First** read and think about this PDF: <http://corepsych.com/feedback> - It outlines specific ways to more effectively work together.
2. Our work together is more **Predictable** if we use exceeding clarity about both **Target Definition**, and how we precisely **Process the Process** of **Measuring** your progress. These teamwork tools matter for both your content and process.

Measurement Rules

1. **Be Prepared** - For every medication check. Practice self-management.
2. **Ownership**, understand and **Use** these lessons to change your life.
3. Use a **Notebook**, make it your **Journal** - so you can easily keep track of your improving numbers, and more easily report them. Own your targets and your progress. You can also prepare/record questions for our visits.
4. Do your **Homework**: You're in training to handle yourself better, identify your evolving numbers, and improve your self-management skills. **Watch** these videos to evolve Personal Self-Management: <http://corepsych.com/path> - **Journal** your observations for yourself. Here we convert confusion thru the active use of specific **Recovery Tools**. For Leadership evolution: <http://corepsych.com/path-2>
5. Download this PDF Video **Table of Contents** to target medication accuracy: <http://corepsych.com/how> Become an educated consumer. Details matter.
6. **Share** any of these treatment objectives with your therapist so they can also help define targets for your evolving self-management process.
7. **Set Goals**: only 2-3 - and write them down in the journal so you can always know where you're going, and what you need to work on. Written targets become real.
8. **Ownership**, responsibility, includes accuracy of **Reporting** problems. I'm the Complaint Department – so we can clearly define any problems, target and help you address them.

Numbers & Brain Function Targets Explained – Precision Matters

1. How bad? **0**: never occurs, **1**: rarely, **2**: sometimes, **3**: problem, **4**: getting big, **5**: big – Used with our **Brief Biologic Review**: <http://corepsych.com/bbr>
2. **Depression**: Kelsey scale 1-10: **1** is suicidal thinking, “I just don't care anymore” – **10** is “I'm confident, feeling great with my work and relationships.” **7** is the target for remission.
3. **DOE**: Duration of Effectiveness – for stimulants see this video <http://corepsych.com/doe> - and this one: <http://corepsych.com/tw> on the **Therapeutic Window**.
4. **TAH**: Total Average Hours – of sleep – Should be 7-8 with 3 stages: Level **1**: falling asleep, Level **2**: staying asleep, and Level **3**: waking up too early.