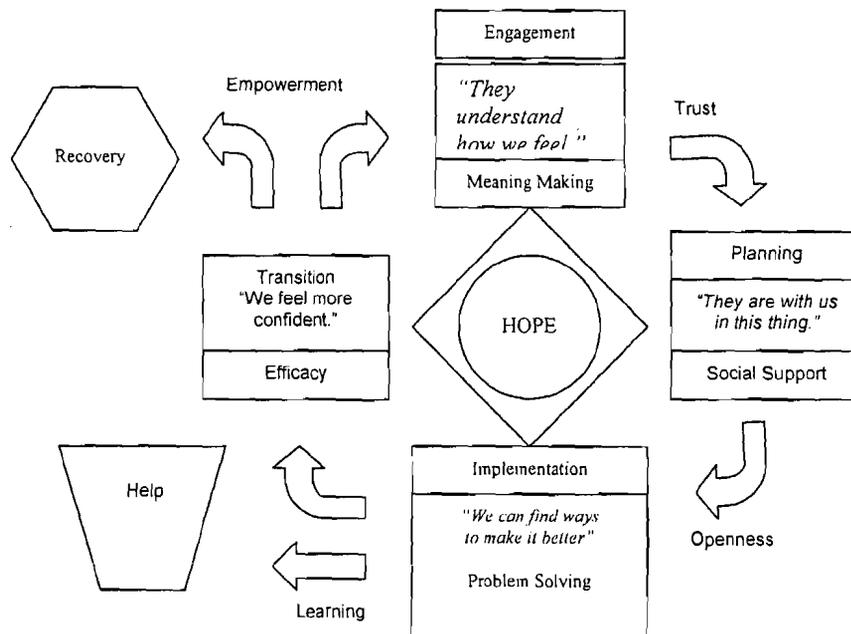


## The Recovery Dynamo: Illustrating the Cycles of Help

By John Franz

- The phases of the helping relationship;
- The benefit or feeling that a person or family might experience in each phase;
- The character or focus of the relationship during each phase; and
- The outputs generated at each phase and the outcomes produced by the entire cycle.

The **engagement** phase should produce a sense of being understood and generate sufficient trust to move to the **planning** stage. Planning together should result in a feeling of being supported and engender openness to cooperative problem solving during **implementation**. Implementing a shared action plan should first of all deliver the outcome of better formal and informal assistance. In addition, learning new ways to solve problems should also help the participants feel that they have more opportunities for growth and provide the motivation to enter into a transitional phase. **Transition** can either be to a deeper cycle of help in the context of the existing relationship or to increased independence and the development or expansion of naturally occurring relationships. Moving through either type of transition should generate a sense of empowerment and support the participants' emerging process of recovery.



The nature of the combined relationship at the engagement phase is one of shared **meaning-making** as mutual understanding grows. The second phase introduces the component of **social support** as the participants agreed to work together. Next the relationship incorporates **mutual learning** as the participants gain skills and insights. The transitional phase is characterized by increased **efficacy** as the participants acquire more confidence in themselves and one another.

Together these four phases constitute the dynamo of positive reinforcement illustrated in the diagram above. The momentum generated by moving through repeated cycles of these phases helps produce both positive outcomes (from the helper's perspective) and recovery (from the participant's point of view). However, the most significant component of the dynamo is hope: the offered hope in the hearts of those facilitating the relationship reaching out to and joining with the guarded hope in the hearts of those being invited into the relationship.