Honest, Open, Proud

Prof. Patrick W. Corrigan, Distinguished Professor of Psychology, Principal Investigator and Director, Chicago Health Disparities Center, National Consortium on Stigma and Empowerment, Illinois Institute of Technology, Chicago, USA

Self-stigma is one of the egregious impacts of mental illness stigma, a diminished sense of self-esteem and self-efficacy leading to a "why try" effect in many people: "why try to get a regular job, someone like me doesn't deserve it."   Recently, innovative programs have emerged to challenge self-stigma, programs based in part on psychoeducation and cognitive reframing skills meant to challenge stigmatizing self-statements. An interesting result has emerged out of research by our group that informs an alternative program for dealing with self-stigma: the Honest Open Proud program (HOP). Research shows those who have disclosed aspects of their mental illness frequently report a sense of personal empowerment that enhances self-esteem and promotes confidence to seek and achieve individual goals. In this light, a group of people with lived experience and stigma researchers developed the Honest, Open, Proud program now being used in beta research in the United States, Europe, Australia, and China. We propose an interactive workshop for the conference: a chance for participants to learn about and experience the HOP and a chance for presenters to gain further perspective on strengths and limitations of the beta version. The workshop will begin with a very brief summary of the research on self-stigma and disclosure. The main of the workshop will be a review of the three lessons of the HOP:

1. Considering the pros and cons of disclosing;
2. There are different ways to disclose; and
3. Telling your story.

HOP currently includes a 100 page manual and 35 page workbook with exercises and worksheets meant to engage participants. E-copies of the manual and workbook will be available to workshop participants. In addition, evaluation instruments to assess outcomes of participating in the HOP will be reviewed and provided to workshop participants.