



# CREATIVE MENTAL HEALTH RECOVERY

AN APPROACH TO HEALING

ROBERT HURST, ANDREW VOYCE,  
AND JEROME CARSON

# Contents

*Acknowledgements* xi

1	Introduction	1
	ROBERT HURST, HEATHER HARRISON, ANDREW VOYCE, AND JEROME CARSON	
2	Recovery journeys in mental health	12
	JEROME CARSON	
3	The CHIME framework	20
	ROBERT HURST	
4	Creativity and recovery	33
	ROBERT HURST	
5	What has brought us here?	47
	ROBERT HURST, ANDREW VOYCE, AND JEROME CARSON	
6	StoryTeller – Jo Mullen	60
	JO MULLEN AND ROBERT HURST	
7	StoryTeller – Michelle McNary	71
	MICHELLE MCNARY AND ROBERT HURST	
8	StoryTeller – Peter Bullimore	83
	PETER BULLIMORE AND ROBERT HURST	
9	StoryTeller – ANON	96
	ANON AND ROBERT HURST	

10	StoryTeller – Anna Sexton ANNA SEXTON AND ROBERT HURST	108
11	Andrew's story ANDREW VOYCE	120
12	A new model of creativity in recovery and C-CHIME ROBERT HURST	130
13	Conclusions ROBERT HURST, ANDREW VOYCE, AND JEROME CARSON	149
	<i>Index</i>	159