

**RÉTABLISSEMENT**



**AVANT**

**APRÈS**


# Rethinking mental health

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**The role of experiential  
knowledge**

# Objectives

- - Understand what experiential knowledge is
- - Explore its role in transforming mental health practices
- - Initiate a collective reflection on this paradigm shift



# What is experiential knowledge?

- - Knowledge gained from experiencing mental suffering and the recovery process
- - It is not raw experience, but rather a reflective, meaningful, shareable experience
- - It complements academic and professional knowledge

# From experience to competence: a process



1. EXPERIENCING  
SUFFERING



2. RECOVERY  
PROCESS



3. EMERGENCE OF  
STRUCTURED  
KNOWLEDGE



4. ACQUISITION OF  
PROFESSIONAL  
SKILLS




> EXPERIENCE  
BECOMES A  
RESOURCE, A TOOL,  
A BRIDGE TO OTHERS

# Why rethink mental health?

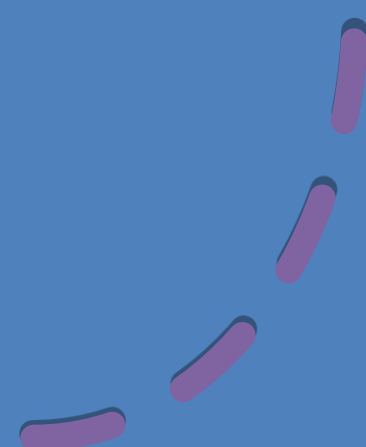
- The system remains focused on diagnosis, symptoms and norms

- Experiential knowledge calls for a more humane, horizontal and participatory approach

- It restores the importance of communication, empowerment and connection



Where does  
experiential  
knowledge  
come into  
play?

- - In peer support
  - - In professional training
  - - In participatory research
  - - In health decision-making structures
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# What this changes

- - A different professional attitude: less overbearing, more collaborative
- - Recognition of the legitimacy of lived experience
- - A co-constructed care, more embodied

## Conclusion

"Rethinking mental health means recognising that expertise also comes from within."

→ Experiential knowledge is a lever for transformation, a tool for connection, and a driver of hope.



Thank  
you for  
your  
attention

- Tania Zambrano Ovalle  
Peer mental health  
practitioner  
Lecturer at Hes La Source –  
Lausanne

[t.zambranoovalle@ecolelasource.ch](mailto:t.zambranoovalle@ecolelasource.ch)