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**Person-centered care,
human rights, and comprehensiveness**

**The importance of individual therapeutic projects in the treatment
of people affected by drug use**

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in the treatment of people affected by drug use**

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In general terms:

- **After accompanying processes for more than 25 years, we have seen that long-term drug use leads to a significant deterioration in people's health and aggravates their existing vulnerabilities.**
- **A fundamental role is played by institutions, public health systems, social policies, and drug policies that guarantee all persons access to health care and protect their rights.**
- **The actual access a person has to health care will either facilitate or hinder the process of seeking help (Ríos A, 2020).**

Person-centered care:

- Entails an intervention with a human rights approach.
- The promotion and protection of human rights is a cross-cutting factor throughout the methodological proposal.
- Involves recognizing the person as a subject of rights and helping him/her make decisions about his/her own life and health (Ríos A, 2020).

The individual therapeutic project:

- **Implies the individual nature of the therapeutic process through active listening in which the person is assisted in identifying his/her needs.**
- **Promotes the development of the person's autonomy and of his/her capacity to make decisions and consequently take charge of them while maintaining respect for subjectivity.**
- **Characterized by flexibility and adaptability.**
- **The focus is not on the drug, but on the person.**
- **Consistent with the damage/risk management approach.**

Person-centered care and comprehensiveness:

- **The approach built on individuality enables the recognition of the person's comprehensiveness, enabling interventions from a bio-psycho-social approach (Ríos A, 2020).**
- **“Strengthening socio-affective and institutional support networks as a goal to promote the sustainability of healthy processes and people's access and adherence to existing health care resources, thereby ensuring the protection and promotion of comprehensive health” (Ríos A, 2020).**

Person-centered care and comprehensiveness:

- **A professional multidisciplinary approach is needed to understand the person in all his/her complexity.**
- **Multidisciplinary work in therapeutic plans is essential for the promotion of human rights.**
- **Networking is of the utmost importance to optimize the available resources.**

Thank you very much!

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