

Box 2.4 Therapy is successful when the behaviours:

*Medical models of 'mental health'*

stop  
are 'cured'  
are blocked  
are corrected  
are fixed

'relapse' means the behaviours were  
not properly 'cured'

*Contextual models of 'mental health'*

disappear  
become irrelevant  
become unnecessary  
go into the background  
fade away  
do not show up anymore (unless needed)  
can still be used in appropriate contexts

'relapse' means the original life contexts have  
returned