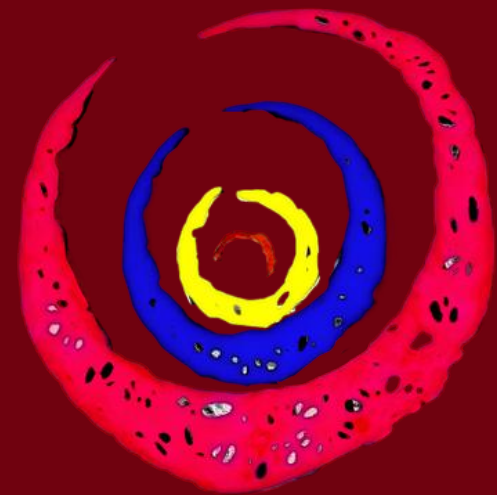


# EDUCATION, WORK, PARTICIPATION IN THE CONTEXT FROM INSTITUCIONAL CARE TO INDEPENDENT LIVING

## ANNUAL CONFERENCE EPR



PRESENTED BY :

Jose Arcadio Marín Abdilla

PARIS, 2026



# EDUCATIONAL AND WORK BACKGROUND BEFORE MY CRISIS



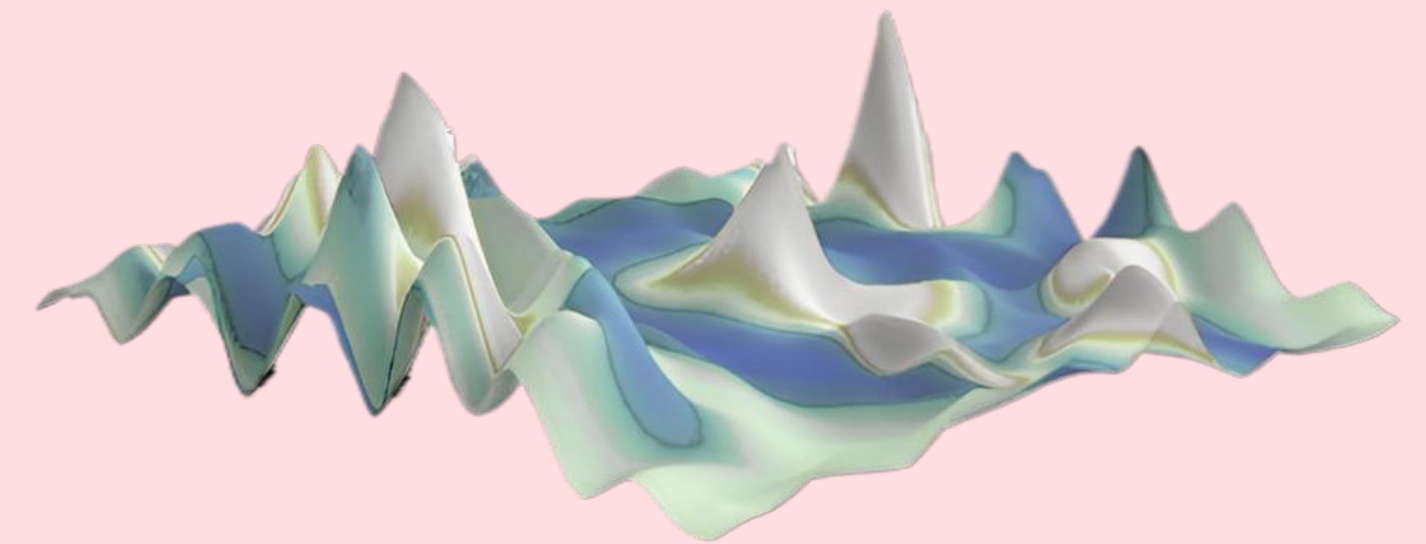
## EDUCATIONAL BACKGROUND

Physics Degree. Postgraduate Courses in Mathematics, Computer Science, and Engineering.

## WORK BACKGROUND

Consultant and court  
Expert.

SO...



The last job before Crisis, had a negative impact on my mental health due to exposure to highly stressed situations especially during my last year of work. This factor together with family stressors contributed directly to my crisis.

A wrong choice of a job could be a factor which determined a Mental Crisis.

# EDUCATIONAL AND WORK BACKGROUND



## **JUDICIAL INCAPACITY AND DIAGNOSIS OF SCHIZOPHRENIA**

**THE INCAPACITY PROCESS STARTED BEFORE DIAGNOSIS.**

**IT WAS ALSO A MAJOR FACTOR WHICH CONTRIBUTED TO THE  
CRISIS AND LATER DIAGNOSIS OF SCHIZOPHRENIA.**

**SO, THEN I HAD TO START A NEW KIND OF LIFE, FORGETTING OR AT  
LEAST LEAVING ASIDE MY PREVIOUS EDUCATION AND LIFESTYLE.**



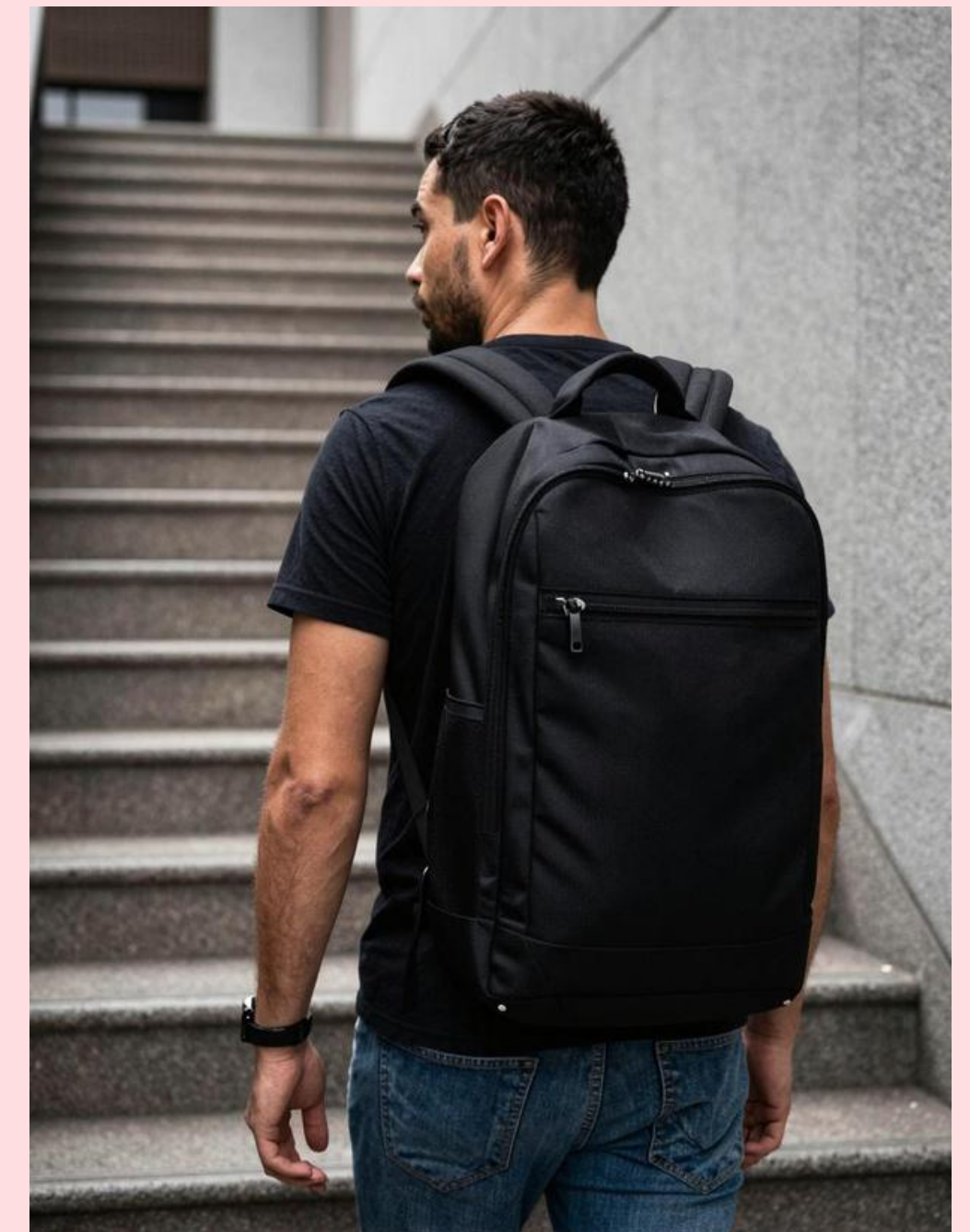
# TWO PROCESSES IN PARALLEL



## **BEGINNING OF TWO PARALLEL PROCESSES**

### **1. PROCESS OF RECUPERATION OF MY JUDICIAL CAPACITY.**

- RESIDENTIAL SETTING PADRE JOFRE(MEDIUM TERM)
- RESIDENTIAL SETTING CREAP(LONG-MEDIUM TERM)
- SHELTERED HOME.
- SATISFACTORY RECAPACITATION JUDICIAL PROCESS.
- INDEPENDENT LIVING.



# PARALLEL TWO PROCESSES



## 2. PROCESS OF REPLACEMENT INTO EDUCATION AND FUTURE WORK.

- Shock phase. After recovery I was **ABLE TO** approach educational processes.
- I stayed at the **CREAP (State Reference Center for Psychosocial Care)** intellectual activities such as “giving awareness” talks and those related to mental health.
  - I started playing on the inclusive handball team **CREAP/BALONMANO MISLATA**, newly created.
- The person in charge for the Federation of creating and implementing inclusive handball teams took notice of me, proposing that I took the Federation's handball coach course and hired me as an assistant in the implementation of the different teams.

# PARALLEL TWO PROCESSES



- **Once in the SHELTERED HOME, I formalized my employment relationship with the SPORTSA Association, which uses sports as a therapeutic tool for people with severe mental disorders.**
- **I completed a professional certification in social and healthcare for dependent people in social institutions. I also took other courses in therapeutic accompaniment in mental health and accompaniment of psychosis.**
- **After concluding my temporary contract at SPORTSA, the director of the SASM Foundation, on which SPORTSA depends, hired me as a Mutual Aid Technician for the different resources of the Foundation, while enabling me to continue collaborating with SPORTSA in the organization of Events, Championships,...**

# PARALLEL TWO PROCESSES



**- Nowadays: I work at the SASM foundation carrying out emotional support tasks for users of the Residence and Day Center, animation and motivation of users, emotional coaching, gathering users needs in Assemblies, conducting Workshops and Therapeutic outings.... At SPORTSA I am an organizer of Championships and events, Bowling League, Handball and Basketball Championships, Coordination with other Resources, promoter of events and cultural activities,...**

# CONCLUSIONS

## WORK ENVIRONMENTS THAT CAN AFFECT YOUR MENTAL HEALTH AND QUALITY OF LIFE

There are work environments that can seriously affect your mental health, causing crises and incapacitations. In my case, it was working as a court expert. The high pay of some jobs does not compensate for the fact that they can leave a mark on you for life.

## IMPACT OF DIAGNOSIS AND JUDICIAL INCAPACITATION.

Sometimes diagnoses and even incapacitations are issued without having properly assessed the facts and circumstances involved. It represents a disruption in the lives of people who have two options: to give up or to reinvent themselves.



# CONCLUSIONS

## A HOPE

With willpower and mental strength, reshaping yourself and knowing how to take advantage of the help of some good people (who do exist), you can move forward by rebuilding your life and work expectations.

## IMPORTANCE OF PAID WORK ACTIVITY

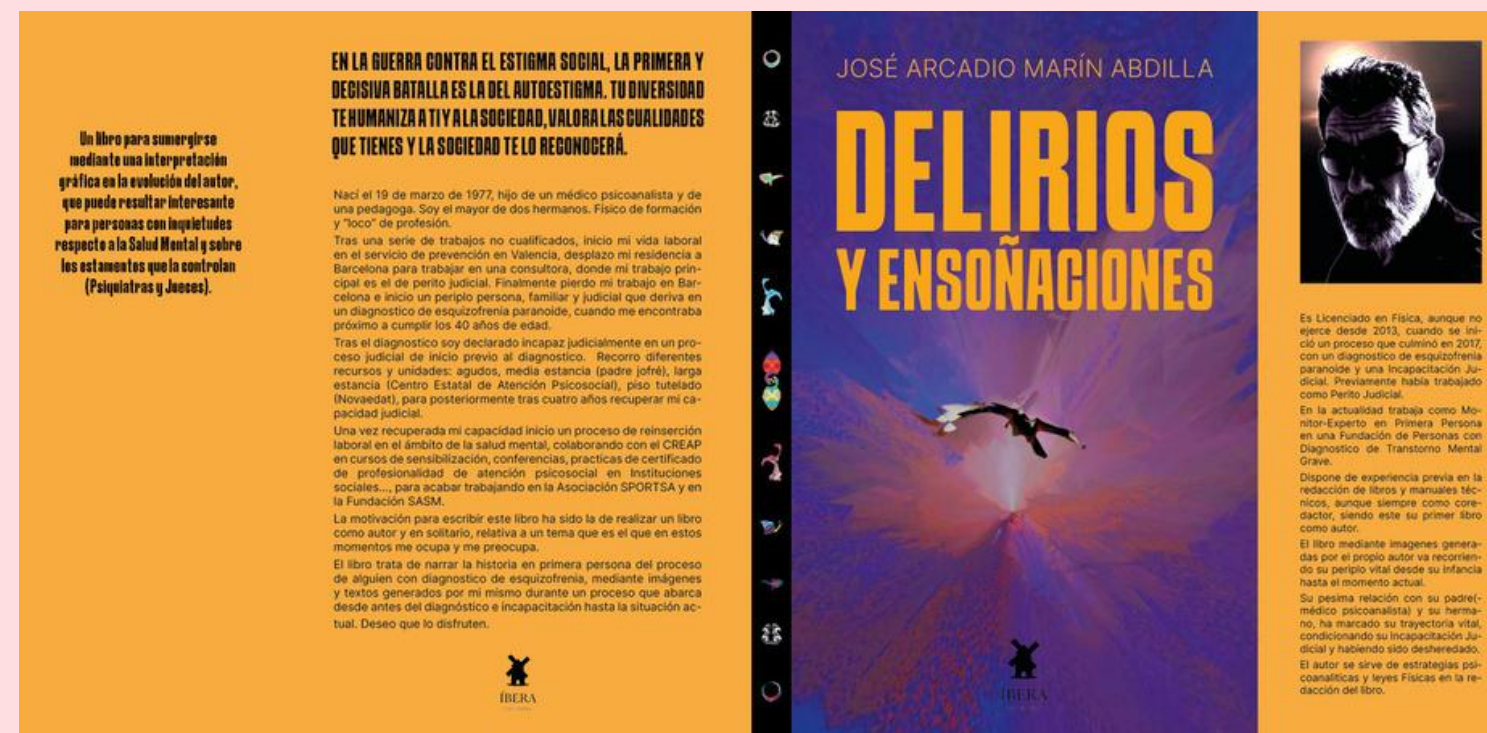
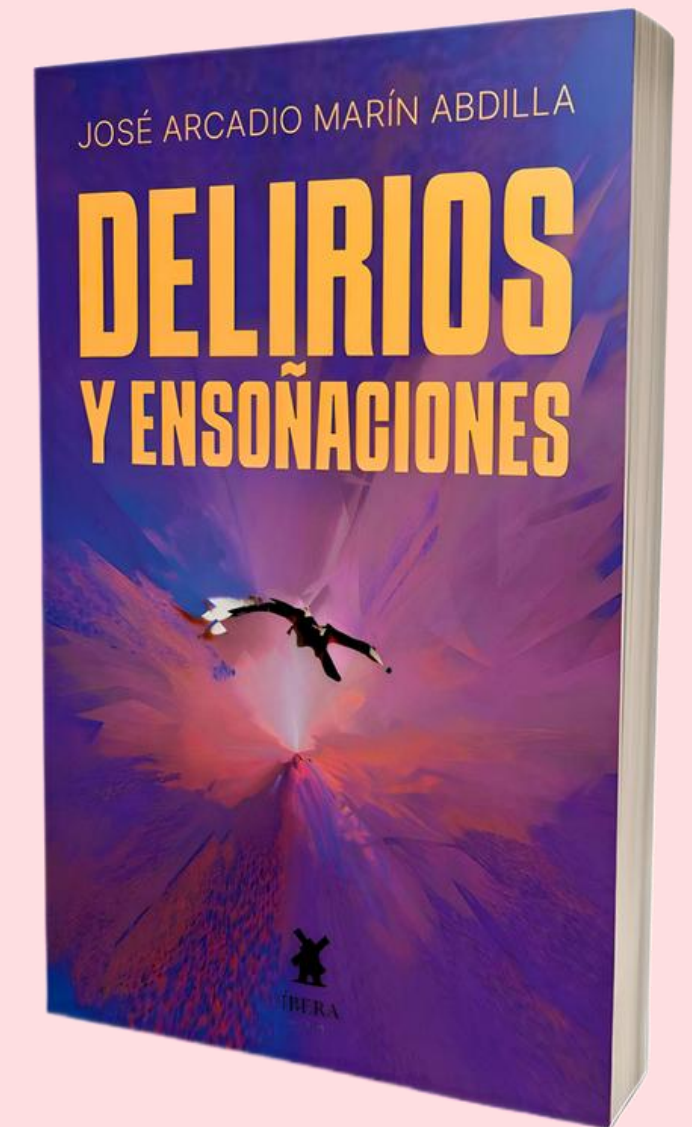
The amount of pensions is low, and to achieve economic independence, a key factor for an independent life, it is necessary or at least highly recommended to have the ability to be able to rebuild your working life.



# MORE INFORMATION: BOOK

IF YOU FOUND MY PRESENTATION INTERESTING AND WANT TO HAVE MORE INFORMATION ABOUT MY PROCESSES AND CAREER YOU CAN READ MY AUTOBIOGRAPHICAL BOOK.

**DELIRIOS Y ENSOÑACIONES. (DELIRIUMS AND DAYDREAMS)**  
**JOSE ARCADIO MARÍN ABDILLA.**  
**EDITORIAL IBERA EDICIONES.**



Un libro para sumergirse mediante una interpretación gráfica en la evolución del autor, que puede resultar interesante para personas con inquietudes respecto a la Salud Mental y sobre los estamentos que la controlan (Psiquiatras y Jueces).

**EN LA GUERRA CONTRA EL ESTIGMA SOCIAL, LA PRIMERA Y DECISIVA BATALLA ES LA DEL AUTOESTIGMA. TU DIVERSIDAD TE HUMANIZA Y A TI Y A LA SOCIEDAD, VALORA LAS CUALIDADES QUE TIENES Y LA SOCIEDAD TE LO RECONOCERÁ.**

Nací el 19 de marzo de 1977, hijo de un médico psicoanalista y de una pedagoga. Soy el mayor de dos hermanos. Físico de formación y "loco" de profesión.

Tras una serie de trabajos no cualificados, inicio mi vida laboral en el servicio de prevención en Valencia, desplazo mi residencia a Barcelona para trabajar en una consultora, donde mi trabajo principal es el de perito judicial. Finalmente pierdo mi trabajo en Barcelona e inicio un periplo persona, familiar y judicial que deriva en un diagnóstico de esquizofrenia paranoide, cuando me encontraba próximo a cumplir los 40 años de edad.

Tras el diagnóstico soy declarado incapaz judicialmente en un proceso judicial de inicio previo al diagnóstico. Recorro diferentes recursos y unidades: agudos, media estancia (padre jofré), larga estancia (Centro Estatal de Atención Psicosocial), piso tutelado (Novaedat), para posteriormente tras cuatro años recuperar mi capacidad judicial.

Una vez recuperada mi capacidad inicio un proceso de reinserción laboral en el ámbito de la salud mental, colaborando con el CREAP en cursos de sensibilización, conferencias, prácticas de certificado de profesionalidad de atención psicosocial en Instituciones sociales... para acabar trabajando en la Asociación SPORTSA y en la Fundación SASM.

La motivación para escribir este libro ha sido la de realizar un libro como autor y en solitario, relativa a un tema que es el que en estos momentos me ocupa y me preocupa.

El libro trata de narrar la historia en primera persona del proceso de alguien con diagnóstico de esquizofrenia, mediante imágenes y textos generados por mi mismo durante un proceso que abarca desde antes del diagnóstico e incapacidad hasta la situación actual. Deseo que lo disfruten.



JOSÉ ARCADIO MARÍN ABDILLA

**DELIRIOS  
Y ENSOÑACIONES**



Es Licenciado en Física, aunque no ejerció desde 2013, cuando se inició un proceso que culminó en 2017, con un diagnóstico de esquizofrenia paranoide y una Incapacitación Judicial. Previamente había trabajado como Perito Judicial.

En la actualidad trabaja como Monitor-Experto en Primera Persona en una Fundación de Personas con Diagnóstico de Trastorno Mental Grave.

Dispone de experiencia previa en la redacción de libros y manuales técnicos, aunque siempre como coreactor, siendo este su primer libro como autor.

El libro mediante imágenes generadas por el propio autor va recorriendo su periplo vital desde su infancia hasta el momento actual.

Su pesima relación con su padre (médico psicoanalista) y su hermano, ha marcado su trayectoria vital, condicionando su Incapacitación Judicial y habiendo sido desheredado.

El autor se sirve de estrategias psicoanalíticas y leyes Físicas en la redacción del libro.

**ALSO YOU CAN VISIT MY WEBSITE: [HTTPS://JARCADL.MY.CANVA.SITE/](https://jarcadl.my.canva.site/)**



**THANK YOU FOR YOUR  
ATTENTION.  
I HOPE I HAVE  
CONNECTED WITH YOU.  
SEE YOU SOON.**