



## **‘Making Recovery Happen’**

### **Making Recovery Champions**

**A Five Day Residential workshop 14<sup>th</sup> May - 19th May 2012**

**Facilitators:** Karen Taylor & Ron Coleman

**Venue:** The Decca, Lionel, Port of Ness, Isle of Lewis, Scotland

Course times: 09.30-16.30pm, Registration: 09.00am Monday 14<sup>th</sup> May

All prices exclusive of VAT. Residential; full accommodation including; Bed/breakfast, lunch, evening meal, refreshments & course materials.

Invitation: All delegates are invited to an informal dinner to be held on Thursday evening 18th May at 7.30pm.

**Cost: £850 plus VAT**

Working to Recovery has developed a training programme called, 'Making Recovery Happen', designed to create capacity for recovery and enable services to utilise their staff skills towards making recovery happen. This course offers a way forward in developing organisational and personal understanding of recovery and has to date, been available to Mental Health organisations. We would now like to offer this course to individuals from all areas and occupations within Mental Health.

The programme will consist of the following; Two days on "Recovery Awareness and Introduction to the Concepts of Recovery", Two days on "Person Centred Planning (PCP), Recovery Planning and Coaching" and One day working with presentations. During these days we will explore negotiating, motivating and listening skills. Participants will explore the values within the Recovery process and will learn PCP tools that will make them effective recovery practitioners. They will explore their own internal & external barriers to recovery and discuss how to move forward. They will have time to reflect on their practice and how to make changes both personally & professionally. The programme is also open to service users and family members who want to look at their own recovery journeys and who want to become involved in helping others recovery. The course has helped many people develop on their own recovery path. The course goes beyond a theoretical understanding of recovery to joining both a "head & a heart" understanding.

Course participants also receive the recovery training manual & voices, recovery & self harm workbooks & psychiatric first aid in psychosis. There is an option to apply to Abertay University who have accredited the course for CAT points.

*"If I could rate it as a ten, I would. This is the most enlightening workshop, a worthwhile experience of a lifetime and I'd recommend this workshop to anyone who works in the mental health field". Course attendant - New Zealand*

## **Making Recovery Happen' Making Recovery Champions Facilitators**

Based in Scotland, Karen and Ron are the Directors of 'Working to Recovery Ltd'. Karen and Ron are passionate that recovery is for all, including workers, and together they travel the world, telling their story of recovery and spreading a message based on hope, engaging with mental health services, carers and service users and challenging them to review their roles and embrace recovery for all.

### **Karen Taylor**

Karen Taylor is an RMN with 16 years experience in the NHS in England with both older people and adults of working age. Karen has personal experience of designing, implementing and managing innovative community care services. After leaving the NHS, Karen managed the company 'Keepwell Ltd' for 2 years, where she ran a psychosis resolution service based on recovery and co-authored the workbook, 'Working to Recovery'. Karen has also been involved in introducing Recovery Training into Australia, New Zealand, Palestine, Denmark and Italy as well as throughout the United Kingdom.

### **Ron Coleman**

Ron Coleman is a Mental Health Trainer and Consultant specialising in Recovery and Psychosis. Following his role as national coordinator of the 'Hearing Voices Network' he used his experiences of recovery to design Workbooks and Training packages, to enable voice hearers to gain ascendancy over the negative aspects of the voice hearing experience. Ron's own route to recovery after spending 13 years in and out of the psychiatric system has given him many insights into the numerous difficult issues facing today's mental health services. Ron is the author of 'Recovery - An Alien Concept?' and co-authored 'Working with Voices' and 'Working to Recovery'. Ron has published several books including the above and also 'Politics of the Madhouse'.

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### **Making Recovery Happen Booking Form**

TITLE: \_\_\_\_\_ NAME: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

POSITION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

MOBILE: \_\_\_\_\_

\*EMAIL: \_\_\_\_\_ (\*All

information regarding the event will be sent via email unless requested otherwise)

INVOICE ADDRESS (If different): \_\_\_\_\_

OFFICIAL ORDER NUMBER (If required): \_\_\_\_\_

Method of Payment: Cheque ü (made payable to 'Working to Recovery Ltd') Visa/debit Card ü MasterCard ü Please Invoice ü (please provide full address above)

Debit/credit card number: \_\_\_\_\_ Name on card: \_\_\_\_\_

Billing address: \_\_\_\_\_ Expiry date: \_\_\_\_/\_\_\_\_/\_\_\_\_

3 digit Security Number: \_\_\_\_\_ Sign & Date \_\_\_\_\_

Please return form to: Working to Recovery Ltd, 28 Habost, Port of Ness, Isle of Lewis, HS2 0TG, Tel: (+ 44) 0185 181 0060 Email: info@workingtorecovery.co.uk Book online: www.workingtorecovery.co.uk