



Presents

**Preparing for Recovery from Psychosis:  
A Family Approach**

**A Five Day Residential Course**

For Families, People with Lived Experience and Workers

Venue: Port of Ness, Isle of Lewis, the Western Isles

**Sunday 19<sup>th</sup> April 2020 to Friday 24<sup>th</sup> April 2020**

with

Karen Taylor

Places are Limited, EARLY Booking Advised

Cost: Single Occupation £750 per person

Cost: Sharing in Twin Room £550 per person

Cost includes accommodation, up to seven nights & meals. Beginning Sunday Dinner 19<sup>th</sup> April to lunch Friday 24<sup>th</sup> April included.

(Participants can arrive at accommodation from Saturday 18<sup>th</sup> April at 4pm, they can stay to Saturday 25<sup>th</sup> April by 10am).

For Information or to reserve a place Call Ron or Karen on 01851 810789 or email: [karen@workingtorecovery.co.uk](mailto:karen@workingtorecovery.co.uk)

Book Online: [www.workingtorecovery.co.uk](http://www.workingtorecovery.co.uk)

## About the Week

This one week course has been developed from our learning in the various recovery houses we have been privileged to be involved in over the last 20 years. The course is both experiential and taught. It will begin on Sunday 19<sup>th</sup> April at 4pm, followed with dinner at 6pm - a chance to get to know each other and start formally on Monday 20<sup>th</sup> April at 9.30am and finishing Friday 24<sup>th</sup> April at 12.30pm.

Day One - What is recovery? - Karen will explore what we mean by recovery and the importance that Choice, Ownership, People and Self have in starting the Journey of Recovery.

Day Two - You are not the Problem - The second day will focus on exploring why people often feel that somehow they are the problem and that they cannot recover. The day will also allow people to determine what the real problem is.

Day Three - The Illness Trap - Karen will focus on the barriers that can often get in the way of a persons' recovery exploring ways they can be overcome. Look at creative ways of working with voices and other unusual experiences, using voice dialogue and voice & family sculpting.

Day Four - The Importance of Story – Day Four will both explore the importance of our stories both that of the person and the family, it will also lay out a number of ways we can tell our stories.

Day Five - Taking it Forward - An opportunity to decide how to go forward with the learning of the week.

During the week participants will have the opportunity to:

- Consider the underlying origins of recovery, in order to strip back to the underlying values, to 'start again'.
- Explore the family experience.
- Learn about the importance of writing a journal.
- Explore in depth the idea of "you are not the problem".
- Learn about the process of stories we tell ourselves and how the process of externalising language, can assist in changing the stories we/others tell about ourselves.
- Develop an understanding of the barriers that stops recovery and explore ways to overcome these.
- Develop an understanding of the 'Illness Trap' and how to negotiate through it.
- Through practical exercise learn about the importance of writing a plan.
- With discussion and conversations throughout the course, develop confidence in working with/or personally to be ready to continue the recovery process.