



Presents

A Five Day Course

Making Recovery Happen Creating Recovery Champions

This five day course is designed to create recovery champions for your organisation

People will leave this course fired up with enthusiasm with the knowledge base and confidence to kick start the change process and have fresh ideas on whole life approaches to working with people with mental health issues.

As there has not been a dominant culture of recovery in mental health services, the skills base and the knowledge base has yet to evolve from its' current embryonic state. As a result there are not many people with the experience to train or coach others in the development of recovery-based practice.

People also need tools and we have found that Person Centred planning tools are ideal. This way of practice requires a paradigm shift in the way professionals approach working with clients. This shift in its' simplest form is a move from a 'plan for approach' to a 'plan with approach'. In order to achieve this, this One Week Course includes exploration of Person Centred Planning.

Participants once trained will then use the toolbox to firstly work with people in their recovery journeys', thereby gaining the confidence to go on to train and coach others. The week is based on experiential learning, capturing the heart of the professional is as necessary as capturing the intellect. The course is suitable for all mental health practitioners, family members and people who use mental health services.

Course Outline:

Two days exploration of recovery

- In depth discussions on the Concepts of Recovery
- Daily Feedback Sessions from the previous day's work
- Understanding of use of self in the recovery process
- Choice, ownership, people and self

Two Days on Person Centred Planning, Recovery Planning and Coaching

- Using the Tools – Graphics, facilitations, PATH and Story
- Sharing experiences to inform learning and understanding

Participant presentations and feedback

Opportunities offered throughout the week will ensure that participants are competent in the use of the toolkit and gain the necessary confidence in the person centred planning process that will enable them to train and coach others.