



Presents

A Five Day Course

Recovery Champions 2

Developing Practice: Untangling Psychosis

The week is a blend of experiential learning, group discussions, film, evidence and debate.

This new Recovery Champions course will address in much more depth how to implement a recovery based approach. Through our learning over the 16 years of working together, we believe the area that most practitioners find difficult is working with Psychosis and Borderline Personality Disorder. Therefore we would concentrate on these exploring how recovery practice can be extended. But would re-iterate that practices we explore will be relevant across the spectrum of “disorders”.

The week is a blend of experiential learning, group discussions, film, evidence and debate. Our style of training is fluid and organic, we encourage the group to take ownership of their learning.

The Course Program

We have spent time developing an intensive 3-month program for service users and their families. We will take the elements from these programmes and show how they can still be delivered in a CMHT.

DAY ONE

- Overview of recovery and why practice needs to develop.
- Explore the evidence base for the effectiveness of a three-month recovery program in psychosis.
- Be introduced to the 13 steps that make up the three-month recovery program in psychosis. Day One will explore:
 - Step one “Preparing for Recovery”
 - Step two “You are not the Problem”
 - Step three “Beyond The Illness Trap”.

During day one participants will be given group tasks to complete within the week.

DAY TWO

- Main focus of day two will be working with difficult to engage client groups.
- Explore the importance of story Step Four and Step Five developing story connections.
- Understanding the process of Scaffolding as a method of supporting the person and of rich story development in helping the person make sense of the story.

DAY THREE

- Day three is centred in working and talking with voices and people with “delusions”.
- This day will explore the use of a number of tools to help workers engage better and more effectively with people who are Psychotic.
- This will include use of voice dialogue methodology, externalization techniques, re-membering strategies, developing formulations and developing coping strategies.
- Steps seven developing resilience and Eight working with families.

DAY FOUR

- Day four will focus on a narrative approach to recovery action and person-centered recovery planning methods.
- The day will also explore via narrative working and person centered planning the remaining steps of the thirteen steps of the three-month psychosis recovery program.

DAY FIVE

- Morning consolidation followed by group presentations, we would ask that leaders, managers and relevant clinicians from the participant’s teams should be invited to these presentations.

Although we have put specific headings for each day, themes will blend in with each other and the week will have a much more organic feel.

It is likely there will be also discussions on:

- Therapeutic use of self
- Risk
- Medication
- power and control
- Coercion vs. negotiation.

Outcomes for Participants

- 1) Gain confidence in applying creative approaches when working with people who are psychotic.
- 2) Have growing confidence in supporting their clients in partnership.
- 3) Have a more hopeful approach when dealing with their clients and their client's families.
- 4) Be able to help the person reach a meaningful understanding of their distress.
- 5) Be able to support the client to have active recovery plans that are owned by their clients.

Trainers

Ron Coleman

Ron is a Mental Health Trainer and Consultant specialising in psychosis prevention and resolution. He has designed training packages to enable voice hearers to gain ascendancy over the negative aspects of the voice hearing experience. His own route to recovery, after spending 13 years in and out of the psychiatric system, has given him many insights into the many difficult issues facing today's mental health services.

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. She has personal experience of designing, implementing and managing innovative community care services. She co-authored the workbook 'Working to Recovery' and ran a psychosis resolution service based on recovery. Now based in Scotland, and director with Ron Coleman in 'Working to Recovery Limited', Karen has also been involved in introducing recovery training into Australia, New Zealand, Palestine, Denmark and Italy as well as the UK.