



**Presents**

**A Two Day Course**

# **Person Centred Planning**

*Recovery can be both a goal and a process...*

*For people with mental health concerns, Recovery is achievable...*

*It works!*

This two day course explores Person Centred Planning and the underlying principles on which it rests, while also introducing creative ways of helping people within mental health services to dream, plan and move to a more fulfilled life.

Offer the two days we will explore the Elements of Recovery and Person Centred Planning.

**Throughout the Course, you will have The Opportunity to:**

- Explore and discuss the elements of recovery
- Discover "Who Am I?"
- Learn the skills of graphics, facilitation, PATH and Stories
- Learn to more effective in helping people to live a full life
- Discuss difficulties that individual have faced in their practice

**By the End of the Two Days You Will Have**

- Be able to incorporate recovery practice with your caseload
- Have an understanding of, and practice in using the tools of Person Centred Planning
- Have an action plan to take back to your organisation and use in your practice
- An ability to challenge your own perceptions of people with mental health problems