



**Presents**

**A Three Day Course**

# **Recovery and Person Centred Planning**

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

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

*It works!*

This three day course explores the recovery philosophy and the underlying principles on which it rests as a process while also introducing creative ways of helping people within mental health services to dream, plan and move on to a more fulfilled life.

Over the three 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
- Learn more about what Recovery means to you as a person and as a practitioner
- Critique the Maintenance Model and the Recovery Process
- Learn the Skills of Graphics, Facilitation, PATH and MAPS
- Learn to be more effective in helping people to live a full life.

**By the End of the Three Days you will Have:**

- A broader understanding of Recovery
- A broader knowledge of the Recovery Process
- An understanding of, and practice in using the tools of Person Centred Planning
- An action plan to take back to your Organisation and use in your practice

## **Outline of the Course**

### DAY ONE

**09:30** – Introductions – Definitions of Recovery and Elements of Recovery

**10:30** - *Break*

**10:45** – My Morning Routine Exercise, The Maintenance Model, Creativity and Organisations

**12:45** - *Lunch*

**13:30** – Recovery Research, Recovery Planning

**15:00** – *Coffee*

**15:30** – Who Am I?          Review of the Day

**16:00** - Close

## DAY TWO

**09:30** – Review and Feedback on Day One

**10:00** – Who Am I?

**10:30** - *Break*

**10:45** – Graphics – Facilitation – PATH – MAPS          Dreaming          Nightmares

**12:45** - *Lunch*

**13:30** – Who Am I?          Finish PATH

**15:00** - *Coffee*

**15:30** – Group Discussion

**16:00** - Close

## DAY THREE

**09:30** – Review and Feedback on Day Two

**10:00** – Who Am I?          Power Exercises          Circles of Support

**10:30** - *Break*

**10:45** – Creativity Exercise

**12:45** - *Lunch*

**13:30** – MAPS          Informed Risk Taking          Who Am I?

**15:00** - *Coffee*

**15:30** – Action Planning - How do we take this work on recovery, forward?

Review of all days

**16:00** - Close