

Psychosis in Practice: Making Recovery Happen

Recovery from psychosis is often approached with caution, due to issues around risk, boundaries and the misconception that schizophrenia is complex. This course will expose these issues and more, showing how to create the right environment, to ensure recovery from psychosis will happen.

Drawing on lectures by Marius Romme, Karen Taylor, Ron Coleman and Paul Baker, the course will allow you to begin the process of changing practices in psychosis to make recovery happen.

Through an interactive learning environment, you will be able to learn from others taking the course. You will be presented with information to explore the perspective of psychosis and recovery in psychiatry, practitioners, individuals, organisations, systems and cultures.

The course will help you explore the misconceptions round the concept of 'schizophrenia'; the elements of recovery in psychosis; barriers to recovery in psychosis; being with someone experiencing distress of psychosis; and creating systems and environments to enable recovery.

By the end of this course you will have a better understanding and more confidence around psychosis and recovery, and know how to create practices/approaches to enable it.

The learning format/approach has been designed to meet all learning styles. Learning formats include: documents, PowerPoints, videos, exercises/activities, additional reading and learning from each other through forums.

Learning Outcomes:

- Explore and learn about Identify the history, origins and use of the term schizophrenia.
- Develop an understanding around the problem with diagnosing schizophrenia.
- Examine why the concept of schizophrenia is harmful.
- Develop an understanding around what is meant by psychosis.
- Look at how psychosis is perceived from a practitioner's viewpoint.
- Identifying the key elements of recovery in psychosis.
- Explore recovery stories and psychosis.
- Look at psychosis from a personal perspective.
- Examine the ideas of 'risk' associated with working with someone experiencing psychosis.
- Explore how practices and perspectives to enable recovery.
- Develop confidence in being with the distress of psychosis.
- Learn about ways to cope with the distress of psychosis.
- Examine how to develop systems, environments and cultures to enable recovery for everyone.
- Look at how to start the process of making recovery happen in psychosis.

Outline of the Course

Module 1 – Understanding the Concept of ‘Schizophrenia’

Module 2 – Putting Psychosis into Context

Module 3 – Psychosis – A Personal Perspective

Module 4 – Being with Distress of Psychosis

Module 5 – Psychosis to Recovery

Module 6 – Moving Forward into Practice

The course will take students up to **30 ½ hours** to complete, please see below for breakdown of this time.

Course Description

Module	Description	Length
<u>Module 1</u> Understanding the Concept of ‘Schizophrenia’	In this module, we will explore what is meant by the term ‘Schizophrenia’, its origins and understanding from the psychiatrist’s viewpoint of Marius Romme. The module will begin the process of making recovery happen in psychosis	5 hours of learning time
<u>Module 2</u> Putting Psychosis into Context	This module will look at what is meant by psychosis and the different understandings that are unique to us. Karen Taylor will help us explore the key elements of recovery including humanness and connectedness.	6 hours of learning time
<u>Module 3</u> Psychosis – A Personal Perspective	In this module, Ron Coleman provides a personal perspective of psychosis and recovery. You will explore one of the main issues that prevent recovery in psychosis – risk.	5 hours of learning time
<u>Module 4</u> Being with Distress of Psychosis	This module focuses on building confidence in being with an individual who is in distress of psychosis.	5 hours of learning time
<u>Module 5</u> Psychosis to Recovery	In this module, Paul Baker, helps you to look at the environment that allows recovery to happen. By thinking about how changes can occur in systems, organisations and societies as a whole, you will learn how the formation of recovery cultures will enable recovery for everyone.	4 hours of learning time
<u>Module 6</u> Moving Forward into Practice	Through the course, we have built upon your learning in layers. This has been designed to start a process which will continue after the completion of the course. This module allows you to review your learning and take this forward into practice to make recovery happen in psychosis.	4 hours of learning time
<u>Course Test & Student Documentation</u>	In order to receive a <i>Certificate of Course Completion</i> you will need to complete the course test and course evaluation form.	1 ½ hours to complete

Course Leaders

The course leaders are Ron Coleman and Karen Taylor, who have extensive experience in this area.

Ron Coleman is a Mental Health Trainer and Consultant specialising in recovery and psychosis. Following his role as national coordinator of the Hearing Voices Network he used his experiences of recovery to design workbooks and training packages, to enable voice hearers to gain ascendancy over the negative aspects of voice hearing experiences. Ron's own route of recovery after spending 13 years in and out of the psychiatric system has given him many insights into the numerous difficult issues facing today's mental health services. He is now back in his homeland of Scotland after 20 years of self-imposed exile. Ron is the author of *Recovery - An Alien Concept* and *Politics of the Madhouse*. He has co-authored *Working with Voices* and *Working to Recovery*.

Karen Taylor has a background as a Psychiatric Nurse Manager (RMN), Consultant and Trainer. She is an RMN with 16 years' experience in the NHS in England with both older people and adults of working age. Karen has personal experience of designing, implementing and managing innovative community care services. After leaving the NHS, Karen managed the company 'Keepwell Ltd' for 2 years, where she ran a psychosis resolution service based on recovery and co-authored the workbook '*Working to Recovery*'. Karen has been involved in introducing recovery training in Australia, New Zealand, Palestine, Denmark and Italy, as well as throughout the United Kingdom. Based in Scotland, Karen is Director of *Working to Recovery Ltd.*, alongside with Ron Coleman. Karen and Ron are passionate that recovery is for all, including workers, and together they travel the world, telling their story of recovery and spreading a message based on hope, engaging with mental health services, carers and service users and challenging them to review their roles and embrace recovery for all.

This Course was written by Jim Campbell.

Certificate of Attendance

This course and all our Foundation Courses were CPD Approved in 2015. Although we no longer provide CPD Accredited Certificate for the completion of this course, the certificate we provide for the completion of this course is acceptable for portfolios.

Within the course fees, we offer a signed Certificate of Attendance which shows you have completed the course, the number of learning hours you have spent on the course and demonstrates that you have completed all learning and activities of the course (see example below).

Instructions on what specific areas you need to cover within the course and how to receive the certificate is available with the Course Handbook:

Sample of the Course Certificate

